



Due to the restrictions regarding church in the pandemic, the Mission Committee Coffee Project has been put on hold. This has resulted in much, if not all, of the product we have on hand, having expired. I don't be-**PROJECT** lieve that affects the quality

of the product, but it might matter to some people who want to buy for gifts. New products will not be ordered until there is a demand or until in-person church has resumed so sales can take place there.

Recently, Equal Exchange, where we purchase our fair trade products, sent this email: "Even during COVID-19, your congregation can continue to make small farmers and the alternative supply chain a priority. Equal Exchange is down by 70,000 lbs in coffee beans in the faith-based sector. We're asking you to elevate your fair trade ministry. Farmers have been hit hard by the pandemic and cannot afford to lose any more of their income."

If you are interested in purchasing fair trade coffee, chocolate, or tea from the Mission Committee, please contact Susan Sandmeier at dssandmeier@gmail.com or 509-586-6241 to order and arrange delivery.

All profits from this project benefit our Koins for Kenya project. Thank you for supporting both the farmers and the Kenyan projects.



"I would maintain that thanks are the highest form of thought, and that gratitude is happiness doubled by wonder."

-G.K. Chesterton



A Christ-centered, inclusive and loving community

Kennewick First I Inited

Vethodist Church

### The Breakfast Club

Young Adults are welcome to join Rachel Loomis on Zoom for Bible study time, prayer, and fellowship. Please feel free to grab your favorite morning beverage and breakfast food for our gathering! The Breakfast Club met on November 1 and will be meeting again on Sunday, November 15, at 11:30 am.

For more information about The Breakfast Club and how to get the Zoom link, please call the church office at (509)582-2163 or email Rachel at rachel@kennewickfirst.com.

We are so excited and can't wait to see you!

*"For just as each of us has one body with many"* members. and these members do not all have the same function, so in Christ we, though many, form one body, and each member belongs to all the others."

Romans 12:4-5



Drive-in Worship, 10:30 am, November 8 Veterans Day, November 11 Drive-in Worship, 10:30 am, November 22 Christ the King Sunday, November 22 Virtual Charge Conference, 4:30-7 pm, November 22 Thanksgiving Day, November 26 First Sunday of Advent, November 29

# It's Officially Butter



## Braid Season!

Butter Braids are a delicious frozen pastry that you defrost and bake. They are about 22 oz., feed about 11 people, come in 7 different flavors, cost \$12, and are perfect for holidays, special occasions, or just for fun! The Butter Braid fundraiser helps the United Methodist Youth raise funds that help to offset the cost of UMY activities, trips, and retreats. To social distance, we are doing the Butter Braid fundraiser a little differently than in the past.

The United Methodist Youth and office staff will be working through the directory and making calls over the phone to visit with you and to collect orders for Butter Braids. If you do not receive a call or do not have a chance to speak to a youth or office staff over the phone, please don't hesitate to call the church office at (509)582 -2163 to order your yummy Butter Braids!

To continue practicing social distancing, there is an option this year to pay for your Butter Braids online through the Kennewick 1st website or you may mail a check to the church office. You will receive an explanation on how to pay when you put in your order.

This year, the youth will not be delivering the Butter Braids that they sell. To practice social distancing, Rachel will be outside the covered drive-through area of the church parking lot with your Butter Braid order on December 10 from 5-7 pm. Please wear a mask and stay in your car. You will need to get your Butter Braids to a freezer as soon as possible after picking them up so they do not begin to thaw!

Thank you so much for your ongoing love, prayers, and support of the Kennewick First UMY. We hope that you enjoy your delicious Butter Braids!

The flavors are:

Cinnamon Cherry Apple Cream Cheese Raspberry Blueberry Cream Cheese Caramel Rolls





On Wednesday, October 21, Ruth Anderson bundled up and braved the elements just outside the church doors to receive the many well-wishers at her

socially-distanced, drive-by retirement party. She was joined by several members of her family.

That's right, after 30+ years as Financial Secretary for Kennewick First, Ruth is turning off her calculator!

Ruth sends a heartfelt *thank you* to everyone for the cards, gifts, and flowers, which, as of the time of this publication, she reports she is still receiving! She very much enjoyed the evening and was (and still is) delighted to be able to see the many friends she has not been able to see for so long—even if from a distance.

The whole church is grateful to Ruth for her faithful service!



#### "I Can Do It Myself" Almost Killed Me

As I get older, I fiercely hold on to my

sense of independence and self-control. I tell myself I don't need anyone.

What a false notion. Asking for help is not a weakness but, as I discovered, wisdom. I truly believe releasing myself to help from neighbors, doctors and, yes, Jesus, saved my life one recent Sunday.

Having gone through a routine Achilles surgery just 36 hours earlier, I found myself surprisingly fatigued, weak, and unable to put any weight on my right leg. After vomiting in bed Saturday night, I made my way with the help of a walker to the toilet. It was there that my energy totally left me unable to get up or move. Here it was the middle of the night and I was physically and emotionally spent. So I started earnestly praying to Jesus for help.

That's the last thing I remember until Sunday morning hearing my neighbor call my name, but I could not wake myself. I was in the living room recliner by this time. I was barely breathing and my blood oxygen levels were dangerously low. At the hospital, I was put on a respirator for 12 hours, transferred to ICU, and for another 12 hours, received straight oxygen. Within that 24-hour period I regained and maintained my oxygen levels. Two days later I was released from the hospital to go home so long as I had a caregiver with me. After three more days at home I was finally back on my own. I was told that I had suffered from hypoxia brought on by the anesthesia combined with the strong pain pills I was prescribed.

Asking for help saved my life. First, I had asked beforehand for a neighbor to check on me that morning. I could have viewed that as an invasion of my privacy, but it was what saved my life. Secondly, I asked Jesus for help. I know it was Jesus who moved me from the bathroom to the living room recliner during the night.

I truly believe that Jesus carried me from the bathroom to the recliner.

With thanks for prayers answered,

Janet Z. Shelton

## Want an Upper Room?



The Upper Room daily devotional for

November/December is now available. Please contact the church office at 509-582-2163 or email

Cynthia@kennewickfirst.com if you would like one mailed to you.



# We want to pray for you!

Just a reminder...if you have a prayer request or

joy to share, please contact the church office at 509-582-2163 or email

<u>Cynthia@kennewickfirst.com</u>. Our prayer team and Lay Shepherds want to support you in this way.

## Worship DVDs

If you are not able to receive livestream (online) Sunday morning worship services, but have a DVD player, please contact the church office at 509-582-2163 or email



<u>Cynthia@kennewickfirst.com</u> and we will begin mailing them to you.



Zoom Children's Sunday School meets every Sunday at 9:00 am. If your child is interested in joining us, please contact starlite@kennewickfirst.com

for the log-in information. Children's Sunday School is open for all children 2 years old through 5<sup>th</sup> grade.

We are learning all about Paul and his time in prison, how he continued to write to the church and share the hope we have as Christians, even in the most difficult times, because of Jesus.

# TRUNK-OR-TREAT WRAP UP

On Sunday, October 25, Kennewick First UMC hosted a socially distanced trunk-ortreat in the church parking lot for the congregation and com-



munity. Thank you to everyone who supported the trunk-or-treat by praying, donating candy, decorating a trunk, and/or bringing friends and family down to the church parking lot!

It was a wonderful celebration and was so much fun connecting with and meeting others, and the creativity that went into each costume and trunk was incredible!

Thank you and we look forward to hosting more community events in the future!







3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> graders are welcome to join Rachel and Gracee on Zoom for an afternoon of devotion, fellowship, games, crafts, and of course, fun! We will meet together on Sunday, November 8, and Sunday, November 22, at 12 pm.

If you have not yet received the link for Funday or know someone who would like to register for Funday, please call the church office at (509)582-2163 or email Rachel at <u>rachel@kennewickfirst.com</u>.

We are so excited, see you soon!

In Christ's Love, Rachel & Gracee

#### Growing Through Gratitude

Thankfulness, studies show, has multiple physical, mental and emo-



tional benefits. Psychologist Robert Emmons calls gratitude "fertilizer for the mind" because of its powerful effects.

He admits gratitude isn't always easy especially when life throws us curveballs (see the year 2020) — but says it can be most helpful during and after difficulties. Emmons suggests reframing challenges using thankfulness-based language. Ask, for example: Though I wasn't grateful for the experience at the time, how can I be now? What lessons did I learn, and how did I grow as a person?

Throughout his letters, the apostle Paul reframes his extensive sufferings and urges us to do the same. "Give thanks in all circumstances," he writes, "for this is God's will for you in Christ Jesus" (1 Thessalonians 5:18, NIV).



Dallon Hare	2-Nov
Paige Phillips	2-Nov
Danielle Rhodes	3-Nov
Lloyd Leathers	5-Nov
Cynthia Glazier	5-Nov
Christian Tenney	5-Nov
Ruth Anderson	6-Nov
Mke Zabel	7-Nov
Joline Board	10-Nov
Jaime Hildman	10-Nov
Connie Boice	11-Nov
Gene Wertman	12-Nov
Tricia Cochran	13-Nov
Ann Sehmel	16-Nov
Matthew Elvik	17-Nov
Aggie Mowry	18-Nov
Brooke Flodin	18-Nov
Nicole Loomis	19-Nov
Sierra Shiplet	20-Nov
Craig Mayfield	21-Nov
Tanner Butler	21-Nov
Lee Simmelink	23-Nov
Megan Austin	23-Nov
Jane Hunt	24-Nov
Randy Bement	24-Nov
Kayla Ebberts	24-Nov
Jolene Kuhns	28-Nov
Mary Lynn Arter	28-Nov
Mona Miller	28-Nov
Trevor Troxel	28-Nov



#### Early December Birthdays

John Harden	1-Dec
Hollis Morris	2-Dec
Margaret Beesley	2-Dec



*Please pray for those in need of healing, comfort, and encouragement*...

Ron Baker, Evelin Choate, Don Hildman, Jordyn Andrews, Kirk Higginson, Rita McElroy, Muriel Smith, Juli Reinholz, Anita Knight, Joan Osborne, Pat Phillips, Terry Simmelink, Jennifer Bateman, Joe & Jolene Kuhns, Donna Troxel, Peggy Snyder, Don Meyers, Gweneth Russcher, Bishop Elaine Stanovsky, and our District Superintendent Rev. Joanne Coleman Campbell.



Floyd Gustafson, 96, passed peacefully into life eternal on Monday, October 10, at home. Please keep his wife,

Louise (with whom he celebrated 70 years of marriage last summer), and his other family members and friends in prayer.



Buzzy Ray Alley entered the world on October 22 at 7:41 am, weighing 6 pounds and 6 ounces, and he was 19 inches long. Kevin and Kara Alley are the proud parents, and Marley is his proud big sister! Grandparents are Rick and Cindy Glazier and Great Grandma is Karen Alley.

Dana and Kathy Bryson have a new grandson! Liam Rogers Bryson was born on October 11. He weighed 10 pounds and 1 ounce, and was 20.5 inches long!! Mama and baby are doing great and Grandma and Grandpa are beyond thrilled!!!



TMAS What a glorious truth - our UMW pulled off

a great drive-by mini Holly Daze in October. Now a spectacular Holly Daze for Christmas is set for Saturday, December 5.

That's because the October online bazaar of crafted items, many for Halloween and Thanksgiving, was a big success. Thanks to UMW's Facebook monitor, Mary Lynn Arter, and all the UMW contributors of time and talent, the day was practically perfect. In the October online UMW bazaar, \$2,000 was raised to support human service projects, and, equally important, it was accomplished safely.

Pepiot's famous bean soup sold very well. That means UMW will order 100 more bags to be offered at the online Christmas Holly Daze. The soup and crafted items for Christmas decorations and gifts can be previewed and ordered on the Holly Daze page on Facebook. Mary Lynn will post individual photos of all items with prices and quantities. Buys can be made in the comment section for each craft.

Check online often because updates will be made on holiday decorations and gift suggestions. To contribute crafts, church friends are encouraged to contact Holly Daze Co-chairs Susan Sandmeier and Darryl Vaughn.

As of today, the plans for our Christmas Holly Daze include:

• On the first Saturday in December, a drive-through lane in the church parking lot will be open mid-day for orders to be picked up.

- Payment will need to be made by a check or exact cash in an envelope or baggie.
- Signs will be posted in the church parking lot to guide entry and exit. Items will be placed in the car's trunk.
- Once again, it will be a safe, contactless exchange, complete with masks.

All First Kennewick Church members and neighbors are encouraged to enjoy shopping safely online with UMW for Christmas gifts, made with love.

Also, everyone should be pleased that with every purchase, they are supporting worthy causes, including Second Harvest, Grace Clinic, Union Gospel Mission, and My Friend's Place.



## Can You Help?

The Benton County museum features wonderful, large pictures of our Kennewick High School Lions graduates displayed on the walls. Tiny stars/crosses honor those in each class who have died, put in place when we are aware of their deaths. We would like to update these treasures.

You can help us if

- You have or can get a list of your class members with the names of the deceased so indicated. (Maybe from a reunion event?)
- You know who I can contact for this information for this special project.

Our pictures include the years 1908—1981.

Please call me at 509-582-3428 or "snail mail" me so that we can continue the tradition of honoring the memories of our deceased classmates.

> Thank you in advance. Shirley Miller



#### UMW Members Find New Ways To Serve

Our UMW president, Kathy Wertman, thanks everyone

who helped with Holly Daze in October and all those who bought the marvelous crafts in the online mini sale.

Leading the team of UMW volunteers were co-chairs Susan Sandmeier and Darryl Vaugh, and Facebook monitor, Mary Lynn Arter.

At this point, our church's November UMW meeting is cancelled because of Covid-19. But members and other church friends will be working at home on crafts for the December 5 Christmas Holly Daze.

While our local UMW is trying to stay in touch by email, phone, and online, the new national United Methodist Women Board met in October by Zoom.

The virtual gathering began with an organizational session, presided over by Bishop Linda Lee, during which directors elected board officers.

General Secretary and CEO Harriett Jane Olson shared how the national office adapted its work to offer members transformative education, leadership development, spiritual growth, and opportunities for service and advocacy in this time of physical distancing.

"It has been said that the world has gone through five years' worth of change in six months," Olson commented. "It is also a moment of opportunity."

She explained that UMW was maximizing its resources, redirecting funds to places of great need, and learning in innovative ways to serve and advocate for justice.

Online, UMW is advancing many new opportunities, including Mission U, Faith

Talks, and climate justice events. Check UMW's activities at <u>unitedmethodistwom-</u><u>en.org</u> or on Facebook.

During this challenging time, Methodist women are continuing the work for racial justice. Recently the national UMW board proclaimed, "Black Lives Matter to God and Black Lives Matter to United Methodist Women."

As always, healthcare for women and children is at the heart of UMW. In 1869, Dr. Clara Swain went to India for UMW to provide medical care. She was the first fully accredited woman physician ever sent out by any missionary society into any part of the non-Christian world.

Today, United Methodist Women continues to support the health and family needs of women and children around the globe.

The St. Andrew's cross is a symbol of humility and suffering. It first came into use during the Middle Ages. According to tradition, St. Andrew was



crucified while preaching in Greece. He felt unworthy to be crucified in the same way as Jesus, so he begged that his cross be made differently. St. Andrew's cross is the national cross of Scotland. It's also called Cross Saltire.

#### Kennewick 1st United Methodist Church

Office: 421 W. Kennewick Avenue Kennewick, Washington 99336 (509) 582-2163

#### Worship Schedule

Online Sunday Service at 10:30 am at https://www.youtube.com/user/ PiratesoftheColumbia

#### **Church Office Hours**

8:30 am - noon and 1 - 4 pm Monday through Thursday 8 am - noon on Fridays BY APPOINTMENT ONLY