

FEBRUARY 2025

THE CROWS NEST

SPRINGDALE UNITED METHODIST CHURCH
MONTHLY NEWSLETTER



INSIDE THIS MONTH'S ISSUE

- Rebecca's Reflections
- 150th Anniversary
- West Branch Food Pantry
- UMW at Christmas Past
- Conference, District, and Circuit News
- Small Practices for Staying Steady
- Ministry Reports

ITEMS OPEN FOR THE TAKING

- Red Pew Cushions
- Older HP Printer

If you are interested in any of these items, please reach out to Rebecca or an Ad Board member. Any items remaining at the end of the month will be donated or discarded.

REBECCA'S REFLECTIONS

*"Love bears all things, believes all things,
hopes all things, endures all things." 1 Corinthians 13:7*

Many of us know this passage of scripture, the apostle Paul's beautiful statement about love. The thirteenth chapter of the first letter to the Corinthians has been read at countless weddings and funerals, it has been quoted in songs and poetry through the centuries. It seems highly appropriate that every three years, we read this passage at some point in the month of February, a month that focuses on love and valentines.

But there is more to this passage than just romantic love. Paul ends the previous chapter with the phrase, "And I will show you a still more excellent way". He had been writing about gifts of the Spirit; with that phrase, he prepares to write a clear understanding of the radicalness of love; deep and abiding love for all. Chapter 13 is Paul's statement of how we should live our lives in love and not get caught up in petty things like jealousy or arrogance. Love is the greatest of all—faith, hope, and love are all necessary but the greatest of all is love. As his conclusion to this portion of the letter, Paul writes at the beginning of chapter 14, "Make love your aim". The complete piece thus shows a more perfect way, teaches of radical love, and then encourages us to live our lives in love.

This February, and every day, may we "make love our aim". Have a wonderful month.

Rebecca

Springdale UMC celebrated its 150th birthday on January 20. Prior pastors, church members, and community members celebrate this momentous occasion during worship on January 19.

We had several special moments during worship including: Bishop Kennetha Bigham-Tsai recorded a video welcoming everyone to the celebration; special music was performed by Rebecca and Phil Carver, Diane and Brad Thayer, Steven Grace, and Paula Rogers; Rev. Katie Dawson, administrative assistant to the Bishop, presented the sermon, and Rev. Brian Oliver participated in The Act of Rededication and the blessing of memorials; and a fellowship potluck was served in the basement.

A special thank you to the following:

- Manda Frauenholz-Brown
150th Celebration Coordinator
- Jessica Nelson
Potluck Coordinator



FEBRUARY WORSHIP

"Living in Faith"

February 2

4th Sunday of Epiphany, Communion Sunday

Scripture: 1 Corinthians 13:1-13

Sermon: "What is Love"

February 9

5th Sunday of Epiphany, Boy Scout Sunday

Scripture: 1 Corinthians 15:1-11

Sermon: "Life-Changing"

February 16

6th Sunday of Epiphany, Birthday Sunday, Fellowship after worship

Scripture: Luke 6:17-26

Sermon: "To Give and Receive"

SONG OF THE MONTH



This is the day that the Lord has made; let us rejoice and be glad in it.

Psalm 118:24

WEST BRANCH FOOD PANTRY

This year, the COME committee will be collecting personal hygiene items for the West Branch Food Pantry. Collections will continue through the entire month and you can find the collection bin the foyer of the church. Any items collected will be distributed to the pantry after the 4th Sunday of the month.

January - During the month of January, we collected the following dental items:

- 2 bottles of mouthwash (\$8.00*)
- 20 tubes of toothpaste (\$78.40*)
- 80 rolls of dental floss (\$274.40*)
- 50 toothbrushes (\$106.00*)

February - Body care (shampoo, conditioner, body wash, loofahs, shaving cream, razors, etc.)

*Price determined by a Google search of average costs



UMW AT CHRISTMAS PAST

The Springdale United Methodist Women changed things up this year and served "Walking Tacos" during West Branch's annual Christmas Past on Friday, December 6. They also relocated from N. Downey Street to Parkside Repair on N. 2nd Street. In addition to "Walking Tacos", the ladies offered bottled water and baked goods; all for a free-will donation.

Penny Gafeller, UMW member, reports that they served approximately 168 people and received approximately \$550.00 in donations.



BIRTHDAYS

4 - Ben Donohoe
6 - Abby Knoop
14 - Tricia Manning
 Nick Nash
 Nate Nash
17 - Bailey Donohoe
 Moose Maxson
 Spencer Whitlatch
19 - Josh Hartz
20 - Ali Jo Baker
23 - Jeremiah Sabourin
26 - Zeb Brown
28 - Jodi Clemens
 Mitchell Hesselstine
 Jenny Sabourin

ANNIVERSARIES

2 - Jeremiah and Alinda Sabourin

UPCOMING EVENTS

Feb. 1 - Leadership Training, Mt. Pleasant, 9-Noon
Feb. 2 - Confirmation @ WBUMC, 3-5 p.m.
Feb. 9 - Boy Scout Sunday and Cookie Buckets
Feb. 12 - Discipleship Night @ WBUMC, 5:30 p.m.
 UMW, 6:30 p.m.
February 19 - Discipleship Night @ WBUMC. SUMC will prepare and serve dinner.
February 23 - COME meeting 11 a.m.
February 24 - Bingo @ Crestview 2:30 p.m.
February 26 - Discipleship Night @ WBUMC, 5:30 p.m.

WEST BRANCH
AREA
RELIGIOUS
COUNCIL
(WBARC)

*Our Mission is to
foster interfaith
connections in
order to address
needs as they arise
in our community.*

WHO WE ARE

**Bethany Lutheran
Church (ELCA)**
235 S. 2nd St.
West Branch, IA 52358

**West Branch
Friends Meeting
Conservative**
317 N. 6th St.
West Branch, IA 52358

**Springdale United
Methodist Church**
554 290th St.
West Branch, IA 52358

**West Branch
Friends Church**
116 N. Downey St.
West Branch, IA 52358

**St. Bernadette's
Catholic Church**
507 E. Orange St.
West Branch, IA 52358

**West Branch
United Methodist
Church**
203 N. Downey St.
West Branch, IA 52358

*Though many, we are one body in
Christ. - Romans 12:5*

2024 Annual Report



GIFTS
RECEIVED

\$800

Thank you for your generosity!

SCHOOL HUNGER
PROGRAMS

\$600

*Provide weekend meals through
Operation Backpack*

RENTAL
ASSISTANCE

\$300

JACK N' JILL
VOUCHERS

\$267

MINISTRY
EXPENDITURES

\$2,241.43

ASSIST STUDENTS
& FAMILIES

\$500

*Gift cards provided to WBCSD
Resource Navigator to give to
families as needs are identified*

CELEBRATE OUR
YOUTH

\$500

*Assists students celebrate their
graduation and prepare for the
next stage of their life*

HOTEL LODGING

*Provide shelter for stranded
motorist*

ITEMS TO COLLECT



MEDICAL EQUIPMENT & SUPPLIES

We accept new and gently used: folding walkers, crutches, canes, wheelchairs, shower chairs, and orthopedic supplies.



TOOLS

We accept new and gently used hand tools and garden implements including shovels and rakes.



EMERGENCY EQUIPMENT AND GEAR

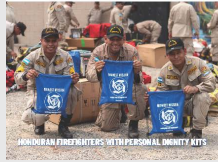
We accept emergency gear and equipment including fire gear, equipment, fire trucks, and ambulances. Fire gear can be expired.



UNCOR KITS

As a cooperating depot in the UNCOR relief supply network, we accept all UNCOR kits and supplies.

Learn more and stay up-to-date on our current needs at midwestmission.org/collect-donate



HOUSMAN FIREPLATELERS WITH PERSONAL IDENTITY KITS

KITS & PROJECTS AND OTHER ITEMS YOU CAN COLLECT

The Kits, Projects, and Items listed in this brochure make up the core of what Midwest Mission sends to people in need around the world and around the corner. By providing these kits and supplies, you are actively serving as the hands and feet of Jesus, showing God's love in a practical way. Thank you!

Midwest Mission only sends items once they've been requested. Over the years, our kits have improved based on feedback we have received from trusted nonprofit partners. We always seek to do what we can to better meet the needs of those in crisis.

ASSEMBLE KITS

Kit assembly videos at midwestmission.org/kits

SEND ITEMS

Mail: 1007 Mission Drive, Peotone, IL 60268

Drop Off: M-F 8 AM - 4 PM or any time in the foyer

Permanent Collection Sites: Find locations at midwestmission.org/permanent-collection-sites

Purchase Items Online: You can shop our online shopping. Kits and have items sent straight to Midwest Mission.

Visit midwestmission.org/collect-donate.

QUESTIONS

Go to midwestmission.org/kits

Contact 217-485-7811 or office@midwestmission.org

CONNECT WITH US

Join our Newsletter by scanning the QR code



2025 Kits & Projects and Other Items You Can Collect



STUDENT KIT IN PERU

CONFERENCE, DISTRICT AND CIRCUIT NEWS

Book Study United Women in Faith Book Discussion via Zoom on February 1 from 10:00 a.m. to 11:30 a.m. [Click here for more information.](#)

GriefShare Program

You are invited to attend the first session of the GriefShare Spring 2025 program being offered by First United Methodist Church and Wesley Foundation of Iowa City, on Saturday, February 8, 2025, from 3:00 - 5:00 PM. Participate in person or via Zoom. Subsequent sessions will be Saturday mornings.

GriefShare is for people grieving the death of a family member or friend, for the those supporting a person suffering a terminal illness (anticipatory grief) and for those who've had a major life change (job loss, permanent injury, etc.) It is a Christian based grieving support organization with several program offerings through www.GriefShare.org.

If you are grieving, we encourage you to check this program out. It is recommended that you attend 3 sessions and then decide if it's a good fit for you. You do not need to be a church member to participate. If you're not quite ready, you can join at anytime during the program.

This program, ***Your Journey From Mourning to Joy***, is based on this scripture:

"For God will turn their mourning into joy and will comfort them and give them joy for their sorrow" Jeremiah 31:13 NASB

There are 13 sessions in total offered via **both Zoom and in-person**. Except for the first one, which is 3-5 PM, our sessions are on **Saturdays at 9:00-11:00 AM.** (No sessions on these dates: Easter and Mother's Day weekend, Mar 29, April 26.)

Each session includes a time for 'checking in' with everyone, a 30 min video followed by discussion. Each session lasts 1.5 - 2 hours. You can share as much as you feel comfortable, or not at all.

[Register Here.](#)

February 1- Virtual Candidacy Retreat – from 9 a.m. – 2 p.m. via zoom

Are you exploring a call to ministry? The candidacy retreat which is a requirement of the candidacy process is an opportunity to further discern your call to ministry, learn more about the process, meet others on the journey, hear from those serving in different types of ministry and have a chance to ask questions. Registration is required in order to receive the zoom link. Register at <https://iaumc-reg.brtapp.com/candidacyretreatfeb2025>

SMALL PRACTICES FOR STAYING STEADY

By: Rev. Lee Roorda Schott

A friend posted recently about a new list he's starting: *Things I can do nothing about in 2025*. He mentioned some things that might end up there—state and national politics, global concerns—and the questions that would get things there: Can I do anything about this? Can I have anything to do in response to a situation that will make any real difference? If the answer is no, he says, "I'll have a place to put it. So I don't forget."

His post appeared in the middle of my own thinking about practices that I might need to adopt to stay steady as the events of 2025 unfold. I was already thinking about a list that might look something like this:

1. Walk the dog.
2. Floss my teeth.
3. Read some poetry.
4. Get outdoors.
5. Make a cup of tea and sit in silence while it brews.
6. Marvel at the weather, and the lengthening light of day.
7. Say or sing a table grace.

I've [previously talked about how my #2, "flossing," ended up on a list like this](#). At bedtime when I'm rumpled by the day, or the week, the doing of this unfavorite task helps remind me I'm not that far gone. Yet. It's become something of a discipline.

The "outdoors" items on my list—#4 & #6—are particularly apt right now, with a little more sunshine every day and, seriously, have you noticed the birdsong? Even on the coldest days, I've heard geese overhead. (I love their discordant honking.) And on these slightly warmer, sunny afternoons this week, I've heard birds singing as after a long silence. There's something steadying in nature happening, no matter what else is going on in my day, and in the world.

About #7. This made the list after clergy colleague suggested at the start of lunch recently that we share a table grace together (a traditional prayer over our meal), which then quickly turned to confusion when we didn't have common language for one. Partly because she's Lutheran, alongside my Methodism. But more basically, there's not a traditional table grace in my memory, nor ready to come out of my mouth. As I've thought about that, it brings up a string of lovely recollections.

First, I think about my dad. I wish I had written down the table grace that was deep in his memory and often ready on his lips. I've been pondering what it was and I awoke the other day with the words "these thy gifts" shimmering in my memory; I'm sure this phrase was part of it. Here's a traditional table grace that includes those words; I think this is close:

***Bless us, O Lord,
and these thy gifts
which we are about to receive from thy bounty
through Christ, our Lord. Amen.***

Dad was the one who prayed the table grace when company gathered at our dining room table. It was always a feast, even if it was simple, always prepared lovingly and wonderfully by my mom.

For our family meals, though, served at our kitchen table, my brother and I were the ones who would pray. I think we took turns, night by night, and the words were always the table grace we had learned the prior summer at Bible School at the Prairie City United Methodist Church. For five mornings, we'd practice saying a table grace over the cookies we'd be served at snack time.

By the end of the week, we'd have it by heart, and that memorized prayer would become our prayer at home until we were taught a new one the next year.

MINISTRY REPORTS

Springdale UMC Leadership Board Planning Meeting January 28, 2025 5:00 p.m.

Attendance: Steven Grace, Jessica Grace, Manda Frauenholz, Jo Leighty, Rebecca Carver, Lynda Ambrose

Business Portion

1. Treasurer's Report
 - a. Steven will share a copy of our 2025 budget with Paula to put in the newsletter
 - b. Manda moved to approve. Lynda seconded. Motion carried.
2. Trustees
 - a. The printers needed to be replaced. They were replaced with a single 4-in-1 printer.
 - b. Paula will post on the Springdale UMC page and will email Lyle and Ann Zeal to get the word out.
3. Manda will preach on March 2

Where do we go from here? Planning The Ad Board was challenged with the following question: If time, money, and people were no object, happen in the coming years.

<u>General</u>	<u>1-year</u>	<u>3-year</u>	<u>5-year</u>
More outreach	Scrapbook pictures from 150 th	Accessible building	155 th Anniversary celebration
Increase Family attendance	Accessible building	Praise Band	
Continue to show appreciation for current attenders	Grow worship attendance by 5%	Updated Church Directory	Revisited/Revised Yule Buffet
	Separate praise/worship time	Cedar County Sleep In Heavenly Peace build	Accessible building
	Outdoor worship/picnic (continue 150 th)	Grow worship attendance by 5%	Grow worship attendance by 5%
	Homecoming Sunday	Do more study about Wesley	
	Cedar County Sleep In Heavenly Peace build	Expand mission/ministry with Crestview (more bingo-like projects? Another worship? Books/reading? Hymn Sing?)	Increase pastoral support (1/2, 3/4, or full-time)
	Bi-Annual Bible &/or book study (not Lent/Advent)	Worship at Little Bear campground	Have long-term stewardship study
	Lenten Devotional book	Mission day to Matthew 25 (CR) to work in community gardens	Upgrade/update kitchen
	Expand mission/ministry with Crestview (more bingo-like projects? Another worship? Books/reading? Hymn Sing?)	Christmas Caroling	Extend driveway around south of building to get to chair lift
	Bless the Animal Sunday	More engagement/involvement with local celebrations	
	Christmas Caroling	Decide how to better utilize west wing beyond just VBS	
	Conversations in FB group	Better utilize closet behind piano	
	Weekly devotions on blog	Have church-wide clean-up/purge	
	Birthday Sunday promotion	Grow connection within circuit for some of the mission/ministry plans we have	
		Homecoming Sunday	
		Weekend retreat (Youth or adult)	
		Get youth programming back up and running	
		Quarterly "mini" VBS	

2025 Missional Priorities

Increase our online presence such that we touch more people's lives, near or far.

Offer more small group opportunities to bolster community and a sense of belonging, while continuing to promote spiritual growth. (Amplify will help)

Expand stewardship efforts—do more year-round, find more missions to support/aid (both local and abroad) (small notes at various events....)

Expand leadership development efforts; How can we get more people involved in leadership, committees, mission involvement, etc.

Food pantry connection/mission—do more through the year besides just white gifts at Christmas (monthly); check with circuit on other programs we

Ministry Spending Plan 2025 - Springdale UMC

	<i>Budgeted</i>	
Committee-Staff/Parish Relations	\$	16,090.00

	Pastor	\$ 15,590.00	
	* Salary	\$ 14,640.00	
	* Health/Pension		
	* Travel/Mileage	\$ 500.00	
	* Continuing Education	\$ 250.00	
	* Resources	\$ 200.00	
	Local Pulpit Supply	\$ 500.00	
Committee-Trustees	\$ 16,040.00		
	* Fuel-LP	\$ 2,250.00	
	* Telephone/Internet	\$ 1,140.00	
	* Electricity	\$ 2,500.00	
	* Insurance	\$ 5,600.00	
	* Janitorial Services		\$ 2,000.00
	* General Maintenance	\$ 750.00	
	* Technology		
Committee-Altar	* Exterior Maintenance	\$ 1,000.00	
	\$ 80.00		
	* Candles	\$ 50.00	
Committee-Worship	* Communion Supplies	\$ 30.00	
	\$ 1,025.00		
	* Bulletins	\$ 25.00	
	* Pianist	\$ 1,000.00	
Committee-Outreach	* Other		
	\$ 1,000.00		
	* WBARC	\$ 150.00	
	* Church Brochures	\$ 50.00	
	* Community Visibility Activities	\$ 75.00	
	* Supplies	\$ 25.00	
	* Evangelism Resources	\$ 150.00	
Committee-Education	* Mission/Outreach Activities		\$ 2,000.00
	\$ 5,550.00		
	* Sunday School	\$ 250.00	
	* Bible School	\$ 4,500.00	
	* Family Events	\$ 300.00	
	* Bible Study	\$ 250.00	
	* Youth Events/Confirmation	\$ 250.00	
Committee-Finance & Stewardship	\$ 50.00		
Committee-Lay Leadership Development			
	* Stewardship Info		\$ 2,000.00
Apportionments	\$ 6,216.00		
	* Leadership Training		\$ 2,000.00
	* General Church		\$ 1,000.00
	* Conference Ministries	\$ 3,668.00	
	* Conference Missions	\$ 860.00	
	* District Asking	\$ 378.00	optional
Administrative Operations	\$ 905.00		
	* Conf. Connectional Ministries	\$ 252.00	optional
	* Office Supplies/Printing	\$ 450.00	
Miscellaneous	\$ 1,225.00		
	* Power Church		\$ 2,000.00
	* CCLI	\$ 75.00	
	* Annual Conference	\$ 1,000.00	
	* Other	\$ 150.00	
TOTAL	\$ 48,381.00		

Committee on Outreach, Mission, and Evangelism (COME)

Springdale United Methodist Church

January 26, 2025

In attendance: Paula Rogers (Chair), Julie Mather, Rhoda Barnhart, Diane Heick, Rev. Rebecca Carver.

January donations for the West Branch Food Pantry have been collected. Paula will get them delivered. We collected: 20 bottles of mouthwash, rolls of dental floss, 50 toothbrushes, 4 packages of baby wipes, 2 packages of diapers, 1 jar of peanut butter, and 2 packages of toilet paper.

February donations will focus on personal hygiene items, such as shampoo, soap, shaving cream, etc.

Our next Special Sunday offering will be for UMCOR and collected on March, 30, 2025.

Ash Wednesday services will be at WBUMC, Maundy Thursday will be hosted here, and Good Friday services will be at WBUMC.

Fellowship after church will February 16, Paula will get in newsletter and bulletin, Julie will provide coffee and drinks.

Paula is working on a poster board to have a visual reminder of things we have done during the year.

Discussed hosting a Plant Swap/Exchange sometime in April. Invite community to participate bringing perennials they have divided, extra seedling etc. Will discuss more at future meeting.

Discussed possibility of setting up a Lending Library at Crestview Care Center for the residents. Possibly use a rolling cart to house it. Paula will be in touch with them to see if they are interested.

Next meeting is February 23, 2025

Worship Committee

January 6th, 2025

Attendees: Manda Frauenholz-Brown, Rev Rebecca Carver, Jessica Grace, Paula Rogers

-Julie Hime resigned from the committee after the last meeting minutes were sent out.

1. Finalize any needs for 150th
 - a. Went over the bulletin and added some things
 - b. Jessica Nelson is in charge of the potluck
 - c. Need to set up the basement to make sure it's ready for the potluck-Jessica Grace will set up. Jessica will make sure we have plates, cutlery, etc.
 - d. Manda to set up a table downstairs for people to look at old pictures, etc.
1. Boy Scout Sunday/Girl Scout Sunday
 - b. February 9th boy scout sunday - Amy to do fellowship and do flag ceremony.
 - c. March 9th Girl Scout Sunday- Paula incharge and will work with Jo Leighty
3. Palm Sunday/Ash Wednesday? Holy Week - Rebecca is working on this
 - a. Confirmation Sunday. April 13th (Palm Sunday)
 - i. Need to check with Jo to see if she will get the palms Paula to ask
 - b. Ash Wednesday March 5th
4. Sunrise Service
 - a. Easter April 20th
 - b. Manda Volunteered to do the service
 - c. Breakfast- Ask Jessica Nelson - Manda will confirm with her.
 - d.
5. Sound booth coverage for when Manda is gone
 - a. Rylee can fill in if Steven is here.
 - b. Need to ask people during church like Jeremy Budreau or Amanda Budreau?
 - c. Need to setup time to train other people so turns can be taken
6. Manda has asked Barb Frauenholz to do some new flowers for the season.
7. UMCOR Sunday is March 30th. We can do Snacks and Songs that Sunday since it's the 5th Sunday.