

“PREPARING FOR ADVENT”

Greetings, Church! Advent is both a wonderful and a challenging liturgical season. This week we begin a new church year while the world is busy finishing a calendar year—and the month is filled with shopping, preparation, and parties beyond what our energy and time can handle. But while society urges us to hurry and spend, scripture and tradition beckon us to slow down and wait.

The Advent wreath is the season’s most powerful symbol. The wreath can be traced to the Romans’ ancient rite of waiting in the darkness for the return of the sun, and for the Feast of the Sun on December 25. The people of old, took a wheel off their wagons and fastened torches to it to see them through the darkness. The only thing alive in the winter, evergreen, was brought inside and fastened to the wheel. To those huddled in darkness, it was a sign of vegetation and springtime. More than three hundred years ago, German Christians fashioned the same elements into the Advent wreath—the greens a sign of hope and eternity. What was once a Feast of the Sun has become for us the Feast of the **Son**.

Though all of us are tempted to act otherwise, now is the time for slowing down and leaning together. As with those from long ago, we gather in the darkness to wait for the light. If our ancestors removed a wagon wheel for torchlight, consider what it would be like for us to take a wheel off our car, truck, or minivan. Instead of rushing to the mall, we’d stay home but also gather with friends to sing hymns and hear readings of prophecy and promise.

In the dead of winter, we need one another, and we need signs that the sun and the **Son** will come again—life returning to dark and dormant land and lives. Like the ancients who gathered together for courage and hope that the sun would return, we gather each week to hear the word that does not pass away. The season’s texts give us voice for our brokenness and the promise of a Savior.

With texts and traditions as guides, this Advent let us challenge one another to honor these dark days. As twenty first century people, we are not good at either embracing darkness or slowing down. We don't even know darkness anymore—we've banished it with electricity, everywhere and at all hours.

And we certainly can't wait! We look for the shortest line at the grocery store and rush through yellow lights. But we know incubation is what we often most need: for grapes to become fine wine, for a novel to be written, for dough to rise, for a crop to grow, for a baby to be born. It is in the waiting that we learn about ourselves and others, taking important steps toward understanding. Perhaps there is no better gift to teach our children than the ability to wait. Christmas is coming; it's just not here yet. But Advent is not all doom and darkness; it is filled with possibilities to coax forth light along the way.

May you have a blessed Advent season,
In Christ, Pastor Lauren





- *for healing and comfort: Linda Larson with Family and friends of Mark Larson, Linda Missling, Shar Seter, Bob Smith, Nadine Wheeler*
- *for members in assisted living and homebound: Edna Bolton, Vida Hume, Edith Pike, Sam Porter, Jackie Swanson*
- *for our military: Derek Barnum, grandson of Pat Beaumont; John Johnson - deployed in the Middle East; Wyatt Hallstrom, grandson of Hank & Dolly Hallstrom; Colleen Mans, grand-daughter of Arlene Zimmerman; Matthew Schultz, grandson of Ann Schultz; Jess Swanson, grandson of Jackie Swanson; **Matt Thielke, son of David and Diane Thielke retired after 23 years with U.S. Navy***
- *for our missionaries: Africa - Emily Dwyer, Deb & Rich Ried; Hungary - Richard & Martha Millhouse & family; Nicaragua - Belinda Forbes-Gutiérrez; Wycliff Bible Translators - Colin & Dee Murphy*
- *If you would like to have a prayer request printed in the bulletin or newsletter, please inform the office. **Remember, due to patient privacy, please get the permission from the person needing prayers to have their name printed.***



October 2019 Mission Giving

DESIGNATED MISSION GIVING

Pastor's Discretionary	\$603.51
Mission in Motion	\$420.00
Wellspring	<u>\$350.00</u>
Total Designated Mission Giving	<u>\$1,373.51</u>

MISSION COMMITTEE GIVING

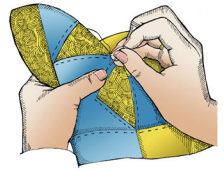
Total for Mission Committee Giving **\$0.00**

Total Missions Giving **\$1,373.51**



Prayer Shawl Ministry

Care and Comfort



Threads of Love

If it's to be, it's up to me!

*For we are God's handiwork,
created in Christ Jesus to do good works,
which God has prepared in advance for us to do.*

Ephesians 2:10

A few weeks ago, RoJean Cummins shared a pithy saying with HUMC's quilters that perhaps helps to define the mindset of the women who meet each week to make quilts and fleece blankets for those in our congregation, community and beyond.

"If it's to be, it's up to me."

She explained that she had read the saying in a devotional booklet and it gave her reason to pause and reflect about the importance of this mission program, begun in 2007.

"There is no "I" in team," she added. "It takes a team to cut, piece, sew, press and tie quilts or fleece blankets. Quilting is about sharing your self with others; its about recognizing that , "If it's to be, it's up to me to help!"

Since 2007, the quilters have met on a weekly basis except during the summer months, and have made close to 1,000 quilts, blankets and prayer shawls.

Betsy Hill, chair, explained that in the next several weeks more than 30 fleece blanks will be given to Hubbard County Social Services and Park Rapids and Nevis schools, to be distributed to children in need before the Christmas holiday.

Quilting at HUMC is a remarkable mission ministry. Some of the women are experienced quilters and design and piece beautiful quilt tops, leading by example and always willing to share their expertise with beginners. Others simply come to help with the ironing or cutting or tying; it is a time of fellowship and devotions, laughter and sharing.

The HUMC Quilters meet every Tuesday, beginning at 9:30 a.m. in the Fellowship Hall.

"Christmas is doing a little something extra for someone."

Toys for Girls and Boys - Tiny Tots Program

Toys for Girls and Boys and Tiny Tots is a local organization that helps provide Christmas gifts for area children. Parents request help by sharing the ages and gender of their children, and the gifts the children hope to receive. Hubbard United Methodist Church is once again participating with this opportunity.

The new unwrapped packages should be dropped off at Hubbard UMC prior to December 9th. The amount that you choose to spend is a personal decision. Anything and all things are appreciated.

If you are interested in sponsoring a family please contact Andrea Otto at 320.212.2958.

If you have left the area and would like to help through financial means, checks can be made out to Toys for Girls and Boys and Tiny Tots and sent to the church. Money can also be sent directly to Park Rapids Trustar (**Mailing Address:** P.O. Box 729, Park Rapids, MN, 56470). The money will be used to purchase gifts for children that have not been sponsored and/or fulfill gift requests. Thank you! ~ Andrea Otto



Shield 616 Program

The Missions Committee has committed to equipping one local Law Enforcement Officer physically and spiritually by providing designating prayer partners and armored gear. This is through the nationwide *Shield 616* volunteer organization and coordinated locally by Pastor Joshua Hahn of Park Rapids First Baptist Church. Several local churches have preceded our efforts by sponsoring other individual officers serving the Park Rapids Police Department and the Hubbard County Sheriff's Department.

A State of the art armor package is being purchased to give the officer better protection and the gear needed to handle rifle shots and a potential active shooter situation. Included in the package is a ballistic helmet, custom fitted light weight front and back rifle rated body plates, and a gun shot wound trauma kit.

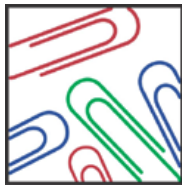
Members of the Missions committee are delighted to announce that Bill and Beth Daugherty and family have agreed to give the officer support through prayer and encouragement.

Together these efforts give us the opportunity to have a potential life saving impact on a local officer and the opportunity to personally get to know a local officer and his or her family.

A dedication ceremony for the officer will be conducted sometime in January.

Shield 616 is founded on Ephesians 6:16 "Take up the shield of faith with which you can extinguish all the flaming arrows of the evil one."

Submitted by
Mark Larsen, Committee Chair
701-215-0565



FROM THE CHURCH OFFICE

CONTACT information

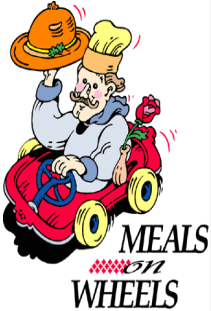


Please let the HUMC Office know if you have any changes to your Addresses, Phone Numbers, or Email Addresses

Please remember that the deadline for submitting information for the next month's newsletter is the **18th of the Month**. The next issue will be for **FEBRUARY**, so all information needs to be in by **January 18th!**



Newsletter Deadline



Volunteers from Hubbard United Methodist Church deliver Meals on Wheels to Park Rapids residents once every 5 weeks. This month, delivery will take place December 23-27. If you are interested in becoming a delivery person for this rewarding activity, please contact Steve Hill at 218-252-8895. "Thank You" to our many dedicated volunteers.



Make a Difference in Your Life and the Lives of Others!

Hubbard UMC has a Telephone Prayer Chain and an Email Prayer Chain. You can pray any time, anywhere, in your own way. Joining our prayers together can really make a difference in many lives.

If you have questions or are interested in the email prayer chain contact: Deb Haagenson at debhaagenson@catholicehealth.net and for the phone prayer chain call Gail Manlove at 218-366-5458.

A NOTE FROM THE MUSIC DIRECTOR



Mark your calendars for Sunday, December 15, during the 9 a.m. church service, when the choir will perform "*Christmas Joy Around the World*". The choir has been putting in extra hours of practice (remember, practice makes perfect) to bring you music celebrating how our neighbors in other countries celebrate Christmas.

Special note to choir members - our Saturday dress rehearsal for the Christmas Program will be held **Saturday, December 14 from 2-4 p.m.**

As the director, I have enjoyed choosing music that accompanies each specific Sunday's Scripture reading and message. It is my hope that the anthems the choir sings speaks to you to enhance your worship experience. Hubbard Church is blessed to have an extensive music library and a congregation who supports our music mission.

By the time this goes to print, we will have held our joint Thanksgiving service with Riverside Methodist, Calvary Lutheran and Trinity churches. It is a joy to share our musical talents! And it is a delight to be joined by the future generation of musicians in our community - we were thrilled to have Ed Bolton's granddaughter Maeve join us on oboe!

Blessings to you all as we worship and gather this season to celebrate the birth of Christ!

Jennie Anderson
Music Director





If we missed your name on this list, please call the office so it can be corrected. Also, please let us know if you are celebrating a special birthday or anniversary and would like this included in our newsletter. We wish all of those celebrating **Birthdays & Anniversaries Best Wishes!**

December Birthdays

Marshall Howe	2
Brenda Schwartz	5
Shirley Brunsdale	10
Arlene Valentin	12
Brad Laabs	15
Tom Moore	16
Dean Jacobson	18
Locky Horst	19
Maxine Rathbun	20
Nancy Martinson	20
Gayle Laine	21
Carl Wall	21
Noel Moore	25
Ed Heaton	26
Janet Gray	27
Deb Korsgaden	28
Jim Eisele	28
Dave Thoelke	31

January Birthdays

Bob Boyd	4
Nash Selander	4
Mary Sue Skelton	8
Melvin Bolton	11
Cheryl Steinborn	14
Lauren Hauger	15
Carolyn Carter	16
Martha Tacker	16
Betty Barrett	18
Janet McMillen	19
Jennie Anderson	20
Janet Munson	21
John Davis	22
Don Balk	23
Edna Underwood	24
Lily Friedl	27
Robyn Wimmer	30



December Anniversaries

Ron & Margi Taggart	3
Jerry & Janet Munson	4
Neil & Nancy Jordheim	18
Dick & Jackie Lundstrom	20
Tom & Lou Good	24
Tom & Rita Carew	27
Bob & Barb Boyd	27
John & Alice Strom	28
Steve & Cheryl Steinborn	28



happy anniversary

January Anniversaries

Bill & MarySue Skelton	14
Jim & Nancy Vogt	31

Fellowship Captains List



December

- 1st Jack & Joy Derr
- 8th Joanne Torfin
- 15th Cantata-SPRC
- 22nd *All bring cookie plate*
- 29th Marvel Haynes

January

- 5th John & Denise Kissler
- 12th Tom & Noel Moore
- 19th Janell Saunders
Arlene Zimmerman
- 26th Mary Barrett
Peg Novak

If you're unable to serve on your assigned Sunday, please switch with another captain, let us know, and make a note of the change on the bulletin board sheets.

Each Sunday two families are needed to assist the captains. It helps a great deal if volunteers sign up so the captains can plan accordingly.



A BIG Thank You!! The donation of the piano was a blessing for all of us here at the Crystal Brook Senior Living. We appreciate your thoughtful generosity!

~Crystal Brook Team & Residents



YOUTH CHRISTMAS PARTY & SHOPPING FOR FAMILY

Wednesday, December 11, 4:30pm - 7:00pm

This is a FREE event for the Youth. We will have a room set up with new items in which the youth will select gifts for their family members and have them wrapped to bring home to put under their Christmas tree.

We need your help! We will have 12-15 kids who will be shopping for their families and needing help gift wrapping their presents. We will provide the wrapping paper, bows, tape and scissors. We need several volunteers to wrap gifts. If you are willing to spend a fun afternoon with our youth, please see Bill or Beth Daugherty or call Beth at 812-249-4100.



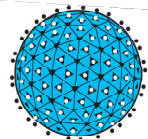
NEW YEAR'S EVE YOUTH RETREAT

When: Tuesday, December 31st - Wednesday, January 1st

Where: Northern Pines Camp.

Who: Middle and High School (grades 5-12) only!

More information and permissions slips will be available soon.



Happy New Year!

HCI December Minutes

Because of the early printing of the December *Northern Voice* Newsletter, the December 4th HIC Committee Meeting minutes were unavailable for the newsletter.

If you would like a copy of the December 4th HCI Committee minutes, please see Brenda in the office.

Options Available for Making Contributions to Hubbard UMC

You may want to consider supporting the ministry of HUMC financially by any of the following ways:

- ◆ **DIRECT DEPOSIT**
Contributions can be automatically withdrawn from your checking or savings account.
- ◆ **IRA CHARITABLE ROLLOVER**
If you are 70 ½ or older and have a Traditional or Roth IRA you may make a charitable contribution without being subject to income tax on the distribution.
- ◆ **STOCK TRANSFER**
Transfer of stock through your broker.

Please contact Steve Steinborn at 701-261-2241 if you have questions and would like help with any of these options.





Christmas

Sweets, Treats & Treasures

Supporting CHI St. Joseph's Health

Saturday * Dec. 7th

9:00 am - 1:00 pm

Calvary Lutheran Church

Cookie Walk
Gift Boutique
Holiday Decor



Visit with Santa
☼
Coffee & Treats



**HE WILL
FEED HIS
FLOCK
LIKE A
SHEPHERD.**

ISAIAH 40:11, NRSV

Christmas To-Do List

When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flock,
The work of Christmas begins:
to find the lost,
to heal the broken,
to feed the hungry,
to release the prisoner,
to rebuild the nations,
to bring peace among brothers,
to make music in the heart.

—Howard Thurman



Stress and the holidays: Tips for coping

Stress can negatively impact your holidays and your health. The holidays are a busy time of the year. Being realistic, planning ahead and seeking support can help prevent holiday stress. The Mayo Clinic offers the following tips to reduce stress that comes with the holidays:

- 1. Acknowledge your feelings.** If you have recently lost a loved one or you can't be with loved ones for the holidays, it's normal to feel sadness and grief. It's OK to take time to express your feelings.
- 2. Reach out.** If you feel lonely, seek out church, community or other social events. They can be a source of support and companionship. Volunteering is also a good way to lift spirits and broaden connections.
- 3. Be realistic.** The holidays don't have to be perfect. As families change and grow, traditions often change as well. Choose a few to hold on to and be open to creating new ones.
- 4. Set aside differences.** Try to accept family members and friends as they are, even if they don't live up to all your expectations. Set aside grievances. And be understanding if others get upset when something goes awry. They may be feeling the effects of holiday stress too.
- 5. Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget.
- 6. Plan ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. Line up help for party prep and cleanup.

7. **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every activity. If it's not possible to say no, try to remove something else from your agenda to make up for the lost time.
8. **Don't abandon healthy habits.** Overindulgence during the holidays can add to stress and guilt. Try these suggestions:
 - Have a healthy snack before parties so that you don't go overboard on food or drinks.
 - Get plenty of sleep.
 - Incorporate regular physical activity into each day.
9. **Take a breather.** Make time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include:
 - Taking a walk.
 - Listening to soothing music.
 - Reading a book.
10. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine tasks. If these feelings last for a while, talk to your primary care provider or a mental health professional.

Another area to be sensitive to during the holidays is for those who are hurting due to the loss of a loved one, a difficult diagnosis, a relationship loss, job loss or some other significant challenge. Stephen Ministries suggest the following ways that might make a difference when you know someone who is struggling during the holidays:

- **Offer to help in specific ways.** Try to anticipate needs and ways you can help. Ask about specific ways you can help, for example, with the holiday meal or putting up the Christmas lights. Remember, however, to follow the person's lead and not just impose your help.

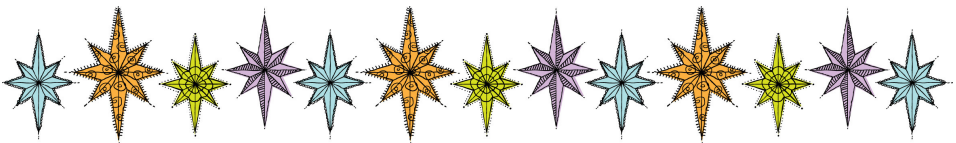
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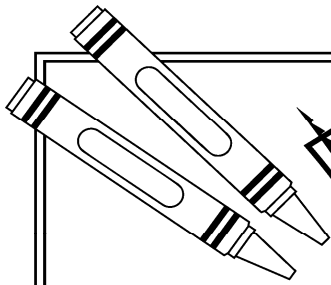
- **Help people pace themselves.** Those who are hurting may need help or permission to slow down or do less than they ordinarily would. Let people know it's okay to conserve energy, take breaks, and pick which activities and traditions to take part in.
- **Ask people how they're really doing.** During the busy-ness of the holidays, it can be easy to just interact with people on a surface level. Finding a good time to ask hurting people how they're *really* doing—and then listening—is a powerful way to care.
- **Validate feelings.** When people do share their feelings, listen and show that you believe them and accept their feelings. Letting people know it's okay to feel whatever they're feeling can provide a lot of comfort.

Sources for the above information plus additional resources related to holiday stress management include:

- <https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>
- <https://my.clevelandclinic.org/health/diseases/4388-stress-managing-holiday-stress>
- <https://www.webmd.com/balance/stress-management/features/tips-for-reducing-holiday-stress#1>
- https://www.stephenministries.org/CareMail/2018/Holiday_Caring_Tip/Holiday_Caring_Tip.html

Deb Haagenson
HUMC Parish Nurse





PUZZLE

Symbols of the *season*

Many traditional decorations convey the meaning of Christmas.

Directions: Use the picture clues to the right to complete the words. Then write the boxed letters in order to complete 2 Corinthians 9:15, NIV.



shepherd's staff _ _ _ _ _ _

tree that keeps its leaves _ _ _ _ _ _ _ _ _ _

shines to lead the way _ _ _ _

green for eternal life, _ _ _ _ _ &
red for Jesus' blood _ _ _ _ _ _ _

sounds to announce _ _ _ _ _
good news

has no beginning or end _ _ _ _ _ _

Th ks b to od fo is
indesc ba le gif !

2 CORINTHIANS 9:15, NIV

Answer: candy cane, evergreen, star, holly & berries, bell, wreath; Thanks be to God for his indescribable gift! 2 Corinthians 9:15, NIV

HUBBARD UNITED METHODIST AD COUNCIL MINUTES

November 21, 2019

Members present are shown in bold: Tom Carew, Joy Derr, Deb Haagenon, Rob Hallstrom, Sue Harmon, Tom Harmon, Marvel Haynes, Betsey Hill, Dean Jacobson, John Kisser, Betty Larsen, Mark Larsen, Janine Merrick, Steve Steinborn, Margi Taggart, Joanne Torfin, Carol Wall and Pastor Lauren.

Call to Order: John Kisser called the meeting to order

Devotions – Pastor Lauren’s devotion was about Great Lay People based on Proverbs 31

Secretary’s Report: The minutes were accepted as presented

Treasurer’s Report:

The October financial reports were distributed to all members. We had Operating Income for the month of October of \$16,331.28. Operating expenses for October were \$23,553.31 leaving a net operating loss for October of \$-7,222.03.

Finance Report: A motion was made by Steve Steinborn, seconded by Carol Wall that the following people be authorized to sign checks for Hubbard United Methodist Church:

John Kisser, Chairman of Administrative Council
Robin Hallstrom, Chairman of Trustees
Margi Taggart, Treasurer

The above individuals are also authorized to access the Hubbard United Methodist Church safe deposit box at Northview Bank. The motion passed.

A motion was made by Steve Steinborn, seconded by Sue Harmon to charge for the use of the church copier: 2 cents each for black and white copies, 10 cents each for color copies and \$30.00 per hour for the church secretary’s time.

The heating system pump was replaced. The cost was \$1,570. The Finance Committee recommends that it be taken from the Depreciation fund. A motion was made by Carol Wall, seconded by Sue Harmon to follow this recommendation. The motion passed.

On-Going Business –

Wedding/Funeral Coordinator: Andrea Otto will be our new coordinator. We will still need volunteers for the food etc. There was discussion on how this will be handled

Pig Roast –There was discussion about finding an outside source for the salads. Carol Wall and Margi Taggart will look into it and report back at our next meeting

Hearing Devices – The hearing devices are working well. A motion was made by Joy Derr, seconded by Deb Haagenson to buy 4 more devices at a cost of approximately \$1,750. It was recommended to use money from the memorial fund. The motion passed.

Web Site – It will be live by December 1st. We now have hubbardumc.org as well as hubbardumc.com

New Business: Advertising – it was discussed that we are not in the local church guide booklet. There are several places where we could advertise our church. It was decided to have the publicity team look into this to see where would be the most effective place to spend the money.

Memorial Garden – Joanne Torfin reported that as of November 20, 2019 there were 32 Memorial Plaques, 4 Ashes scattered around the cross, 4 Columbarium, 7 Benches, and 6 pledged

Upcoming Events -

- Thanksgiving Eve Service – November 27 at 7 PM
- Hanging of the Greens –November 30 at 9 AM
- Concordia Concert – December 7
- Youth Christmas Party – TBD
- Choir Cantata – December 15 during church service
- Blue Christmas Service – December 19

Next Meeting: Thursday, January 9, 2020 at 3:00

Respectfully submitted,

Marvel Haynes, Secretary





Schedule of Christmas Services

“Christmas Joy Around the World”

Hubbard UMC Choir Christmas Presentation

Sunday, December 15th

during regular worship service time

Christmas Eve Worship Service

Tuesday, December 24th

5:00pm



**Wishing you all a Merry Christmas
and a Happy New Year!!!**