

## November 2025

## A note from Pastor Drew

Perhaps more than any other month, November is the month of connections. We connect over Thanksgiving tables piled high with food, we connect over sports games and travel and planning the various parties that happen throughout the holiday season.

In the church we celebrate connection in November as well. We remember our connections with the saints who have died and cheer us on from eternity, we celebrate the connections of Advent and the lights of the wreath that point us towards the nativity. As United Methodists in November we also celebrate our connectional structure through the practice of our Annual Church Conference.

I know that the routine administrative actions of the Church Conference with its budgets and votes, and procedures are not the most exciting connections of the month, however, the fact that we as Centreville United Methodist Church are not out here doing ministry on our own is extremely powerful. On November 30<sup>th</sup>, we will welcome the Dornons to our church and give thanks for their years of ministry in Nepal on behalf of our connection, as I type this Jamaica is just recovering from a category 5 hurricane and UMCOR volunteers and staff are staging recovery and restoration tools on behalf of our connection. The ordinary routines that mark on interconnectedness are merely the external and visible signs of what is a spiritual and transformational reality that undergirds all that we do in our church.

As you flip through your Newsletter this month, I invite you to say prayers of thanks for all of the connections you see and consider how you might connect with CUMC this season in a new and special way.

Rev. Drew Weseman



## November Nurse's Notes

November is COPD Awareness Month. Chronic obstructive pulmonary disease, or COPD, refers to a group of diseases that cause airflow blockage and breathing-related problems. It includes emphysema and chronic bronchitis. Symptoms of COPD include: frequent coughing or wheezing, excess phlegm, mucus, or sputum production, shortness of breath, trouble taking a deep breath. In Chronic lower respiratory disease, primarily COPD, was the fourth leading cause of death in the United States in 2018.1 Almost 15.7 million Americans (6.4%) reported that they have been diagnosed with COPD.2 More than 50% of adults with low pulmonary function were not aware that they had COPD,3 so the actual number may be higher. In the United States, tobacco smoke is a key factor in the development and progression of COPD.7 Exposure to air pollutants in the home and workplace, genetic factors, and respiratory infections also play a role. In the developing world, indoor air quality is thought to play a larger role than it does in the United States. People should try to avoid inhaling tobacco smoke, home and workplace air pollutants, and respiratory infections to prevent developing COPD. Early detection of COPD may change its course and progress. While there currently treatments to help control symptoms, there currently is no cure.

November and December are both Holiday Safety Month. These are the months we gather together with family and friends who may or may not love each other, who likely have opposing views on things like politics and now, vaccines, some will drink too much and just what could go wrong? Yikes! So here are some safety tips from the Centers for Disease Control and Prevention:

Wash hands often to help prevent the spread of germs

Bundle up to stay dry and warm

Manage stress (HA! No, really!)

Don't drink and drive or let others drink and drive

Be smoke-free

Fasten seat belts while driving or riding in a motor vehicle

Get your vaccinations

Monitor children (Please!)

Practice fire safety

Prepare food safely

Eat healthy, stay active

But mostly, remember and live what Thanksgiving, Advent and Christmas are about. We've gotten a bit off track with how we celebrate the birth of the Prince of Peace, the Messiah, Jesus. We seem to get it right at Halloween, when we welcome everyone who comes to our doors, no matter what they look like or how they are dressed, and give them food. I don't know how it became a contest of giving/getting the biggest and most gifts, often things that are not needed and maybe not even wanted, of throwing lavish parties with expensive food you may not be able to afford and make yourself crazy preparing. Remember Mary and Martha?? Maybe talk with your families about dialing it back a bit. What charities or non-profits could benefit from a donation of time or money? How do we prepare and then welcome the Christ child? Do that.

#### Blessings,

Christy Friedel, R.N., Spiritual Director 269-535-1032 | cjfriedel918@gmail.com Office hours 10-2 Tuesdays at Building Hope Free Store

## November Birthdays

2 - John Friedel

19 - Keith Shears

4 - Leann Sayer

20 - Chaseton Wyckoff

14 - Nora Palmer

23 - Hayla Mostrom

17 - Annette Mifsud

23 - Debbie Wright

17 - Pastor Drew

24 - Jeff Knautz

19 - Steve Clark19 - Brian Palmer

24 - Roger Rumsey

## November Anniversaries

2 - Ben & Leann Sayer

25 - Jen & Cristen Case

## November Meetings

11/11 - Finance Committee - 6:00 pm

11/18 - Worship Committee - 7:00 pm

11/23 - Church Conference - 3:00 pm

### FREE COMMUNITY DINNER



NOVEMBER 12 NOVEMBER 26





DECEMBER 10
DECEMBER 24





## **Just Show Up Class**

Don't forget about our Just Show Up Sunday school class! Every Sunday at 9:00 plan to discuss the Bible at Home, weekly scripture readings, and more.

# Financial Update October 2025

Operations Financial Summary				
Income	August	Year To Date		
Pledged Income	\$9,405	\$93,257		
Non-Pledged Income	\$2,062	\$37,410		
Endowment - Gen.	-	\$2,855.86		
Building Use	2,250.00	\$4,440		
Other	-	\$4,528		
Total	\$ 13,717.00	\$ 142,491.04		
Expenses				
Salaries and Benefits	\$8,672.65	\$92,490.75		
Ministry Shares	\$1,258.50	\$12,585		
Property and Utilities	\$1,442.91	\$21,419.51		
Administrative	\$128.99	\$6,924.32		
Worship	\$220	\$4,556.52		
Program and Education	105.90	497.13		
Other	204.74	3,246.88		
Total	\$ 12,033.69	\$ 141,720.11		
Net:	\$1,683.31	\$ 770.93		

Missions Income \$1,127.68 \$ 19,872.17
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If you have questions or want full financial reports, contact the office, Michael Davis - Finance chair, or Pastor Drew.

## Electronic Giving

Online giving: general ministry budget, and any of our mission partners, special Sundays & projects. Automatic recurring donations are also available

for your convenience.

Please scan this QR code or go to: givebutter.com/centrevilleumc to check it out.



## Church Office Hours

Pastor Drew: Available by appointment

Friday: Sabbath

Tori: Monday, Thursday: 8:00-2:30

Friday: 8:00-12:00



## Special Mission



#### **Greater Southwest District Branch 12**

#### Missions Opportunity: UMCOR Menstrual Hygiene Kit

The District Superintendent has encouraged each "Branch" of our district to take on a Mission together. Our Branch chose UMCOR Menstrual Hygiene Kit. Listed here are the items in each hygiene pack. The Amazon wishlist is also available if you would like to order directly. The plan is to assemble these packs at Church Conference on Sunday, November 23. Please see Pastor Drew with any questions.

#### **Each Menstrual Hygiene Kit MUST Contain:**

- One one-gallon size re-sealable bag
- Two 2oz bottle hand sanitizer
- Three 4-gallon bathroom trash bags
- One travel pack of wet ones
- 10 Tampons (5 regular and 5 super absorbency)
  - Unscented
- 10 Sanitary Napkins
  - Unscented
  - Long super ultra-thin
- Bath-size soap (3 oz. bar or larger)
  - No Ivory or Jergen's soap
  - Do not remove from packaging.
- One pack of flushable wipes (42 count)
  - Unscented
- Six laundry detergent sheets
  - Laundry detergent sheets should be placed inside of a small plastic storage bag prior to being added to the kit.











## A Note from our Writer's Group

Writer's Group wants to thank all who sent in submissions for the 2025 Advent Booklet. As usual, the Writer's Group will be taking the month of December off.

#### Religion vs Spirituality written by Sarah McCall

During our writers group meeting one of our writing prompts was Religion versus Spirituality. It is a subject that I had not deliberately thought about, yet while my pen crossed the page an understanding began to form in my mind. Whether this understanding came to me through years of faith or God helping me to see connections I have never noticed before, it became a wonderfully bright thought in my day. The bright thought brought me to believe my spirituality is a strength and my Religious beliefs ground that spirituality.

Before I can explain what I came to understand that day I must first begin by starting with the textbook definition of both Spirituality and Religion. Hopefully by working from the same beginning I can explain my point clearly.

The dictionary definition of Spirituality is the quality of being concerned with the human spirit or soul as opposed to material or physical things.

The dictionary definition of Religion is the belief in and worship of a superhuman power or powers, especially a God or gods

These two definitions, though accurate in its simplicity, are not comprehensive. The definition of Religion is also coming from not only a Christian perspective but also other religions as well. I am coming from the Jewish and primarily Christian perspectives. Over the years I have read the bible in several different versions. Though perhaps not completely as I would have liked.

In my experience Religion and Spirituality are interconnected. They are not separate. Spirituality is something that you do on a personal level. It does not necessarily have to do with Faith, but primarily feelings. You feel connected to the earth or the stars, but not the people or God.

Religion is how we connect to people. God created us to be stewards or caretakers of earth. That I believe is why so many people can be spiritual but not religious. God created us to understand and be a part of the natural world, while also creating us to be a community. We all yearn to be connected, to be loved. We all seek love and connection in this world. He also created us to be a part of his world. We need to be able to connect not only to nature and human life, but to God as well. And the best way to connect with God is to connect with each other. Religion offers us this connection. It gives us the knowledge of Jesus. Of God's gift. Religion helps us to connect to the greatest gift. The Gift of Salvation. Spirituality without Faith, without Religion is fleeting. Its foundation is weak. Religion offers us solid ground and allows us to feel connections we would otherwise miss.

Religion is the way to direct our Spirituality given to us by God. Spirituality without Religion does not allow us to reach our full potential as God's children. Spirituality and Religion are beyond feelings, its FAITH. Faith in God allows us to have faith in God's creation. Faith in God allows us to be more aware, more centered. With God and the Bible as our Center, our Religion gives us the map of how to live full and spirit filled lives. As long as God is our Center which religion helps us to maintain, then our spirituality has strength, has meaning. Religion and Spirituality are not against each other; they work in tandem to center us towards God!

## Capital Campaign Update

On Saturday, October 11, the new wheelchair was installed!!!

It is beyond exciting to see improvements, especially in areas that we have been praying on and campaigning for. We had such a great turn out in volunteers to get this project completed, too. Hopefully you all have had an opportunity to stroll across the new ramp!

We were beyond excited when the paving company contacted us to get started on the parking lot project. But then, there were delays for projects ahead of ours, then all of the rain, which also brought the very falllike temps that make it difficult for asphalt paving. So, our project has been tabled until spring when the warmer weather returns. We are very grateful that the paving company was thoughtful about wanting to ensure a good outcome. We will certainly be excited for the spring weather to get here!

With the delay, the paving company has graciously locked in our cost as well as offered to send back our down payment. We will be investing the parking lot money into a higher interest account to ensure we are being the best stewards of our investment.































Laying a Foundation of Love & Hope (2026-2028)

Goal: \$150,000 \$1,43,355





## Trunk or Treat

On Saturday, October 25, we hosted our annual Trunk or Treat event. It was another successful year, with new trunks, lots of kids & loads of goodies! We had 25 candy stations, 23 trunks (13 CUMC), 10 High School volunteers 41 volunteers, over 36 bags of candy donated by CUMC, and 128 trunk or treaters with 62 parents/grandparents come through our lines. We are so very blessed to have the support of our community as well as the support from our church families. The preschool hosted a trunk, along with several of the preschool families, as well as our local banks and credit unions, and our neighbors at Fairview, and more businesses/individuals who were excited to participate.

























## Preschool Updates



The Preschool asked the church for support with their Fall Halloween party. We were able to assist with their game stations, the temporary tattoo table, and snacks to allow the parents to be able to participate with their children/grandchildren. Please watch for other opportunities to partner with the preschool!



# November 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
						1	
Advent 2 submissions due Just Show Up 9 am Worship 10 am All Saints Sunday	3	Trustees 6 pm SPRC 7 pm	5 Choir Practice 7 pm	6	Food Pantry 10 am	Shoebox Packing Party 9:30 am	
Just Show Up 9 am Worship Service 10 am	ARF Meeting 7-8:30 pm	Red Cross Blood Drive 12-5:45 pm Finance 6 pm	12 Community Dinner 4:30-6:00 Choir Practice 7 pm	13 Kinship Care 6 pm	<b>14</b> Food Pantry 10 am	15	
Just Show Up 9 am Worship Service 10 am	17	18 Worship 6 pm	Choir Practice 7 pm	20	<b>21</b> Food Pantry 10 am	22	
Just Show Up <b>23</b> 9 am Worship 10 am Church Conf. 3 pm	24	25	<b>26</b> Community Dinner 4:30-6:00 Choir Practice 7 pm	Office Closed  Mappy  hanksgiving	Food Pantry 10 am Office Closed	29	
Just Show Up 9 am Worship Service 10 am The Dornon's visit							

**November** 

#### **November**

#### **November**

#### Song Leaders

#### Liturgists

#### hildren's Moment

11/2	-	Shone Rhyner
11/9	_	Michelle Broka

aw 11/16 - Barb Bungart

11/23 - Bev Michels

11/30 - Shone Rhyner

11/2 - Shone Rhyner

11/9 - Jim Michels

11/16 - Michelle Brokaw

11/23 - Barb Bungart

11/30 - Tom Miller

11/2 - Pastor Drew

11/9 -

11/16 -

11/23 -

11/30 -