

PLATTEVILLE UNITED METHODIST CHURCH

Learn God ~ Love God ~ Share God ~ Serve God



About once a month or two I get a headache that will not go away. I usually wake up with it. It makes me feel like I am in a fog, and makes me feel sick to my stomach. I take Advil Cold and Sinus to take the edge off, but the headache usually takes until evening to go away.

A year or so ago one was so painful that I started researching headaches on the internet. I found something very interesting. An alternative medicine website suggested that to lessen a headache, one needed to practice gratitude.

I thought it was weird, but decided to give it a try anyways. I started talking to God, telling him all of the things I am thankful for. I didn't just list things; I picked something and explained why I was grateful, and then picked the next thing. It was a prayer that went on for a while, and I noticed that as time went on, my headache lessened.

There is actually a scientific basis to this. Expressing gratitude releases endorphins, one of our body's natural pain relieving mechanisms.

Now to be honest, the headache came back fairly quickly. But each time it came back, I would stop and pray prayers of gratitude. The prayers of gratitude were much stronger than the Ibuprofen!

I was thinking about this today and wondered if being intentional about expressing gratitude each day would make a difference in our overall well-being.

Let's do a little experiment of our own. Let's make November a month of gratitude: not just on Thanksgiving Day, but all month long. Each day journal about something you are grateful for. Don't just jot down a sentence, but explain to God in a paragraph or more the nature of your gratitude. And then talk to people. Tell them why you are grateful for them. Or send cards. And then if you intentionally do this, I want to know, at the end of the month, did you feel better? Did you physically or emotionally feel better at the end of the month than at the beginning?

God never ceases to amaze me! I'm looking forward to hearing some amazing stories!

I'll see you in church, where we practice love of God, love for people, and share our gratitude for God and one another,

*Ave
Pastor
Brende*

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Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. Philippians 4:6-7

Sunday School Happenings

Our Sunday School classrooms are full of excitement this fall, with over 50 children and youth attending classes! We are so happy to have Amanda Parker joining us for music on Sunday mornings. She is a music major at UWP, and is bringing lots of fun and energy to our singing time.

Our mission project for this year is also causing lots of excitement. We have raised more than \$700.00 for Habitat for Humanity so far. Keep an eye on the house outline on the upper hallway bulletin board to watch how we are progressing. The classes are taking turns hosting the Coffee Fellowship/Bake Sale on the first Sunday of each month to raise money for Habitat. The November fundraiser will be on Nov. 3, hosted by the 2nd-3rd grade class.

On Oct. 19, 15 members of our church worked to build and raise the outside walls of the house. It is thrilling to see the house really take shape! Check out the picture on the bulletin board, or drive by the house on the corner of Jefferson and Sowden. Several of our Sunday School children and their parents helped to prepare and serve a lunch for the work crew in our Fellowship Hall. Check out more pictures on our Facebook and web page.

Bible Sunday



8:30 Service



11:00 Service

On Sunday, October 6th, our Sunday School kids received their Bibles at both services. 3 & 4 year olds new to our program received the Beginners Bible and 4th graders received the Hands on Bible.



PUMC Workday
October 19th, 2013





Flip that pancake! I want to extend a huge thank you to everyone that came out and made our pancake supper a success! We served many different pancakes along with providing wonderful music for the evening. Thank you for coming and giving to our Passion and Mission Trip over winter break! It is great to be a part of a congregation that serves our college students so well!

We also have several students from PUMC that go away to school every year. This year I would like to bless those students by sending care packages. This is a great way we can serve our students that we love but do not attend PUMC.

I would love some help with assembling these packages along with the packages for our the PUMC students for finals. Please be on the look out for sign ups!



Five Reasons to be in a Small Group

1. Small groups are the perfect place to understand and practice authentic relationships to feel apart of God's family.
2. Small groups are the perfect place to practice our call to be a disciple and make disciples.
3. Small groups are the perfect place for spiritual growth to make God's truth come to life in our lives (Matt. 28:18-20).
4. Small groups are the perfect place to experience heartfelt prayer and understand the Bible, and put it into action.
5. Small groups are the perfect place to unwind, release your stress and reprioritize your life.

Look at these benefits waiting for you! Join or start a small group! Check out the display in the lobby, equipped with a brochure of available small groups and a magazine of possible other small groups you could start!

Mindy's



Merge 45 (4th & 5th grade ministry) has been busy learning about our creator God. We have learned that God is our creator and

that we are created in his image! We have explored God's creation in the church yard and enjoyed some of God's delicious fruit and vegetables. We also have discovered how God created us to be creative and create masterpieces as well!

Merge (6th-12th grade ministry) has been learning that building our foundation on God is the only way to have a sure foundation. We have been working through the Joshua Harris Video Series "Dug Down Deep." So far we have seen examples of teens building their lives on sports, relationships, music, and academics. All of these have come tumbling down leaving the teen empty, but God still remains, making God the sure foundation.

On November 22-24 we will be traveling to the Wilderness Resort in Wisconsin Dells for the ReFuel conference! We will be having fun in the four waterparks that Wilderness features. Plus we will be led in amazing worship and hear speakers tell us more about who God is and what he wants to do in our lives! Contact Mindy if you are interested!

Corner

Mindy Freiburger

608-778-4607 or freiburgerm@gmail.com



Thank you for supporting our Campus Ministry Pancake Prelude!





- 1 John Gile
- 1 Brian Rewey
- 3 Judy Calcaterra
- 4 Wayne Abing
- 6 Doris O'Neill
- 7 Ray Meiklejohn
- 8 Krista Feist
- 8 Mindy Freiburger
- 10 Donna Stephens
- 10 Irena Edge
- 11 Judy Soles
- 12 Dawn Gile
- 12 Beverly Dunbar
- 12 Soraeya Stone
- 15 Carol Kirkpatrick
- 17 Lowell Shinn
- 17 Don Hardy
- 17 Owen Hromdka
- 18 Mike Olds
- 21 Jay Dykstra
- 25 LeeAnn Lindahl
- 25 Tim Rupp
- 28 Garrett Brehm
- 29 Blake Stephens
- 30 Donnie Millard
- 30 Ty Simmons

Anniversaries

- 5 Merlin & Nancy Deiter
- 11 Doug & Kathy Martin
- 12 Merlin & Sheena Rice
- 15 Gene & Janice Digman
- 30 Doug & Sharon Nodorft



just thought
YOU should
KNOW

I wish to thank all the members of the congregation for their thoughts and prayers during my last two months of recovery. It was a great feeling to know there were so many sending prayers out for you. God has been good to me and has brought me healing but it is slow going. I am an impatient guy so God has had to deal with that one as well. A special thanks to all those who remembered me with cards or came by to visit. These thoughts meant so much to both Lee Ann and myself. I also wish to thank Pastor Brenda for her visits and her special prayers. It brought us comfort and peace. I am facing one more surgery that I hope I will be strong enough to handle in the next month so I ask for your continued prayers. God Bless you all!
Tom Lindahl

Dear Friends, Thank you for providing a location for the 2013 Platteville Community Senior Family Picnic. Despite the very hot weather, this year's event served 241 meals and nearly 100 people took advantage of the transportation service. That is an increase from last year. There was great music, great food and great fun. Seniors are still talking about this event and looking forward to 2014. We could not do this without your support. Once again, thank you for your generosity. Connie Steinhoff, Director, Platteville Senior Center

The members of the Platteville Fire Department would like to thank you for loaning tables to the department for our 50 year celebration dinner for Dick Klinger and Ron Boldt last month. Dave Schmoekel, Secretary & Treasurer

I have two beautiful flower arrangements on my table in honor of Pastor Appreciation Month. One is from staff, and one just says it is from my church family. Thank you so much for thinking of me. It is an honor to be your pastor! Love you! Pastor Brenda

The Mission Committee has started collecting food for our Thanksgiving Food Baskets for our adopted families. Food donations may be left in the shopping cart located in the hallway. Monetary gifts can be mailed to the church or placed in the collection plate on Sunday. Thank you for supporting our community and for your generosity.

The UMW is again selling new crop of Mammoth Halves of pecans from Georgia. They will be picked soon and should arrive before Thanksgiving, so you will have them for holiday baking or to use as gifts. They come in 1lb. bags and will be \$10.00 a bag. Please place your order on the clip board in the office. We ask that you pay for them when you order them. That makes pick-up time much easier when they arrive. THANK YOU for helping us to sell them so we can complete the mission projects listed in our budget and special offerings.

Plans are in full swing for the Christmas Fair. It is hard to believe how fast and busy these last few months of the year are. We hope you all are finding things to make and provide for the Fair. Really, ALL women of the church are members of the UMW, but the ones who join the organization are the ones you seem to hear about most as they are more active in the activities, studies, projects of the UMW. So ALL are welcome to come to meetings and hopefully participate in activities.

Sign up sheets are in the narthex for the Christmas bazaar on Dec. 7. Please consider what you can do to help make this event a great success. Several churches in town have either made the decision to not hold or have reduced the scope of their bazaars. The Christmas bazaar committee feels that ours can provide a wonderful chance to show fellowship within the Platteville community while selling a tasty lunch and creative crafts. If you can think of a way in which to serve that is not listed on the sign up sheets, please give Rosemary Anderson a call, 348-7593. PLEASE: When you are signing up, PLEASE include a phone number!

November Schedule

Nov. 1st CWU Community Day at 2:00PM at First English Lutheran Church
Program: "Walking Through the Doors of Opportunity"
Women from St. Mary's and St. Augustine's

Nov. 5th UMW General meeting
World Thank Offering Program and collection of World Thank Offering
Program: Dee Gray Hostess: Carol Lange

Nov. 12th Christmas Fair Planning Committee at 9:00 AM
Wesley Room

Nov. 20th Rebekah Fellowship Group at 9:00 AM in Wesley Room
Program: Dee Gray Hostess: Carol Lange



Holiday Bazaar

December 7 is this year's date for the UMW Christmas Bazaar. As we enter jam making season, consider making an extra jar or two for the Christmas Bazaar. Preserves are always a hit at the bazaar. Not a jam maker? Perhaps you can knit, embroider, crochet or woodwork an item for the bazaar while you are sitting outside in this wonderful weather. And remember to keep an eye out for those "treasures" you might find in an attic or closet that would look great on our re-sale table.

MESSAGE FROM OUR PARISH NURSE

Cold and Flu season is upon us. Some predict it will be sooner than most years. In any case remember to take appropriate precautions. Get at least 8 hours of sleep every night (children will need more), eat well, drink plenty of fluids and get exercise, all of which support your immune system. Wash your hands, wash your hands, wash your hands!!! In public restroom especially turn the faucet off with a paper towel and open the bathroom door with it, also. You don't know if the last person to go out washed their hands. Always make sure children learn to wash hands properly and wash before they eat. Encourage your children's teachers to have the students wash their hands before they eat lunch. Remember to keep your hands away from your eyes, nose and mouth. These mucus membranes provide easy ports for germs to enter your body. If you become ill, stay home for 2 reasons; so you can minimize the severity of your illness and so you don't share it with others.

Here are some easy ways to identify the difference between cold and flu.

Symptoms	Influenza (flu)	Cold (upper respiratory infect)
Fever	Usually present and high (102°-104° F); typically lasts 3-4 days	Uncommon
Headache	Very common	Uncommon
Aches and pains, muscles aches, chest discomforts	Common, often severe	Uncommon
Fatigue and weakness	Moderate-severe; can last up to 12-21 days	Mild
Extreme exhaustion	Very common early in illness	Extremely rare
Stuffy or runny nose	Sometimes	Common
Sneezing	Sometimes	Common
Sore throat	Sometimes	Common
C O U G H	Character	Non-productive cough is typical; nocturnal cough rare
	Severity	Moderate
	Duration	Typically 3-7 days: occasionally up to 14 days
Infectious period	1-2 days before symptom onset to 5-10 days after	Variable; typically 4-7 days after symptoms onset; can be longer

Don't be afraid to shake hands, but honor the wishes of those who choose not to either because they know they have cold or for one reason or another need to take extra precautions.

I hope everyone has a healthy winter.

Susan Schlager, Parish Nurse

CHARGE CONFERENCE

Thursday, November 21st at 6:00 pm

All Members are invited to attend



Barely Seniors
November 14
12:00 pm

Dan Rohrback, Southwest Health Center President and CEO. Dan will share information on SWHC developments and answer questions

Ecumenical Thanksgiving
Service will be on
Sunday November 24, at 3:00 pm.
Location to be announced

Please Notify the Church Office When...

- * You or a member of your family is hospitalized.
- * You have a change of address, **especially if you are going away for the winter.**
- * Your phone number has changed.
- * Your email address has changed.
- * Your board or committee changes a meeting date or time.
- * Members of your family are students attending school away from home or are living at a different address

Your help with all of the above is very much appreciated!

Would you like to receive you newsletter electronically? If you would, please contact Jennifer in the church office.

Just a friendly reminder of the weekly announcement and newsletter deadlines.

Weekly Announcements

Wednesday morning

Newsletters

3rd Friday of the month

Please have any articles to the office no later than Friday afternoon. This will ensure that your article will get in the newsletter. Dates are posted in the weekly announcements, newsletter and sent out by email.



If you are leaving for the winter, PLEASE contact the office with a forwarding address and the dates you will be gone. Thank you!!

Office Hours

9:00 a.m.—4:00 p.m.; Monday-Friday

Contact Information

Office: 608-348-9508

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Web: www.plattevilleumc.org

Pastor

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608-482-0021

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Youth, College Age & Small Group Coordinator

Mindy Freiburger

freiburgerm@gmail.com

608-778-4607

Sunday School Superintendent

Ellen Carnahan

ellen.carnahan@yahoo.com

Usher Schedule

8:30 a.m.	John Cottingham, Jack Kirby, Dick Bonin
11:00 a.m.	Ron Rewey

Readers Schedule

November 3	8:30 a.m.	Sara Koeller
	11:00 a.m.	George Krueger
November 10	8:30 a.m.	Max Anderson
	11:00 a.m.	Patricia Jenkins-Bock
November 17	8:30 a.m.	Lynn Schlager
	11:00 a.m.	Amy Pohle
November 24	8:30 a.m.	Ellen Carnahan
	11:00 a.m.	Dawn Drake

Greeters Schedule

November 3	8:30 a.m.	Front	Roger & Rita Elver
		Lower	Tom & Nancy Ziegenfuss
	11:00 a.m.	Front	Joe & Alice Clifton
		Lower	Amy & Chad Pohle
November 10	8:30 a.m.	Front	John & Norma Meisel
		Lower	Richard & Peg Meyer
	11:00 a.m.	Front	Warner & Pam Smidt
		Lower	Colleen Lozeau
November 17	8:30 a.m.	Front	Dan & Elizabeth Whitford
		Lower	OPEN
	11:00 a.m.	Front	Becky Peters & Dawn Gile
		Lower	Tianna & Joclyn Gile
November 24	8:30 a.m.	Front	Max & Rosemary Anderson
		Lower	Jim & Carol Kirkpatrick
	11:00 a.m.	Front	Helen Cardin & Sheena Rice
		Lower	Chad & Amy Pohle

The sermon for All Saints' Day will be the sermon that I preached at my father's funeral last March. It is about what my father taught me about God, not by his words, but by how he lived his life. Be sure to come to worship Sunday November 3rd and invite your friends to light candles for those who they have lost in this life, but will see again in the life to come! ~Pastor Brenda

November Worship**November 3rd**

What My Father Taught Me
 Luke 15:11-32
 All Saints' Day
 Communion Both Services
 8:30 Mallow Ringers
 11:00 Dixieland Band

November 10th

Shiny Gods: Earn, Save, and Give
 (John Wesley's principles on money)
 2 Corinthians 9:6-12
 8:30 Special Music TBD
 11:00 Blind Faith

November 17th

Commitment Sunday
 Shiny Gods: Heart Giving
 Matthew 25:14-30
 8:30 Special Music TBD
 11:00 Blind Faith

November 24th

The Journey: Mary of Nazareth
 Luke 1:26-38
 8:30 Mallow Ringers
 11:00 Blind Faith

All Saints Day

November 3rd we will be celebrating All Saints Day during both services of worship. We will be reading names and lighting candles for our members, friends, and relatives of members who have passed away in the past year (since last All Saint's Day). If you would like a candle reserved for a loved one who passed away this past year, please give Jennifer your name and the name of your loved one. There will be additional candles available for others to light in memory of those who have in previous years gone on to the church triumphant.

NOVEMBER 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Worship 8:30am Sunday School 9:45 am Worship 11:00am	4 Breakfast Prayer Group 6:45 am @ Country Kit. Yoga w/Vaal 5:15 pm	5 UMW 1:30 pm Dance Elite 4:00 pm Yoga w/Vaal 4:15 pm	6 Bible Study 7:00 am Hearts & Hands 1:00 pm Yoga w/Vaal 5:15 pm Merge 4:5 4:00 pm Merge 6:30 pm Holy Rollers & Redeemer 6:30pm	7 Small Group 1:30 pm Yoga w/Vaal 4:15 pm Board of Trustees 7:00 pm	8	9 Whig Holiday Bazaar
10 Worship 8:30am Sunday School 9:45 am Worship 11:00am Mallow Ringers 6:00pm	11 Breakfast Prayer Group 6:45 am @ Country Kit. Yoga w/Vaal 5:15 pm	12 Dance Elite 4:00 pm Yoga w/Vaal 4:15 pm Mission Committee 5:00 pm	13 Bible Study 7:00 am Hearts & Hands 1:00 pm Merge 4:5 4:00 pm Merge 6:30 pm Yoga w/Vaal 5:15 pm Holy Rollers & Redeemer 6:30pm Confirmation 6:30pm	14 Barely Seniors 12:00 pm Small Group 1:30 pm Yoga w/Vaal 4:15 pm Finance Committee 7:00 pm	15 Newsletter Deadline	16 Broley/ Faherty Wedding
17 Worship 8:30am Commitment Sunday Baruch 9:30 am Sunday School 9:45 am Worship 11:00am	18 Breakfast Prayer Group 6:45 am @ Country Kit. Yoga w/Vaal 5:15 pm	19 Nurture Committee 2:00 pm Dance Elite 4:00 pm Yoga w/Vaal 4:15 pm	20 Bible Study 7:00 am Hearts & Hands 1:00 pm Merge 4:5 4:00 pm Merge 6:30 pm Yoga w/Vaal 5:15 pm Holy Rollers & Redeemer 6:30pm SPRC 7:00 pm	21 Rebekah Circle 9:00 am Newsletter Assembled 12:00 pm Small Group 1:30 pm Yoga w/Vaal 4:15 pm Charge Conference 6:00pm	22 Refuel Conference	23 →
24 Worship 8:30am Blood Pressure Checks Sunday School 9:45 am Worship 11:00am	25 Breakfast Prayer Group 6:45 am @ Country Kit. Yoga w/Vaal 5:15 pm	26	27	28 HAPPY THANKSGIVING! OFFICE CLOSED	29 OFFICE CLOSED	30



PLATTEVILLE UNITED
METHODIST CHURCH

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&

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COMMITMENT Sunday



Join us for a church wide
fellowship brunch
9:30-11:00 in the
Fellowship Hall

Sponsored by the Finance Committee