

April 2020

NEWSLETTER

Take Courage!

Pastor Bud

I would like to share a couple of observations from an experience I had a few years back... and yes, this is true!

I was black powder (muzzleloader) deer hunting with friends. Well, one of us shot at a buck and it went down, and he knew he had some meat for the freezer. However, after a little while, this buck got up and walked away. It was now the end of shooting light, so I went to where my friend was, and he told me the story and that we needed to track the deer. Our other friend arrived, the story was shared, and we began tracking this buck. We walked and walked and walked and finally we saw the buck lying by a tree just off a field. We stopped and got our bearings and one friend said well I will go back and get the UTV and "Bud, you stay here by this wood line so I can see you when I come back." He left and our other friend went over by the deer to drag it out to the field.

Understand that at this point it was pitch black, although we had flashlights. Suddenly I could not see my friend's flashlight and I heard a yell: "Bud, bring your muzzleloader." "It's back on my four-wheeler." (Note: he had left his with the UTV and our other friend had taken his with him.) "Grab a rock!" "What?" "Grab a rock!" "What kind of rock?" "A large one."

About this time, I could hear a lot of commotion coming from the woods. "What is going on?" "Bring a rock, quick!" I found a large rock and went into the woods and when I saw what was going on, I didn't know whether to laugh or cry or scream. That deer

was not dead, had got up and had come at my buddy and he had grabbed him by the horns. As he wrestled with the deer, I yelled for him to just let it go. "No, I am afraid it will gore me! Hit him in the head!" Well, that was like me trying to swing at a Nolan Ryan fastball.

"Bud, grab his legs, stop him from kicking." Say what! Well, I did just that. Now my buddy and I are large guys and this deer was giving it his all and the more he kicked the more we held on, both of us afraid of what would happen if we let go. But then I started to lose my grip and suddenly that deer gave one huge kick and caught me in the chest, and I flew backwards. I just laid there, slowly checking for blood and thankful there was none and that, at this point, I was alive. (I believe I still have the scars though) Meanwhile, my buddy was able to subdue the deer (it had stopped fighting) and he and the deer just laid there.

Our other friend finally returned with the UTV and could barely see flashlights and called out to us but neither of us answered. He said later the whole area looked like a battleground. Our other friend finally answered and said he was ok, just exhausted but fine. "Bud?" No answer. "Bud?" No answer. "Bud?" I was finally able to answer. I was fine but had had the wind knocked out of me. We all got our breath back, loaded the buck and were on our way, hopefully learning some valuable lessons. Yes, this story is true.

A few observations to tie in with what we are going through now. First, you never know how you are going to respond to a situation you are placed in or maybe you put yourself in. We all do dumb things and make mistakes, but we need to be wise and listen and not do dumb things. Jesus says to pray for wisdom and discernment and for the Holy Spirit to guide us. We need to do that now.

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Second, let things go. We can have anxiety when we hold on to something for too long and the worries will just take our breathe away and then we panic. Pray for calmness and peace and for the strength to let things go and trust in God. Surrender it all to God. Trust in God.

Finally, life is going to kick us, knock us down but we will persevere. We can learn from it and we can be stronger, and we can grow. The key is to get up, face each day, a step at a time. Sometime even a minute at a time. It is going to be ok and yes; I really believe that!

“Be strong and courageous. Do not be afraid or terrified because of them, for the Lord goes with you; he will never leave you nor forsake you.” (Deuteronomy 31:6)

“Be courageous; be strong. Do everything in love.” (1 Corinthians 16:13-14)

“Take courage!” Jesus said. It is I! Stop being afraid.” (Mark 6:50)

“We also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us” (Romans 5:3-5).

Healing In a Time of Hurt

Pastor Yang

For the past couple of weeks it seems as if I had stepped into some sort of science fiction. People were facing something that they've never seen or experienced before and that that brought panic and confusion among everyone including local, state, and national leaders. It seemed as if someone decided to take the world in which we lived in and turn it a complete 180 degrees. Children were no longer in school, many adults were not going to work, and everyone was practicing the new

art of self-isolation. This of course brings a whole new level of issues and questions to the home while those who were deemed “essential” continued to work often finding their work load had doubled over time.

In times like these it's easy to throw up our hands and say we give up. It's also easy to be angry and take your anger out on those who seem to be a source of the blame. Of course none of these two options is practical, healthy or helpful. Then what should we do with all this penned up stress and emotion? To answer that we must look into why we feel this way.

As one famous person said before – “Humans are creates of habit...” – which means that we like normalcy. We like to know what is going to happen before it happens, so that way we can prepare ourselves for those moments and take the best advantage of it. Even if this happening might bring something negative, at least we'd be prepared for it much like how a computer can give us forewarnings of storms, earthquakes, and other natural disasters. When we no longer have control over this we lose this sense of normalcy and our habits are all but thrown out of the window.

Luckily for humans, we are very adaptable. But in order to adapt, a person or community must realize their situation, take actions to adjust, and continue to do so as time goes on. For many of us, we are finding ourselves with family members that wouldn't be there on a normal day. This can be stressful. Instead of focusing on the stress why not see it as a chance for some quality family time? For many of us, the need or want to help others takes priority over anything else but in this case it is also wise to look out for yourself and your own health as well.

Jesus' life was full of stress. He may not have gone through something like COVID-19 but his life was threatened by those who didn't understand him and he did get tired like any other human being. Instead of stressing out, Jesus would often seek a place to talk to God.

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Even as his disciples fished, we hear stories of Jesus sleeping and resting on the deck of the boat. I believe he did these things not only to connect with God but also to take care of himself as well. Ultimately, he did these things to find healing and to pray for healing in his life and the lives of others.

Healing and resting should be an important part of our lives. Whether we heal by praying to God, talking to others we trust, resting, or even doing others things like taking a walk in the park – we should try to do some of these things at least once a day. It's not only healthy spiritually but can also help one relax mentally and physically as well. Healing with your family and taking advantage of your time together can also be helpful.

It's easy to be overwhelmed by everything that is happening around us but there's no need to panic as long as we allow ourselves to adjust to the situation as best as we can!

Fennimore UMW News

Spring is here! However ... It's quite a different spring than we are used to, we can say that for sure!

Why is April called April?

It is of Latin origin, and the meaning of April is **"to open"**. The month as a given name; often used to symbolize spring, the time when buds open and flowers appear.

News: Due to COVID-19 our Quarterly Meeting in March was cancelled. At this time we plan to just meet in June, if all has calmed down. Let's pray it does!

From the UMW 1996 Cookbook (24 years ago!)

Some of us now have time for a relaxing cup of coffee in the morning, so why not bake something to enjoy with that cup. Here is a recipe made with basic ingredients you may all have in your pantry. I know I will try it!

YUM-YUM COFFEE CAKE

Submitted by Beverly Jean Porter

½ C Butter	1 TSP Baking Powder
1 C Sugar	½ TSP Salt
2 Eggs	1 C Sour Cream
2 C Flour	1 TSP Vanilla
1 TSP Baking Soda	

TOPPING

2/3 C Sugar	1 TSP Cinnamon
2/3 C Brown Sugar	1 C Chopped Nuts

Cream butter and sugar until fluffy; add eggs, one at a time. Alternate flour, baking soda, baking powder and salt with sour cream and vanilla. Pour half of batter into a greased 9x13 pan. Cover with half of topping. Add rest of batter; top with rest of topping.

Bake at 325 degrees for 40-45 minutes. YUMMY!

RECIPE WARNING! The UMW assumes no liability for weight gain from this recipe!

From UMW President Kim Cathman:
In the midst of all this, I am receiving daily emails from the Wisconsin Conference of the United Methodist Church. I will share this one from March 27th.

Reflection for March 27

By Forrest Wells

Psalm 121 "I will lift up mine eyes to the hills, from whence comes my help? My help comes from the Lord who made heaven and earth." (NKJV)

Psalm 121 has been my favorite Psalm for as long as I can remember. The words comfort me reminding me that no matter what craziness is going on in my life or in the world, God is with me. Unfortunately, often so focused on the troubles in the world, in the Church and in my life that I forget to look to God!

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Years ago I had a friend who was great fun to hang out with. Whether we were hiking with friends in the woods or walking the halls of Tremper High School or the streets of Kenosha he would invariably see things that neither my friends nor I would notice. Why? One day I walked into our local meeting establishment and Blair said, "Forrest, how do you like the new sign?" I responded, "What sign!?" The huge sign in front of the bar had been transformed, completely changed and I hadn't even noticed. We laughed as we reflected that when I walked, I was usually looking down; when Blair walked he was always looking up. He noticed and celebrated the sign while I missed it.

Where are you looking? That is a good question for any time of life, but particularly now as we face the health emergency of Covid-19 and the financial crisis that is following. It is human nature to become focused on questions of survival and become consumed with fear. My encouragement to you is to remember that in the midst of it all, God is with us. "God who keeps you will not slumber. Behold, He who keeps Israel shall neither slumber nor sleep."

Faith requires me to re-focus my gaze. "I will lift up mine eyes..." In the midst of chaos that surrounds me, I will discipline myself to meditate on scripture, listen to uplifting music, share with Christian friends, and continue with weekly worship and daily devotion. I choose to lift up my eyes, that I may be reminded of the goodness, the grace, the glory of God. I do not deny the mounting challenges of this Coronavirus era and the human suffering it is creating. I am consumed with the challenges that confront us. But I do so as a person of faith. I choose to lift up my eyes and trust that God is with me, is with all of us during this chaotic time. Where are you looking? Be strengthened for the work of the day and find peace as you lift up your eyes.

The Lord shall preserve you from
all evil;
He shall preserve your soul.
The Lord shall preserve your going
out and your coming in,
From this time forth, and even
forevermore.

We pray you all are staying healthy and close to home. We often have said, "I sure wish I wasn't so busy and had more time at home to do some projects".

It's seems funny, we have the time now and some of us can still procrastinate (I speak for myself).

God's blessings to all of you! Stay well and we will all be back together soon.

Fennimore Food Pantry Needs:

Green Beans
Whole Kernel Corn
Peanut Butter
Canned Fruit
Cereal
Shampoo