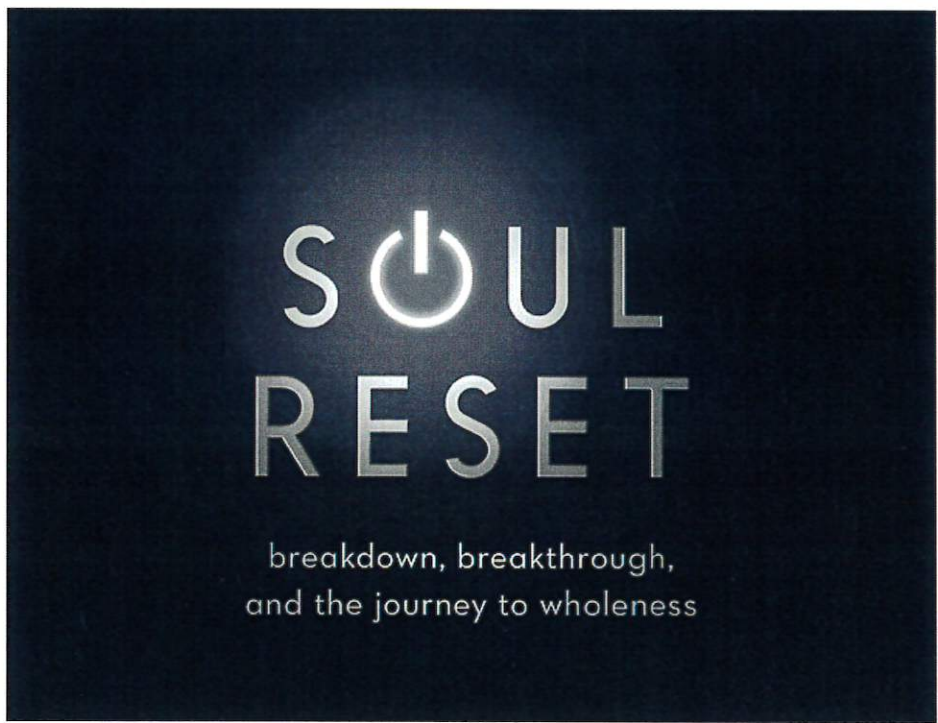


# SOUL RESET

## 2024 LENTEN SERIES



**BEGINS FEBRUARY 14 AT 7 PM**  
**ASH WEDNESDAY SERVICE**

***abumc.org*** ..... ***February 2024***

***MISSION STATEMENT:*** *As the Algoma Boulevard United Methodist Church family of faith, we will help people experience God through...transformational worship, lifelong learning, inspiring music, life-changing service, and passionate witness.*



# FROM THE HEART OF PASTOR ELLEN

February, 2024

*“You will seek me and find me when you seek me with all your heart. I will be found by you,” declares the Lord.*  
~ Jeremiah 29.13-14 NIV

Dear Beloved ~

It is hard for me to believe that our first Lenten and Easter seasons are already upon us. Advent and Christmas seasons finished a mere 5 weeks ago. My how the time flies. :)

I want to give a shoutout to **Cindy Overton** and **Jaye Alderson** who work hard to bring you the monthly newsletter. I am still developing a rhythm here and they have been very gracious with me as we have been down to the wire to bring you the news every month. When you see them, please say thanks.

Cindy inspired this month's column with the picture she originally chose for the cover, but then I asked if I could use it for this column. THANKS, CINDY!

We were trying to figure out how to translate the image from *Soul Reset: breakdown, breakthrough, and the journey to wholeness*, the foundation for the 2024 Lenten series. [It is on the cover]. Cindy shared this picture and said this represents the soul for me. Her headline was “Soul Searching.”

I see a version of a soul, too. To me,

the image is dynamic and soft, bold and subtle, open and mysterious, fragile and strong. Just like us. We are complex and gifted with simple joys. We are stardust miracles. We are interconnected—a galactic tapestry. And I think, all of us, at

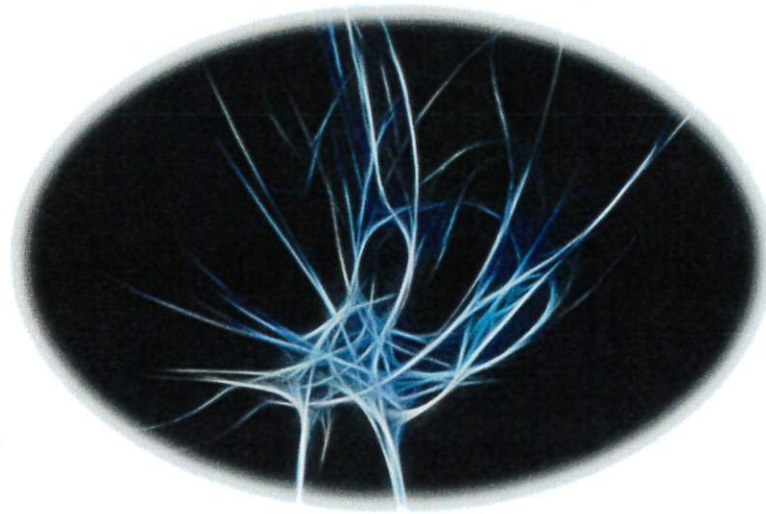
one time or another have lost our vibrancy or at least had our light dim for awhile.

God invites us to be bold and powerful—to shine brilliantly for all to see and help others be drawn to the

Sacred Source. God also invites us to Sabbath, reset, and renewal. Rev. Dotson learned the hard way that he needed to not just slow down, but to stop and reset.

We are going to use the lessons that he learned as we explore how to deepen our connection to God this Lenten season. We will begin on Ash Wednesday and conclude the series on March 17. In addition to the worship series, Pastor Keith Wolf is offering a small group study on Tuesday evenings. We hope that you'll say, “Yes” to both and discover ways to reset your soul.

Love & Peace,  
Pastor Ellen



Jan. 23, 2024

Glenview, Ill.—It's official: Wisconsin Conference and Northern Illinois Conference will start sharing a bishop on September 1, 2024.

The North Central Jurisdiction (NCJ), meeting online in a special session on Jan. 23, passed two motions: to form a new episcopal area composed of Northern Illinois and Wisconsin Conferences and to form another composed of East Ohio and West Ohio Conferences.

"The vote by members of the Jurisdictional Conference means the rapport we have already developed with our comparable colleagues in Wisconsin will propel our ongoing work and that of responsible annual conference committees in making decisions to have things in place for Sept. 1," said Rev. Myron McCoy, pastor of First United Methodist Church at the Chicago Temple and chair of the Northern Illinois Shared Bishop Task Force.

"The action by the NCJ to consolidate four Episcopal Areas into two clarifies the future direction of one bishop serving both the Wisconsin and Northern Illinois conferences,"

stated Rev. Steve Zekoff, chair of Wisconsin's Shared Ministry Task Force. "The question is no longer *will* we share a bishop. The focus can now be on *how* we can maximize effective episcopal oversight of our two separate annual conferences. There is much to be gained as we live into being yoked as parts of a single Episcopal Area. We will continue to have our unique individual conference identities, yet under the leadership of a shared bishop opportunities for future cooperation will become more evident over time. Both conferences have strengths that can benefit the other."

As two annual conferences in one episcopal area, Northern Illinois and Wisconsin will continue to govern themselves separately and retain their staff. However, the same bishop will oversee both conferences.

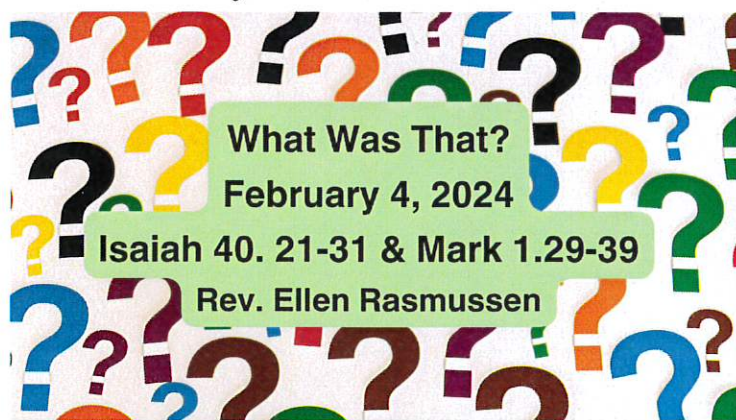
Methodists in Wisconsin, Northern Illinois, and Iowa were once in the same annual conference, Rock River, established in 1840. The establishment of The United Methodist Church in 1968 formed the Wisconsin Conference and Northern Illinois Conference from the new denomination's predecessor bodies.

## WHAT'S UP IN WORSHIP

The *Season after the Epiphany* is coming to a close. We will celebrate communion one more time in this season of light and celebrate the transfiguration of Christ before heading into the *Lenten season*.

As we gather for communion, we will reflect upon God's presence in the world and in our lives. How much we really pay attention to? Do we really believe in the God that takes on the care of the world, be the same God who desires to know us intimately? How do we experience God?

Pastor Keith will lead us in an exploration of the transfiguration of Christ—where Jesus' form completely changed and Peter, James, and John witness the glory of his divinity first hand.



## 2024 LENTEN SERIES

### Soul Reset: breakdown, breakthrough, and the journey to wholeness

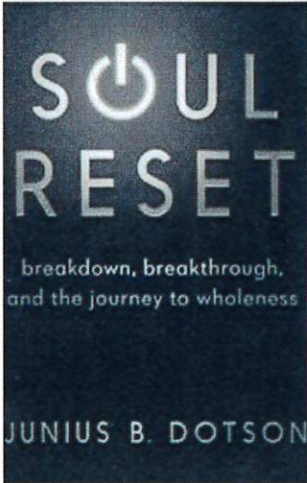
Our 2024 Lenten series is based on the book *Soul Reset* by Rev. Junius Dotson. He was a recognized visionary leader in church revitalization and served as the General Secretary (chief executive officer) of Discipleship Ministries of The United Methodist Church. He began his tenure on July 1, 2016, and served until his death at age 55 on February 25, 2021. He was an amazing disciple and leader who learned in his zeal to serve God and others, that he also needed to take care of himself. He realized that he needed a *Soul Reset*—a hard stop to chronic busyness, a deep look inward, an intentional reliance on spiritual practices to help him reconnect with God, and a new path toward the abundant life into which Jesus calls us.

Rev. Dotson wrote, "Vulnerability and authenticity are the only way to find wholeness in Jesus Christ. Jesus invites us to be real, with him and with one another."

Until churches create safe space where people can honestly tell their stories, we will continue to hear about depression, burnout, stress, anxiety, and shame. Rev. Dotson also shared, “Everything was fine—until it wasn’t.”

For the past three years, we lived in the unprecedented time of the global COVID-19 pandemic. We all carry another marker in our lives—the before and after the pandemic. It was an exhausting three years that we had to learn anew how to live and work with each other in some challenging and oppressive circumstances. We offer this series for everyone who may be in need of a “reset.”

In addition to the weekly worship experiences, **Pastor Keith is offering a book study group on Tuesday evenings. To join the study, please contact him at [pastorkeithwolf@gmail.com](mailto:pastorkeithwolf@gmail.com)**



**LENTEN SMALL GROUP BOOK STUDY**

**SOUL RESET: Breakdown, Breakthrough, and the Journey to Wholeness**

Six Tuesdays at 6:30 PM in the Fireside Room  
Beginning February 20<sup>th</sup> through March 26<sup>th</sup>.

Order the book through your favorite bookseller.

This is a 6-week churchwide study to accompany our Lenten sermon series. Wherever you are on your spiritual journey, *Soul Reset* offers practical help for everyone who moves at breakneck speed through their daily lives, often relying only on their own strength to bring God's kingdom on earth. Jesus shows us a different way, an easier, unforced rhythm of what kingdom work looks like. It's a balance of work, rest, play, worship, exercise, and eating well--spiritual practices that keep our souls hydrated and healthy as we do the work of the church in the world.

***Slow down and allow God to transform your life.***

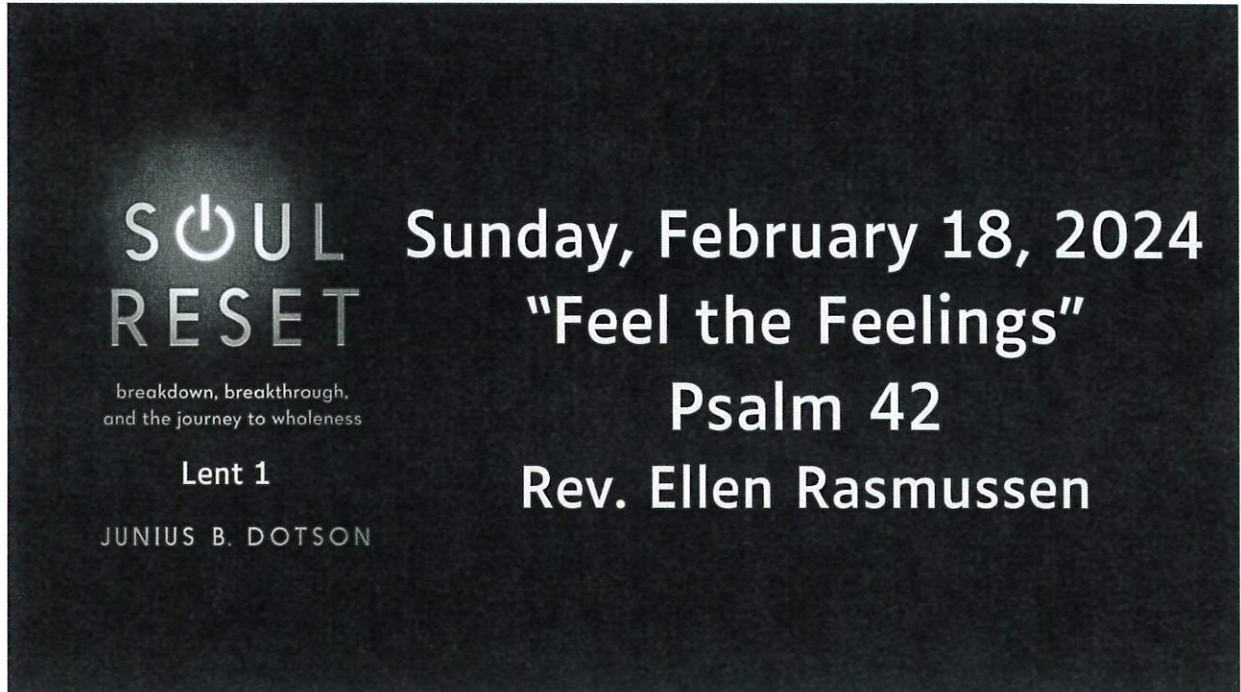
We will begin our series on Ash Wednesday, February 14, at 7 pm, and we'll ask a familiar John Wesley question, “How is it with your soul?” All are invited to participate in this evening service. We will offer the imposition (marking) of ashes on your forehead or back of your hand, as well as, extend an invitation to God's Table of Grace—communion.



**SOUL RESET**  
breakdown, breakthrough,  
and the journey to wholeness

**ASH WEDNESDAY**  
**FEBRUARY 14, 2024, 7 pm**  
**How Is It With Your Soul?**  
**Matthew 11.28-30 MSG**  
Rev. Ellen Rasmussen

# WHAT'S UP IN WORSHIP



**S O U L**  
**R E S E T**

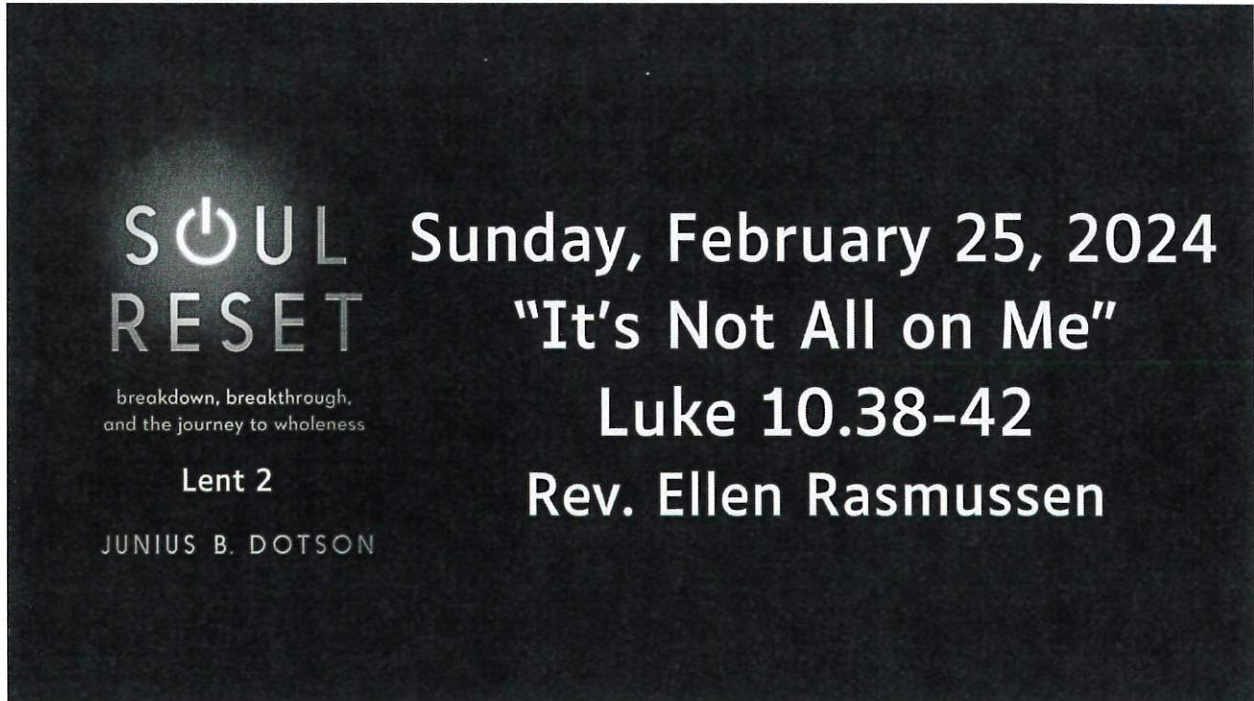
breakdown, breakthrough,  
and the journey to wholeness

Lent 1

JUNIUS B. DOTSON

**Sunday, February 18, 2024**  
**"Feel the Feelings"**  
**Psalm 42**  
**Rev. Ellen Rasmussen**

**2.18.24 - "Feel the Feelings"** - God doesn't just save us for heaven in the future. God saves our hearts and souls and bodies in the here and now. God cares about our whole person, just as we are.



**S O U L**  
**R E S E T**

breakdown, breakthrough,  
and the journey to wholeness

Lent 2

JUNIUS B. DOTSON

**Sunday, February 25, 2024**  
**"It's Not All on Me"**  
**Luke 10.38-42**  
**Rev. Ellen Rasmussen**

**2.25.24 - "It's Not All on Me"** - When Jesus' very presence is our first priority, we can lift our eyes from the long list of tasks to be done and instead focus on their greater purpose. Busyness is not the way of Jesus.

***Who do you know needs a "reset"? Help them. Bring them to church.***

## GROWING OUR FAITH



United  
Women  
in Faith

Hello, February! As the United Women in Faith, we are very excited for the month of February. We have been busy planning for our second Soul Saturday, February 17<sup>th</sup>. We are planning for events from 9 a.m. to 1 p.m. that will renew our spirits, encourage self-care, and strengthen our sisterhood. Please plan to join us and bring your friends. Everyone is welcome!

Last month, I shared with you information about the United Women in Faith's reading program. One of the 2024 selections is "I'm Black. I'm Christian. I'm Methodist." On Thursday, February 29<sup>th</sup>, at 6 p.m., United Women in Faith is hosting an author talk with the Rev. Dr. Erin Beasley and the Rev. Dr. Tori C. Butler. This book shares the story of "ten black women and men who explore life through the lens of compelling personal religious narratives. They are people and leaders whose lives are tangible demonstrations of the power of a divine purpose and evidence of what grace really means in the face of hardship, disappointment, and determination."

There is no cost to participate in this Zoom event. All are welcome. Pre-reading of the book is not required. For more information or registration go to: <https://uwfaith.org/latest-news/2024/reading-program-author-talk-black-christian-methodist/> or contact me if registration is closed.

United Women in Faith supports almost 90 National Mission Institutions. National Mission Institutions are community-based organizations and social service agencies that were almost exclusively founded by women in the 19<sup>th</sup> century to serve marginalized communities and populations across the United States.

The only NMI in the state of Wisconsin is the Northcott Neighborhood House which began 63 years ago in Milwaukee. The Northcott Neighborhood House Juneteenth festivities have been occurring for 51 years, one of the longest and largest in the country. Northcott Neighborhood House programs connect and empower the community through service; their training and employment services cover GED programs, apprenticeship programs and transitional jobs; and their construction program has rehabbed and/or constructed more than 800 homes in the last 15 years. Please go to [www.northcotthouse.org](http://www.northcotthouse.org) or [www.juneteenthmke.org](http://www.juneteenthmke.org) for more information about all the services and programs offered.

The next unit meeting of United Women in Faith will be held at 1 p.m. Wednesday, March 20. During our time together, our spiritual growth coordinator, Verna Funcke, will lead us in "A Call to Prayer and Self-Denial" program. A business meeting will follow the program.

-- Sandy Butcher

# SNOW MUCH FUN!

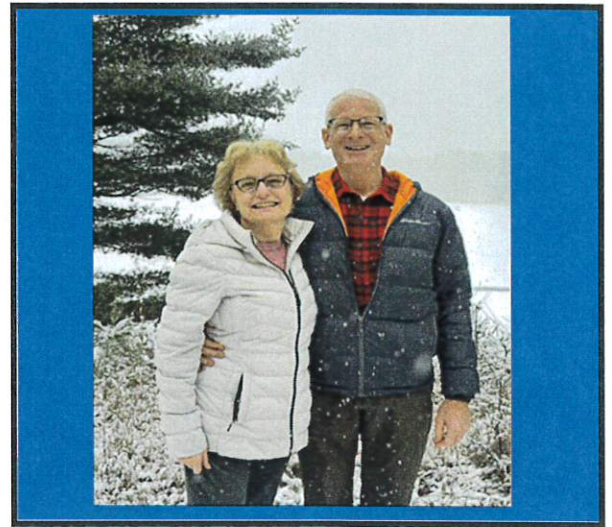
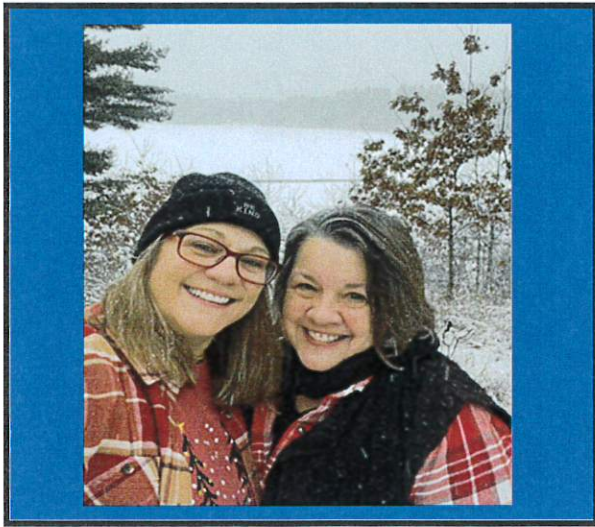


Another Winter Camp is in the books, and this one was a beauty! Fifteen of us spent the weekend of Jan. 6 at Lake Lucerne Camp and had so much fun. We played games, worked on a jigsaw puzzle, relaxed by the fire, walked in the woods, did a craft, LAUGHED, built a snowwoman, and just enjoyed one another's company. As an added bonus, we awoke to beautiful, softly falling snow on Saturday morning, which made our hikes around the lake so much more special.

**Winter Camp 2025 is already scheduled for Jan. 24-26, and all are invited to join us.** Winter Camp is a very unstructured gathering. If you want to join in on the Saturday night games, great! If not, that's OK, too. Want some alone time? It's all yours. If you'd like to know more about camp, ask one of us who has attended.



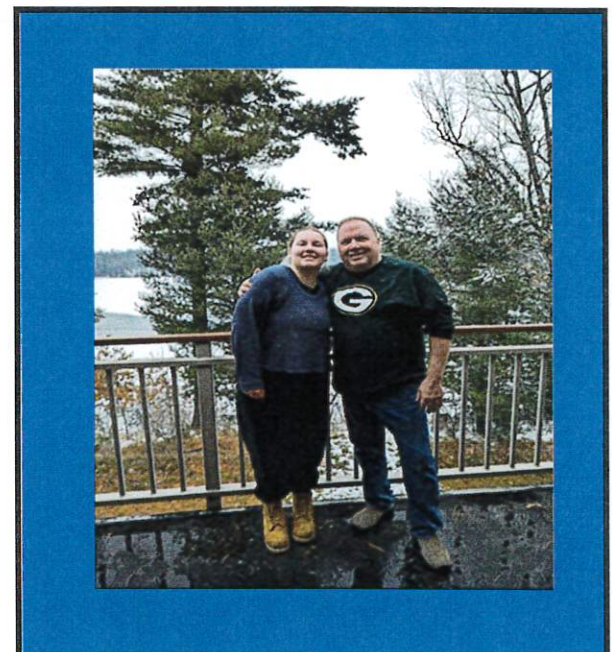
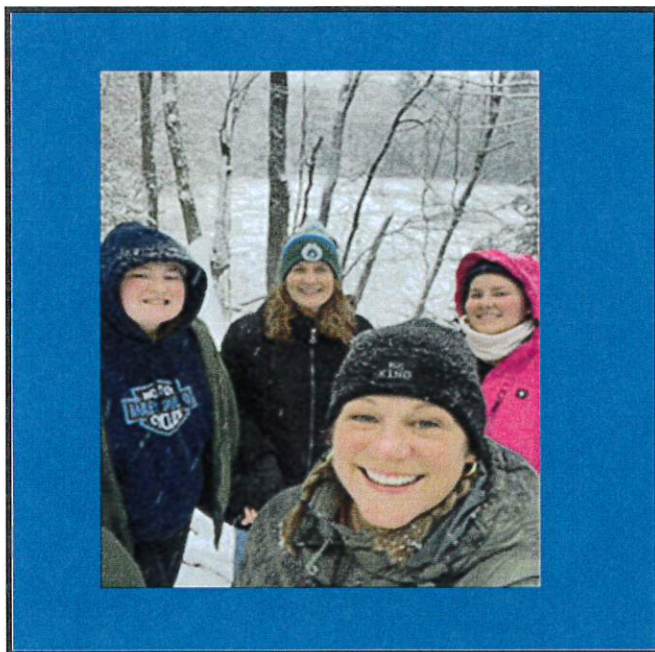




## WINTER CAMP 2024 PICS

Want to join in the fun?  
Winter Camp 2025 is already  
scheduled for January 24-26 and all  
are invited to join us!

Ask the folks in the pictures for more information or  
reach out to the Blumers at [crabar0408@gmail.com](mailto:crabar0408@gmail.com).



## SHROVE TUESDAY

**FEBRUARY 13<sup>TH</sup>!**

Shrove Tuesday, also known in various cultures as Mardi Gras, Fat Tuesday, Pancake Tuesday or Pancake Day, is observed the day before Ash Wednesday, the first day of Lent, set for February 14 this year.

Shrove Tuesday is observed by many Christians, including Methodists, Anglicans, Lutherans, and Roman Catholics, who "make a special point of self-examination, of considering what wrongs they need to repent, and what amendments of life or areas of spiritual growth they especially need to ask God's help in dealing with." It is determined by the date of Easter.

The tradition of marking the start of Lent has been documented for centuries, at least since the year 1000 AD. The expression "Shrove Tuesday" comes from the word shrive, meaning "absolve," and observances often include confession and absolution, the ritual burning of the previous year's Holy Week palms for use in Ash Wednesday services the next day, and finalizing one's Lenten sacrifice.

As this is the last day before the penitential season of Lent, it is a chance for a last round of merriment and is celebrated popularly by carnivals and indulging in sweets and rich, fatty foods that might be given up as part of their Lenten sacrifices for the upcoming 40 days. It was traditional in many societies to eat pancakes or other foods made with the butter, eggs and fat or lard that would need to be used up before the beginning of Lent.



## ONE MORE DAY....



2024 is Leap Year which means we will have February 29th this year. While we follow the 365-day Gregorian calendar, it takes the Earth 365 days, 5 hours, 48 minutes and 46 seconds, or 365.2422 days, to orbit around the sun.

Those extra hours add up to an extra day approximately every four years. Without the extra day in leap years, calendars and seasons would gradually fall out of sync. That, in turn, impacts planting and harvesting.

### Fun Leap Year facts:

- Because of its rarity, many cultures consider Leap Year one of great good luck. It is thought to help us make a giant leap forward toward our soul's mission and purpose and our life goals and dreams.
- Five million people around the world have leap year birthdays. On non-leap years, they usually celebrate on either February 28 or March 1.
- Unhappy consequences: if you're a prisoner on a one-year sentence that spans a Leap Day; or if you work on a fixed annual salary: no extra pay for that extra day.
- Depending on who you ask. The odds of being born on February 29th are 1 in 1,461, or .068 per cent. Being born on Leap Day is actually rarer than being born with 11 fingers and toes (odds are 1 in 500). Surely beating out those tiny odds has got to be a little bit lucky!
- According to an old Irish legend, St. Brigid struck a deal with St Patrick to allow women to propose to men every four years. After the Gregorian calendar and Leap Year was instituted in 1582, it came up again, and by 1700s, British women were using Leap Day to propose to the men in their lives.

The tradition — now called Bachelor's Day or Sadie Hawkins Day — peaked in popularity in the early 1900s and continues today in the UK, where some retailers even offer discount packages to women popping the question.

- The unmarried Queen Margaret ordered to impose a fine for men who would deny a woman her dream marriage. The European tradition dictates that any man who refuses a woman's proposal on February 29th must buy her 12 pairs of gloves. The intention is that the woman can wear the gloves to hide the embarrassment of not having an engagement ring. During the Middle Ages there were *laws* governing this 'tradition'.
- Leap Day Cocktail was invented at London's Savoy Hotel in 1928. According to the 1930 Savoy Cocktail Book, "It is said to have been responsible for more proposals than any other cocktail ever mixed."





# The Open Table

Free Meal for All

2nd & 4th Monday  
5-6pm

Algoma Boulevard  
United Methodist Church  
920-231-2800

Thank you to everyone who made the 2024 Youth Fundraiser a smashing success. Thank you for your generous gifts, bids, and ongoing support for the youth mission trip. Thank you to the new emcee this year, Pastor Keith Wolf, and the returning auctioneer, Todd Kaphaem. Thank you, Nancy Levesque, for overseeing the cooking, and Lisa-Marie, for your leadership in organizing the event.

It was a wonderful night!

## READ SCHOOL MINISTRY



The next Fun + One event with the students at Read Elementary is planned for February 9. If you are interested in participating in this ministry or would like additional information, please contact Lisa-Marie at [connections@abumc.org](mailto:connections@abumc.org).

Your prayers for the students and staff are always greatly appreciated.

You are invited to a time of delicious fellowship and feast together on **February 12th and 26th.** All are welcome. Bring your friends and neighbors!



Find us on Facebook and at [abumc.org](http://abumc.org).

## CELEBRATING A NEW MINISTRY!

### Introducing the 12:34 [twelve thirty-four] Concert Series

We are excited to launch the 12:34 [twelve thirty-four] concert series with a potluck dinner this month! We will gather to feast and listen to the music of Natural Satellite—

<https://www.naturalsatellitemusic.com/> — on

**Sunday, February 18, 2024, with potluck at noon and concert to follow at 12:34 pm.**

We'll get a glimpse of their musical gifts during each worship service, but plan on staying or coming back for the whole show. The goal is to keep it simple and fun!

Cello and saxophone seem like an unlikely pair for an indie jazz duo, but when you hear Natural Satellite, the two instruments sound like they were meant for each other. Karli and Jason Reisdorf have been performing and captivating audiences with their unique sound for nearly a decade. The couple met in 2011 while attending the University of Wisconsin - Stevens Point and have since built a family and a music career centered around love, exploration, and education.

The WAMI-nominated duo layers finger-style cello with catchy melodies, harmonies, and improvised saxophone to create a sound comparable to groups such as Morphine and Portis Head. Jason's saxophone weaves in and out of verses harmonizing beautifully with Karli's angelic voice. Their lyrics focus on self-love, reflection, and growth, leaving listeners feeling uplifted. When watching Natural Satellite perform, you can feel the chemistry between the two and the unique musical bond they share.



**Featuring**  


**Sunday,  
February 18, 2024  
Potluck at Noon  
Concert at 12:34 pm**





According to reporter Rick Barrett of the Milwaukee Journal Sentinel, about 360 dairy farms went out of business in Wisconsin in 2020, a trend that has accelerated in the last decade. Clark County sits in the middle of the state and at the epicenter of the crisis. Cows outnumber people, and there are more dairy farms than in any other county in the state. Hundreds of millions of dollars flow into the local economy from those farms.

In conversations, farmers and family members talked about the conflicting emotions that come from having deep, personal connections to a precarious business and the pressures to preserve a way of life.

**Harvest of Hope**, Madison, was launched in January 1986 to provide financial help and hope to Wisconsin Farm Families in difficult financial situations. It was started in the midst of

the farm crisis of the 1980s, but the farm crisis never really ended, so the fund continues to offer financial help and hope to struggling farm families. Over the 34 years, Harvest of Hope has sent over 1700 gifts totaling more than \$1,148,000! Every dollar contributed to Harvest of Hope goes directly to farm families since all administrative costs are covered.

Coins contributed during the offering in the month of February will go to Harvest of Hope.

## FEBRUARY COIN OFFERING

~~~~~  
*You may be interested to learn more about the U.S. Farm Bill that is currently before Congress. Visit <https://www.fsa.usda.gov/programs-and-services/farm-bill/index>*

## How To Give At ABUMC

We honor our baptismal and membership vows to God by our prayers, presence, gifts, service, and witness. As contributors to a connectional system, our gifts have a global impact. Thank you for your generous support of the ministries at work in and through the people of ABUMC.

**To Give In Person:** There are envelopes available at each worship experience and you can designate how you would like your gift distributed. Cash and checks payable to ABUMC are accepted.

### **To Give Electronically:**

**Online at:** <https://www.abumc.org/giving> —Select “How To Give” and follow the online giving link.

**Through your bank:** Work with your online banking system to set up recurring or one-time payments through options like ZELLE or electronic funds transfer.

### **To Mail Gifts:**

Please make your check payable to ABUMC and send your gift to

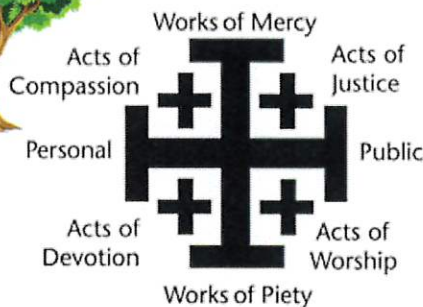
ABUMC  
1174 Algoma Boulevard  
Oshkosh, WI 54901

*For assistance with any of these options, please contact our staff at 920.231.2800.*

***Thank you for your gifts.***



## **Algoma Boulevard United Methodist Church**



**We witness to Jesus Christ in the world and follow his teachings through acts of compassion, justice, worship, and devotion under the guidance of the Holy Spirit.** 