ONALASKA UNITED METHODIST CHURCH



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OUR MISSION

Make disciples of Jesus Christ for the transformation of the world.

OUR VISION

LOVE all people unconditionally;

PREPARE our hearts, minds & hands;

SERVE in all ways we can;
CELEBRATE GOD in all we do!



We Welcomed Through Holy Baptism



On Sunday August 18th Eleanor Dae Nordland

Born November 10, 2023
Parents: Marissa & Brian Nordland

On Sunday August 25th

Osla Marie Sampson

Born September 21, 2016
Parents: Jenna & Matt Sampson

On Sunday September 8th

Grayson Floyd Westenberg

Born: May 5, 2024
Parents: Zaria & Matt Westenberg

BREAKTHROUGH PRAYER

Please join in the daily breakthrough prayer to set aside intentional time to listen to God's invitation toward the next season of mission and community building for OUMC.

Loving God of all, renew our hearts and minds.

Reveal your wildest dreams, break through to each of us.

Unite us in your vision, equip us for your work.

Transform us by your song, create our harmony.

May we embrace your future, and be your loving church. Amen.

Keeping Contact Information Current, Safeguarding Information

OUMC relies on current contact information and changes for each household to effectively communicate and share ministry highlights. Please contact the church office when you have an address, email, phone number change. Also consider giving your alternate address when you go for extended stays in secondary homes. OUMC continues to monitor scam attempts and report to the congregation ways pastor, staff or emergency stories are used to try to scam you. Please understand a staff phone call to verify information received by email is a safeguard we use. Know that the pastor or staff will NEVER ask you to provide financial resources (money, gift cards, rides) to get them out of an emergency situation or to support ministry needs. If you get suspicious requests, do not open or reply to them and report them to the church office so that we can take appropriate measures. One of the best ways to detect if something is a scam attempt, look at the originator email. If it does not include onalaskaumc.org in it, then you are probably receiving a scam.

Thank you for your understanding and diligence.

2

WORSHIP SERIES

WESLEYAN ROOTED WORSHIP SERIES 9/1-9/29 As a result

of taking this journey together, you will gain a renewed understanding of our Wesleyan theology of sanctification and grace. Your heart will be filled with a rekindled sense of God's love at work in and through you. And you will have greater motivation to follow the spiritual practices that will lead you to transformation in Christ.



The result will be a clearer and more passionate desire to engage in the missional work of making disciples of Jesus Christ for the transformation of the world.

DO UNTO OTHERS - A CAMPAIGN OF KINDNESS 10/6-10/27 We see division and

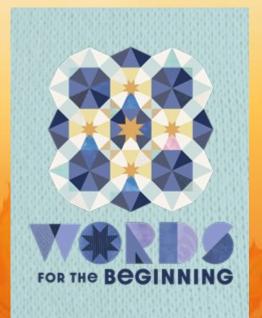


polarization in our country, communities and even inside the walls of our own churches. It's easy to wonder if we will ever go beyond agreeing to disagree, yet Jesus shows us a better way. Jesus taught us that we should treat others as we want to be treated. This is commonly known as The Golden Rule, and holds the power to bring people together again.

CREATED FOR CONNECTION 11/3-11/27

This upcoming sermon series will focus on a need that we all have: for connection and belonging. The church is a place for everyone to find welcome and hospitality. Consider inviting your friends to this series, especially those who are longing for connection.





WORDS FOR THE BEGINNING 12/1-12/22

Advent is a season of endings and beginnings. As the calendar year comes to a close, a new church year begins. Christ's birth ushers us into new ways of living and loving; and yet, the world as we know it spins madly on. In many ways, pregnant Mary was surrounded by endings—large and small, personal and political. But Mary proclaimed hope in a God who was and is making all things new. Christ's birth offered a beautiful new beginning for shepherds and Magi alike—all the while, King Herod tried to bring Christ's story to an end. When we ourselves navigate seasons filled with endings and beginnings, we need reminders. We need words that can feel like steady ground, like a path for our feet to f ind as we step forward into the unknown.

VOLUNTEER OPPORTUNITIES





Seeking office volunteers who can come in one day a week for 1 to 2 hours. If you are interested, contact Gretchen in the church office office@onalaskaumc.org, click on the Sign up link: Office Volunteer Sign Up or scan this QR code

YOUTH MINISTRY LEADERS NEEDED!

FAITH ADVENTURES ON THE FIRST

When: During each service on the 1st Sunday of the month (8:30 & 11:00 am) Age Group: PreK-5th grade Who: Adults who enjoy hanging out with the smallest members of our church community! Activities include arts and crafts, simple Bible stories, games. High School students are welcome to be volunteers.

When: Weekly on Wednesday nights from 5:30-6:30 pm
Age Group: K-5th grade
Who: Adults who enjoy hanging out with the smallest members of our church community! Activities include arts and crafts, simple Bible stories, games. High School students are welcome to be volunteers.

PEEPS

DOVES

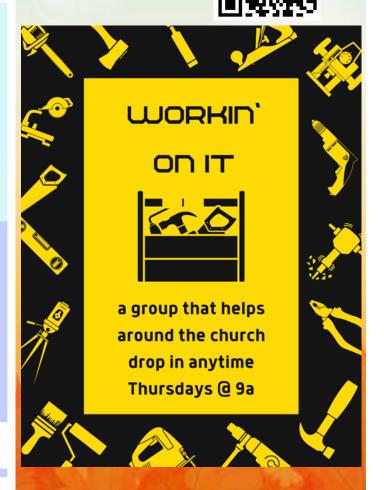
When: Weekly on Wednesday nights from 6:30-8:00 pm
Age Group: 6th-8th grade
Who: Adults who feel called to teach students in their most formative years.
Activities include leading lessons about the basics of the Bible & Methodism, games, arts & crafts, and mission activies.

SOAR

When: Weekly on Wednesday nights from 6:30-8:00 pm
Age Group: 9th-12th grade
Who: Adults who want to be part of more in-depth spirituality with students. Activities include lessons with real-world applications, games, mission activities, and occasional field trips around the La Crosse area. A driver's license & vehicle would be a bonus.

All volunteers must pass a background check & Safe Sanctuaries training through OUMC.

If you feel called to be part of the youth ministry leadership team, please contact Zoe de Boer at youth⊕onalaskaumc.org by July 1st to fill out a brief application.



SEPTEMBER EVENTS

SEPTEMBER MISSION COLLECTION

To benefit the Coulee **Region Humane Society**

we are collecting cat &

kitten dry food through the month of September. The shelter is currently overrun with kittens and not enough food.





Sunday, September 29th **Combined** worship at 9:30am, followed by brunch!





The Food Basket Ribbon Cutting Open House event has moved to September 19th 4-6 p.m. due to a media scheduling conflict.



Ready to Partner in the mission of OUMC?

Next Step is a casual gathering where you can learn about the history of Onalaska UMC, hear from our pastor about the beliefs and traditions of the United Methodist Church, and get to know the church a bit better. You will also get to meet Stephen Ministers, connect with other worshippers and learn about opportunities to get connected! After you've met

our pastor and learned about the church, there is a short break to offer an opportunity to decide if you want to take that next step and join Onalaska UMC. New Members are welcomed at a service of worship based on their availability. Next Step will occur quarterly.

Plan to attend on Sunday, September 22 at 9:45 am in the Heritage Room.

If childcare is needed, please contact the church office.

WE ARE IN NEED OF A NURSERY ATTENDANT! **SUNDAY'S DURING THE 11:00 AM WORSHIP SERVICE**

This is a paid position.

Call the church office 608-783-3380 or onaumc@gmail.com



OCTOBER EVENTS





OVER BOARD GAMES
SATURDAY OCTOBER 19th 2-5pm

Blood Drive

Turn a new leaf Fall into giving

Monday October

TAKE HOME!

21

1:00 - 6:00 PM

Helpful tip: Make sure to eat a healthy meal and drink plenty of water before donating. BLOOD DRIVE SPONSORED BY:
ONALASKA UNITED METHODIST CHURCH

EVENT OPEN TO THE PUBLIC!

Onalaska United Methodist Church 212 4th Ave. N

Onalaska, WI 54650

Monday, October 21, 2024 1:00 - 6:00 pm

APPOINTMENTS PREFERRED Click here to schedule:

https://donate.wisconsin.versiti.org/donor/schedules/drive_schedule/263088

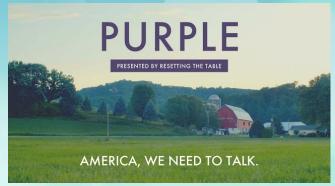
versiti*
Blood Centers

6th Annual
Coulee Region Hunger Walk/Run - 5K
October 13, 2024 @ 1:30 p.m.
In-person registration starts at 12:30 p.m.
Myrick Park Main Shelter, La Crosse, WI
We walk with our neighbors to end hunger!

Join the "Onalaska UMC" team for the 6th annual Coulee Region Hunger Walk! The annual 5k has raised over \$66,000 to combat local food insecurity since it was formed 6 years ago. This is such a fun opportunity to move your body for a good cause, as well as spend an afternoon with church family and friends. Walking, jogging, running, and biking are all allowed, as well as bringing furry friends to walk along! Registration opens on September 1st at couleeregionhungerwalk.org. Our team is called "Onalaska UMC."

Courageous Conversations Purple: America We Need to Talk by Resetting the Table Monday, October 14 at 6:00pm-8:00pm

This short film captures an ideologically diverse group of everyday Americans in rural WI and Iowa coming to see the humanity and motivations behind each other's positions. To date, PURPLE has reached tens of



thousands of viewers and screened in over 340 faith communities, universities, high schools, public libraries, museums, think tanks, and non-profit organizations across the country.



Don't Be Scammed!

Preventing Identity Theft and Fraud

Lunch and Learn



Thursday, October 17, 2024 12 noon-1:00 p.m

Guest Speaker

Ingrid Parshall Branch Manager BMO Bank N.A.

Onalaska United Methodist Church 212 4th Ave. Onalaska, WI

Free

Light Refreshments Served RSVP to: office@onalaskaumcorg before Monday October 14

Sponsored by the OUMC Care Connection Team

Topics Include

Learn how to identify the signs of identity theft and fraud and how to protect yourself. What can be used to steal your identity? Common scams

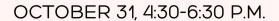






A fun & safe Halloween experience...

TRUNK OR



Onalaska United Methodist Church upper parking lot 212 4th Ave N, Onalaska

Fun for all ages! Neighbors and friends are welcome to come for one-stop trick-or-treating in our parking lot, plus free hot dogs and hot chocolate.

OUMC members: decorate your car and hand out candy to our visitors. For more information, or to volunteer, contact Zoe de Boer (youth@onalaskaumc.org).

ADULT EDUCATION



HISTORY & MYSTERY OF THE BIBLE STUDY Sunday Mornings at 9:45 am

Facilitated by Margret Awtrey meeting in the Resource Room
We will resume meeting on September 8 after a two-week layoff.
Through instruction and lively discussion we discover the richness of the Bible and how it applies to us today. ALL ARE WELCOME

SUNDAY NIGHT STUDY - Knowing Who We Are - The Wesleyan Way of Grace Sunday, September 8 - Sunday, October 20 6:00-7:30pm

In this book, Laceye C. Warner invites you to a richer understanding of Wesleyan Christianity so you can have a clear sense of identity, better express your own beliefs, and deepen your connection with The United Methodist Church. She introduces you to important values and characteristics that make the Wesleyan way distinctive, including emphasizing God's grace for all and sanctification as tangible transformation in your life, your community, and all creation. You'll see how The United Methodist Church today is deeply rooted in the Christian tradition and a legacy of care, compassion, and active response to injustice in the world. And you'll find that Christian faith in the Wesleyan tradition holds together personal faith and community life, along with a commitment to justice through ministry and service.

KNOWING WHO WE ARE The Wesleyan Way of Grace what we believe, what we do, and why



Laceye C. Warner

THE WESLEY BROTHERS

Our first class will be held on October 6th.

This study will cover the Wesley Brothers. We will be reading a series of sermons by John Wesley and sing accompanying hymns by Charles Wesley for the Fall 2024- Spring 2025 Sunday School Season. Each week will have a sermon and song! You will not need to buy any materials for this class, all the sermons and hymns will be pre-printed and available each week. You also will



not need to read prior to any class (although you are always welcome too!)- all readings covered each week will be short enough that we can cover them fully during class. This class will be run as a hybrid study with in person and virtual options both available. I have an unlimited data plan on my new phone which will mean we will have a full backup if there are technical difficulties. Contact Sophie Molstad for more information.

ADULT EDUCATION



Sunday Morning Education

Bible 101

Learning how to use and navigate your Bible



Sunday Night Studies Sunday's 6:00pm-7:30pm

Participation is open to anyone and offers open conversation

Learning to Disagree

Advent study TBD

October 20—November 17 November 24-December 15

Sunday, October 13

9:45 am FREE



GriefShare begins Sunday, September 22 from 6:00-7:30pm

Facilitated by Pastor Claudia Deede at OUMC

Onalaska United Methodist Church is excited to offer an opportunity to launch a grief support group that will meet weekly (with some exceptions). The GriefShare program equips those struggling with grief to take steps on the long path through that grief toward healing and hope. This is a Bible based program that provides a multi-faceted way of processing that has been helpful to many others.

The key components of the GriefShare experience are:

- · Video Seminar encouraging information-packed videos featuring leading grief recovery experts
- · <u>Discussion group</u> a small group discussion about the content of the video
- · Workbook journaling and personal study exercises to reinforce the weekly session topics. These components along with your own personal processing time provide healing space and time to recover and go from "mourning to joy."

Sessions will begin Sunday, September 8, 2024, and conclude Sunday, December 1, 2024. We will meet from 6:00 to 7:30PM. The cost of the workbook is \$20.00 but if this amount is burden-

some for you, we have some scholarship funds available. Once you have registered for the program you can obtain a workbook from the church office.

To register, contact Onalaska United Methodist Church at 608-783-3380, scan the QR Code or click this link.



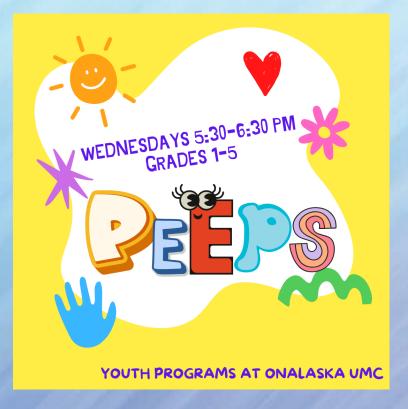
KIDS MINISTRY

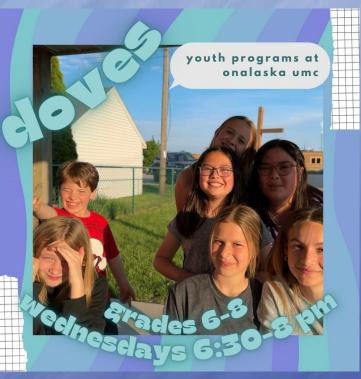


FAITH ADVENTURES ON THE FIRST SUNDAYS

Faith Adventures on the First is our once-amonth Sunday School, hosted for children preschool-5th grade during both services. Faith Adventures will include a short devotion or Bible story, a craft, game, and/or activity. Stay tuned during the worship services for an announcement of which adult leader to follow back to the Art Room!









August 2-11, 2024

















MERCY & JUSTICE

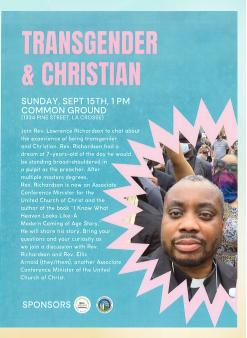
OUMC MERCY MINISTRY TEAM

The Mercy Ministry Team meets on the 3rd Tuesday of each month at 6:00 p.m. and is looking for new members & new mission ideas and opportunities! If you are someone who is passionate about social justice, staying up to date on the needs of the local community, loves to volunteer, or just wants to meet like-minded individuals, the Mercy Ministry Team might be for you! Some of the events the Mercy Ministry Team works on: the monthly Community Dinner, the Coulee Region Hunger Walk, the monthly collection drives for different regional

organizations, Pride in the Park, the Juneteenth celebration, and more! To learn more, please contact Zoe

(youth@onalaskaumc.org).

Do you have questions about the experience of being transgender and Christian? Join Rev. Lawrence Richardson, Associate Conference Minister of the United Church of Christ on Sunday September 15th at 1pm at Common Ground (1334 Pine Street in La Crosse). Bring your curiosity and an open mind. This event is co-sponsored by the La Crosse Area Coalition of LGBTQ+ Affirming Christians and First Congregational Church.





Our Community Dinner ministry continues to grow each month! We're always looking for additional help. The Community Dinner is served on the 2nd Tuesday of each month from 5-6 p.m. in the Gathering Area and as a drive -thru meal. The dinner is free for all, but we do accept free-will donations to help offset the grocery costs.

Upcoming Community Dinner dates:

September 10th, 5-6 p.m. ~ Chicken Tacos- being cooked by high school student, Matt Arsenault **October 8th, 5-6 p.m.** ~Lasagna!

November 12th, 5-6 p.m. ~ Soup-a-thon! We will be asking for donations of your favorite homemade soups and chilies to serve as it gets chilly outside.

December 10th, 5-6 p.m. ~TBD

SMALL GROUPS



MISSION STITCHERS

Our mission is to provide quilted items for our church family and local community members. In using our gifts and talents,

we will grow spiritually in fellowship with others in our church and the community. Other related projects that involve sewing may occur.

We meet every 1st and 3rd Tuesdays of the month from 10:00 am to 4:00 pm in the last room to the right of the Fellowship Hall downstairs. All are welcome whether you quilt or not! If you don't know how to quilt, we will teach you what you need to know. If you do handiwork such as embroidery, crocheting or knitting we can use your talents as well.

SOME OF THE REASONS WE GIVE A QUILT:

Life-threatening illnesses
Life changing event (loss of a loved one or other trauma)
Loss of Independence
Surgery

If you cannot come in the afternoon and morning is better, please come then. If only afternoon is better, please come at that time, but you are welcome all day, too. We have work that can be done even if you do not sew, if you would like to learn to sew, or if you are an accomplished seamstress. Please join us for conversation if you would only like to visit while you knit, crochet, or do other handwork. You are welcome to join us!



SUNSHINE GIRLS

Sunshine Girls meets every 2nd Monday of the month from September to May. In October Pastor Bruce will be leading us in the Bible study Simon Peter by Adam Hamilton. We meet either before or after the study to chat and share about what we are up to and to share joys and concerns. We meet from 5:30 to 7:30 pm,

actual times have not yet been determined.

If you are interested, please come and join us, we would love to have you!

If you are interested in joining us, please call Peg Benz @ 608-780-7214.



STEPHEN MINISTRY

Stephen
Ministers are
congregation
members trained
by their Stephen

Leaders to offer care to people who are hurting. A Stephen Minister typically has one care receiver at a time and meets with that person once a week for about an hour.



The Care
Connections Team
reaches out to
OUMC members
who are

hospitalized or in need of extra TLC.

For more information contact Rhonda Akeson rkakeson@gmail.com

THE OUMC CARE CONNECTIONS TEAM

Since we formed the OUMC Care Connections Team last October we have sent 200 cards to people with prayer requests or concerns and performed 20 random acts of kindness.









Interested in joining?
"Like" our Facebook page, Moms of
Faith or contact Becca Hegge at
608-345-5592



come join us for fun school related games, prizes and snacks! Let's celebrate a new school year!

Where: Onalaska United Methodist Church

Bring a friend. Earn a coffee Gift Card. when: Saturday, September 21st @ 10:00 a.m.

Please contact Becca Hegge for any questions @ 608-345-5592







MUSIC MINISTRY

Praise Team

Thank you to the new praise team members that have joined us this year! The current Praise Team consists of five vocalists, two pianists, one guitar player, and one drum player. We are so grateful to have such a joyful group of musicians to lead worship on Sunday mornings, whether two or three can be present one week, or all nine can make it! If you are interested in listening to the Praise Team's repertoire, search "Onalaska UMC" on your Spotify app, or use the corresponding QR code.





Chancel Choir

Do you like to sing? Do you have musical talent/interest? Do you like to hang out with cool people and sing fun songs? Come sing with us this fall. You don't have to be trained as a singer, you just have to enjoy singing. The Chancel Choir rehearses most of the time on Wednesdays from 6:30-7:45 and we are recruiting for all voice ranges.

Our first choir rehearsal will be Wednesday, September 4 and we sing for the first service at 8:30 a.m. each Sunday (starting on September 8). If you are interested in participating or have questions, contact the director Dean Gunnarson after church, at dealog7@gmail.com or just show up. If you are an instrumentalist of some sort, we would love to know that as well.



A special opportunity this year will be a special Christmas cantata type event on December 15 (both services) utilizing all the music talent in our church (of all age groups) and beyond. If you have interest in participating in



that, rehearsals will be on Wednesday nights (same time) and we will start rehearsing these songs in October.

MUSIC DIRECTOR
Dean Gunnarson

WHAT'S COMING IN NOVEMBER



All Saints Sunday November 3

If you have a friend or loved one who passed away within the previous year and would like them recognized during our All Saints worship, please send their name to the church office no later than Sunday October 27th.





ELECTION DAY

TUESDAY

November 5th 8:00 am to 8:00 pm

Self-guided in the church sanctuary



THANKSGIVING DAY—THURSDAY
NOVEMBER 28th
The church office will be closed



Wednesday November 27th 6:30 pm

This year @ First Lutheran Church
410 Main St. Onalaska



SATURDAY DECEMBER 4th, 2024



OUMC SCRIP PROGRAM

ALL KWIK TRIP SALES IN
SEPTEMBER WILL GO TOWARD
THE OUMC ROOF FUND!

10% Regular cards

20% Grocery Only cards

Contact Mary Koblitz with any questions or special scrip orders.

smkobee@yahoo.com

1st & 3rd Sundays—Food Pantry Collection

On the 1st & 3rd Sunday's we're each encouraged to bring food items. Shopping carts are at both entrances to receive your donations. Items in need may shift over time but in general soups, canned meat, cereal, pasta, sauce, toilet paper, personal hygiene items and basic items are in great demand.



2nd & 4th Sundays- Common Thread



Apportionment is the term used to describe the amount that each United Methodist congregation is asked to contribute to the wider United Methodist Church in support of our missions and ministries around the world. In other words, it is *A Portion Meant for Others*. We sometimes call Apportionments the term *Connectional Giving* because it is an outward and visible sign of the connection within the UMC. The "Thread Spool" is placed out to receive your contributions on the 2nd & 4th Sundays.

STAFF

Rev. Krysta Deede, Lead Pastor

Jessica Gobel, Director of Adult, Connecting, & Intergenerational Ministries

Zoe de Boer, Director of Young People & Mercy Ministries, and Praise Worship

Gretchen Massenburg, Coordinator of Communication & Administrative Support

Dean Gunnarson, Director of Classic Worship

Dean Gunnarson, Director of Classic Worship

Sandy Koster, Organist/Accompanist

Bailey Sommerville, Nursery Attendant

Sabbath keeping is mandated in the creation story, the 10 Commandments, and in Jesus' summation of them, LOVE God and LOVE neighbor. Staff members have a weekly day of sabbath. Please honor those days of their spiritual renewal.

Rev. Krysta Deede—Friday Sabbath
Zoe de Boer—Friday Sabbath
Jessica Gobel—Monday Sabbath
Gretchen Massenburg—Friday Sabbath