



First Mennonite Church

Midweek E-Newsletter

October 26, 2022

From the Pastor

We Are What We Eat!

Or so they say. Granted, that doesn't mean that if we eat a steak we suddenly become a cow. Or that enjoying a delicious chunk of Hillsboro sausage makes us a pig (at least, not literally! ☺). But in broad, symbolic strokes, if we eat healthy food we will be healthy. And if we eat unhealthily, well, all bets are off!

In recent months, the Vision Council has been discussing the concept of "a spiritual diet plan" for FMC. "In a society bent on looking right and feeling good, dieting has become a rage. Many of us give attention to our physical diets for reducing weight and for nutritional eating, so it seems reasonable to also consider our spiritual diets. Are we getting a balanced diet of spiritual nutrients? In a well-rounded diet, there are primary food groups that can provide balanced nutrition if included in proper amounts. Grains, fruits and vegetables, meats, and milk products are the four food groups. Avoiding one or more of the food groups can result in the loss of energy, vitality, and finally in sickness. Over-eating in one area can also lead to a variety of problems.

"The parallel in our spiritual lives seems obvious. Neglecting one or more of the basic spiritual food groups will eventually leave one spiritually weak and ultimately sick. It is worth noting that the four spiritual food groups correspond to the four purposes of 1) glorifying God; 2) growing in Christ and His Word; 3) finding fellowship with one another; and 4) revealing Christ to the world." (Quotations from a document written by Nadine Friesen, "A "Spiritual Diet Plan.")

Those spiritual food groups can be further simplified to just four words: Worship, Word, Fellowship, and Ministry. They are all part of what feeds us spiritually. And perhaps even more importantly, they are what forms us into the "gathered people" or "church" God is calling us to be. In other words, we are what we eat!

I look forward to starting a sermon series on this topic this very Sunday! Part One of the series will be called "Why We Worship." Come prepared not just to listen, but to respond and interact!

Tom

Verse of the Week:

John 15:9

“As the Father has loved me, so I have loved you; abide in my love.”

Jesus

Among Our Friends and In Our Prayers

- ☞ Continue praying through our directory.
- ☞ Pray for families grieving.
- ☞ **WDC Request:** Give thanks for the generosity of congregations and individuals whose financial gifts support WDC’s mission of empowering Anabaptist/Mennonite congregations to **Witness** and invite faith in Jesus Christ, **Dwell** in just and loving relationships, and **Connect** to God’s mission in the world.

Upcoming Events

- ☞ **MCC Meat Canning:** Tomorrow - Oct. 27. – 1:30 – 5:30 at MCC in Newton.
- ☞ **November 2, 2022 @ 7pm Ted & Co. presents “We Own This Now”.** This play by Alison Brookins, asks: What does it mean to own something – specifically land? What is the relationship between “owning” and “taking” – and what is the relationship between “ownership” and (taking) responsibility? Professional theatre artists Ted Swartz & Michelle Milne will incorporate humor with the difficult issue of how we have treated indigenous people in our history. Tickets are available online at tabor.edu/tickets or at the door. \$5 Student/\$12 Senior/\$15 General Public. Also, chapel @ 10am presents “Home”, which weaves biblical story and personal stories in a unique blend of humor and insight. They will explore the lasting, relevant power of story, both ancient and current, around themes of justice, belonging and home. Both shows will be held at Tabor College, in the Shari Flaming Center for the Arts. [There will be a freewill offering to benefit the Kanza Heritage Society]
- ☞ **Women’s Joy Seminar: November 5 – 9:00am – 3:30pm at FMC**
“Joy is More Than Dish Soap” - led by Nadine Friesen

9:00 coffee and rolls
9:15 Session One - Discovering Joy
10:15 Songs of Joy
10:30 Julia Childs
11:15 Lunch
12:30 Session Two - Nurturing Joy
the Parable of the Insulin Pump



1:30 Creative Joy
2:15 Session Three - Spreading Joy
3:30 Postlude Joy

(All times are approximate - the joy of not having to stick to a schedule 😊.
Bring a friend)

Please sign-up by Oct. 31st; a sheet is on the white board in the hall.

- ☞ You are invited to **Tabor Mennonite Church** for their annual **Mennonite Men's Chicken BBQ** on Thursday, November 3, 2022 for a dine-in event from 5-7 p.m. Location: 891 Chisholm Trail, Newton, KS. The menu will be special recipe chicken, baked beans, cole slaw, roll, and ice cream. Donations will go towards the Mennonite Disaster Service Cabinet Shop and Tabor Church Hospitality Hall Sound System.
- ☞ **Mon., Oct. 31 – Bethel College Chamber Orchestra concert, directed by Kris Hilding, 7 p.m., Krehbiel Auditorium in Luyken Fine Arts Center**
- ☞ **For your calendar:**
 - Mission Sunday: November 20 with guest speakers and a meal provided!
 - Advent Begins: November 27
 - “Christmas Luncheon” by the youth group: December 4 after worship (raising funds for Christmas gifts to Main Street Ministries)

Other Announcements

- ☞ **Sunday School:** *Season Two of “The Chosen”*. Come watch and discuss these moving dramas of Jesus' life!
- ☞ **Boxes for College Students:** We will once again be packing up fun supplies and treats for our 7 undergraduate college students. Please bring things to share with them such as personal items, (small boxes of Kleenex, lotion...) office supplies, (mechanical pencils, gel pens, sticky notes...) snacks, (granola bars, popcorn, crackers, cookies, nuts, fruit snacks...) and drink packets, (cocoa, cider...) Enjoy being creative! Let's bless them with the extravagant love of God! Bring things by Nov. 20th.
- ☞ **Music helps us “fix our eyes on Jesus”** (Heb. 12:2) **throughout each day!** Remember to share your favorite hymns with us so we can worship well together both at home and in our sanctuary.

☞ **October is Clergy Appreciation Month!** A big “Thank you” to pastors, chaplains, and other ministers who exercise their gifts of leadership among our congregations, communities and church institutions. These are challenging times to be a leader, and I am deeply grateful for

the ways these persons minister among us with wisdom, hope and compassion as well as through their questions, lament, and advocacy.

Clergy appreciation month reminds me of “pastors’ anniversaries” that I experienced in my first pastorate. Our primarily White congregation had a sister church relationship with an African American congregation. We were invited to learn about and share in their tradition of honoring pastors on special days, such as a 5th or 10th year in ministry. In addition to affirming the pastor, these occasions also highlighted the congregation’s mission through worship, fellowship and a celebratory meal with members and guests.

Likewise, special expressions of appreciation for ministers are most meaningful if they are accompanied by other congregational practices throughout the year: Regular participation and involvement by church members; effective leadership structures and clear expectations for leaders; affirmation for rest, sabbath and self-care; transparent communication and conflict resolution processes, and shared leadership in discernment and conversation about difficult topics – just to name a few.

As we express appreciation to ministers, let’s each do what we can to contribute to the health and vitality of the church. That may be one of the best ways of all to say “Thank you” to ministers!

-Heidi Regier Kreider, WDC Conference Minister

- ☞ The **Kansas MDS Unit** has purchased a **cabinet shop in Goessel** Kansas to produce kitchen cabinets for Binational MDS new homes. Currently, we are working Tuesday, Wednesday, and Thursday from 9-3 a.m. each week. If you are interested in volunteering, please contact Bruce Funk our Volunteer Scheduler at 316-734-2861.