



FOCUS

NEWSLETTER

December 2021

FROM THE PASTOR

It is getting darker

I come from a country of sunshine.- 365 days a year! “Sunny South Africa” is part of our tourism advertising. So it takes some adjusting to the darkness of winter in South Dakota. The gathering darkness of this time of year can cause us all to want to hibernate, and to feel less charitable about people. When added to the many months of Covid-19 debate, and the endless political wrangling of our times, the darkness can seep into our souls and leave us depressed.



Christmas is the answer to our despair. The Apostle John speaks of the birth of Jesus as the antidote to the gathering darkness “*The light shines in the darkness, and the darkness has not overcome it.*” (John 1:5). For that reason, we light candles, and set pretty lights around our

homes, and look for signs of the birth of a Saviour. I am inviting you to participate in Advent activities, whether it is singing carols, sharing a meal with family, or sharing love through giving gifts.



(continued on next page)



FIRST UNITED
METHODIST
BROOKINGS
AT THE
CORNER OF
**CHURCH &
COMMUNITY**
625 Fifth Street, Brookings
605-692-4345
www.brookingsmethodist.org

FROM THE PASTOR

(continued from previous page)

These are testimony to the fact that Jesus came into the darkness and brought the light of life. Let us be move from darkness to light this Christmas.

Jenny and I want to thank you for your kindness and care for us over the past year. We wish you God's richest blessing this Christmas season. May God's love hold you and your loved ones.

Pastor Pete

Advent is an Invitation

For many, it is the invitation to get into that Christmas spirit, to count down the days to the grand celebration, and let the holiday transform everything around us. We're not all about Christmas, the holiday, about December 25 with all the jingle bells and tinsel. We are about Christmas, the Mass of Christ, the celebration of the Incarnate one who comes to remind us that we are not alone, and God is with us. We are about the longing for the coming kin-dom, where we will study war no more, where people will walk in the light, where joy will be found, and love with the tie that binds us together. That's the home for which we long. That's the invitation this Advent season.

We are grateful to the Rev. Dr. Derek Weber, Director of Preaching Ministries of the United Methodist Church for providing us with this Advent theme. Devotional booklets will be available that contain an edited version of the extensive notes he provided. May we all discover the good news that God invites us to "come home for Christmas".

Advent Series 2021: *(Devotional booklets available in Narthex and Online)*

Time to Go Home	Sunday, Nov 28	Jeremiah 33:14-16	Luke 21: 25-36
The Fear of Home	December 5	Malachi 3:1-4	Luke 3:1-6
The Joy of Home	December 12	Zephaniah 3:14-20	Luke 3:7-18
The Blessing of Home	December 19	Micah 5:2-5(a)	Luke 1:39-45
Welcome Home	Christmas	Isaiah 9:2-7	Luke 2:1-20
The Light of Home	January 2	Jeremiah 31:7-14	John 1:10-18



Noticing leads
to wonder; and
wonder leads to
WORSHIP. -Lectio365



“Open my eyes that I may see; wonderful things in your law.”
Psalm 119:18

What are you noticing these days? Though winter doesn't start officially until December 21st, the first snow has fallen in Brookings and the trees are making their annual descent into leafless sleep. And yet, there is still so much to see.

As we turn the corner into December and our Advent season, I want to offer you one simple instruction: *pay attention*. Ask the Holy Spirit to be made visible to you *and then look around*. Richard Rohr, Franciscan friar and ecumenical spiritual teacher, says; “We cannot attain the presence of God because we're already totally in the presence of God. What's absent is awareness.” God is *already* among us; at work, walking with us, lovingly guiding our steps. As we enter the season of anticipation this Advent, I encourage you to wait expectantly for Jesus to be revealed to you, *and then pay attention*. Expect God to show up among, within and around you. And let your noticing bring you to worship the King, who came to us humbly as a baby in a manger, in Jesus' name.

Pastor Krista

Church Staff

Pastoral Staff

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Tech Coordinator

Paul Schmidt.....tech@brookingsmethodist.org

Organists: Joan Riessen
MK Huggins

Pianist: Ted DeLange

Connect with us

Church Office Hours:

Mon-Fri: 8:30am-12:00 pm

Need prayer? Email

prayer@brookingsmethodist.org
and a pastor will pray with
you.

[Facebook.com/FUMCBrookings](https://www.facebook.com/FUMCBrookings)

www.brookingsmethodist.org

Weekly Worship Schedule



WATCH ONLINE

Sundays:	9:00am	Sunday School (ages 2-adult)
	9:30am	Radio Broadcast (on KBRK 1430AM)
	10:00am	Sunday Morning Worship (in-person and online) All day Virtual Children’s Church on Facebook
Wednesday:	5:00pm	Manna Meal
	6:00pm	Manna in the Middle Worship (CLC and online)
	7:00pm	Confirmation, Church Life Groups, Weds School

Check out our website: www.brookingsmethodist.org



Listen to our Podcast!

You can listen to all our sermons and messages every Wednesday evening and Sunday afternoon on our Podcast, ‘Messages from First United Methodist Brookings!’ We are on all major Podcasting platforms, so listen wherever you get your favorite podcasts! For links to episodes and more info about our Podcast, visit: anchor.fm/fumcbrookings !

Christmas Services

Christmas Eve:

- 12-1pm: Holy Communion and prayer
- 5:30pm: Family service and Candles in the Community Life Center
- 7:30pm: Christmas Eve in the Sanctuary with candles
- 9:30pm: Lessons and Carols in the Sanctuary

Christmas Day:

- 4pm Christmas Celebration on Keloland TV



Poinsettias

We would love to add the beauty of poinsettias to the church decorations during this Advent/Christmas season. The Worship Committee is inviting anyone “who loves the adventure of finding the perfect plant” to drop off a **red** or **white** poinsettia at church. (Rest assured that you are not responsible for watering or caring for plants through the season. We have volunteers to take care of them.)

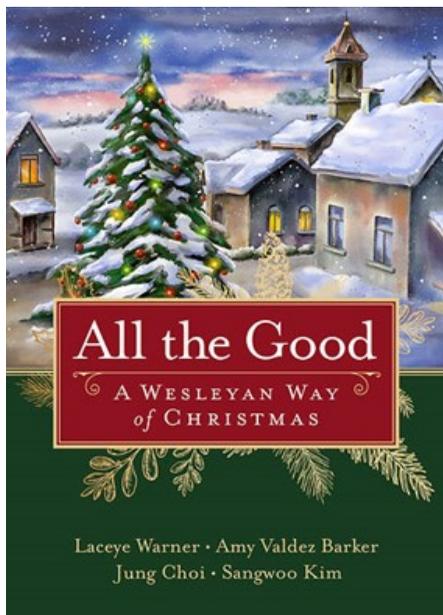
Your poinsettia may be given in memory or in honor of a loved one. Please call, stop by the church office, or email:

office@brookingsmethodist.org

to have your loved one's name acknowledged in the December 19th worship bulletin.



Adult Advent Class



An adult Advent class will be offered on Wednesday's beginning Dec. 1. *All the Good - A Wesleyan Way of Christmas* will be held in the conference room from 7:00-8:00 and will be led by Nancy Bohlen.

A bit of explanation of the study:

By pondering God's goodness through the Christmas narrative, readers are invited to reflect on and participate in Christian practices, or good works, in response to God's goodness. These practices resemble those encouraged by disciples throughout Christian tradition as well as by the founder of the early Methodist movement, John Wesley.

Prayer Chain

The Prayer Chain is active. Please contact Sharon Anderegg at 605-692-4925 with any requests.



Radio Broadcast Sponsorships

Now is the time to sign up for a radio broadcast sponsorship in 2022. If you would like to sponsor a broadcast in memory, honor, or celebration of a loved one or anniversary, you may:

1. Visit <http://www.brookingsmethodist.org/> and click on:

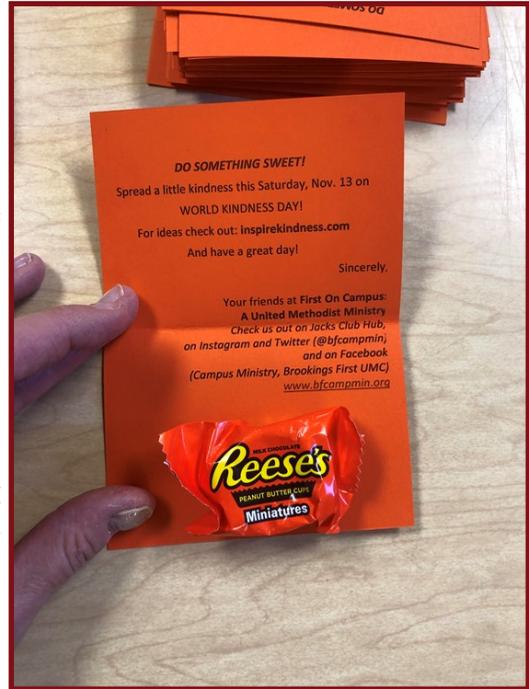
RADIO BROADCAST SPONSORS

1. Contact the office at 605-692-4345
2. Email office@brookingsmethodist.org

Each broadcast sponsorship is \$60 and airs at 9:30am on KBRK 1430AM.

Campus Ministry Update

We had a great November in campus ministry! We continued our Animate: Faith study, and were able to bless SDSU students with treats as reminders to be kind on World Kindness Day (November 13th). On November 21st we shared Thanksgiving worship with our Lutheran friends at the Lutheran Student Center (thanks to all who donated dishes to share!), and we look forward to our Christmas Party on Wednesday, December 8th, before the students head home for Christmas. And our students continue to participate in our church, serving on our worship team, helping with our Charge Conference luncheon and volunteering to serve on our committees! Please continue to remember our students in prayer as they round the halfway point of the schoolyear. And if you have a young person in your life, take time to encourage them!



From the Library

This week brought a change in the scenery and a change in the weather. Maybe you'll have more time for reading – please help yourself! Most of the trees have no leaves left on them and morning schedules on last Friday were different. The Church Library will be changing the schedule of the recycled books too. We will continue with the carts in the Community Life Center until the end of November. We have added recycle books to a table in the basement. We will have recycled books available in the church library. In January of 2022, recycled books will be available for a short period of time and then they will be gifted to community groups.

Hy-Vee Receipts

I just want to say thank you for so faithfully continuing to turn in your Hy-Vee receipts and during a pandemic even! We were able to purchase all new furniture for the Middle School Sunday school room this past summer, purchased paint for the upstairs rooms in the education building, VBS t-shirts for everyone and other various projects. Thank you so much for your faithfulness. And thank you Peg Page for adding up those receipts!

Gretchen Knutson, Education Director

Children's Christmas Program

I would like to invite you to be a part of the children's Christmas program by watching it online starting December 19. The children will present "Just a Little Christmas" to help us remember the important reason for the Advent season.

You will be able to access this presentation through the church's website www.brookingsmethodist.org.

And on our Facebook page!

Gretchen Knutson, Education Director



Financial Peace University to begin in January

Financial Peace University is a 9-week financial class where you learn to live within your means, get out of debt, create a budget, save for an emergency fund, and eventually build wealth. It's a great course taught by Dave Ramsey via DVD. Jim Decker and Gretchen Knutson will facilitate the class. Come to the first meeting for free! It will begin on Tuesday, January 18, at 6:30pm in the Sr. high youth room. You won't regret taking this class!



No Sunday School:

There will be no Sunday school for 2-year-olds to 8th grade on Sunday, November 28, December 26 and January 2.

Please note – Dr. Murphy will hold class - *Jesus at the Ballot Box* - for the adults on November 28 in the church basement.

Youth Selling Calendars

Be sure to pick up a beautiful wall calendar for 2022 for only \$10! The youth are selling them as a fundraiser for youth ministry. They are on the Welcome Centers in the CLC and Narthex.

As We Enter the Season of Advent...

Advent season is a time of anticipation. We are expecting a change in the weather; we prepare our homes for family visits and holiday gatherings; and we prepare ourselves for the coming of Jesus. 2021 is also a time of anticipation of a return to church traditions and celebrations that were missed in 2020.

In 2020 we moved our Advent and Christmas church celebrations online to protect our community from the COVID virus. This year things have improved with the availability of a vaccine - but the threat of COVID remains. Just recently several Brookings citizens have died from COVID and hospitalizations continue. We urge everyone, if they have not already done so, to get the COVID vaccination, and if you have already been vaccinated, to get the booster shot. We believe this to be the best protection from the virus.

In 2021 we will again enjoy our Advent and Christmas services, but we will remain vigilant to protect one another. We therefore ask people attending services to help in mitigation procedures by doing the following:

- 1) We strongly urge everyone to wear masks while in church buildings. This is not a mandate for masks, and no one will require you to wear one, but we strongly encourage the masks. We continue to follow the guidelines that have been set forward by the CDC, State of SD and City of Brookings based on the level of spread status of the community. The gathering and celebrating of the holidays provides the opportunity for the virus to spread. Wearing masks during the services allows us to protect each other. Masks are always available at the door as you enter the service.
- 2) Wash your hands and use sanitizing cleansers.
- 3) We will not have large choirs singing Christmas carols. We will be led by smaller vocal groups and musical items. Please enjoy the sounds of the Christmas music.
- 4) The balcony will be a place where social distancing will be maintained. This area will be a place for those wanting to maintain social distancing, families with young children or people not vaccinated.

We hope that everyone can enjoy a return to the traditions of Advent and Christmas services. But throughout this entire pandemic, it remains our goal to protect one another from the virus. We believe that these procedures will allow us to have our traditional services while being careful to protect one another.

May you all have a blessed Christmas season.

Matt Miller (on behalf of the Recovery Team)

Sun	Mon	Tue	Wed
			1 8am—TOPS 10am—Healthy Mo 4pm—Chiming Chil 5pm—Manna meal, 6pm—Manna Wors 7pm—Confirmation
5 9:00am—Adult Class (Dr Murphy) 9:00am—Sunday School (2yr to adults) 9:30am—Radio broadcast (KBRK) 10am—Sunday Morning Worship 2-3pm—Recording Children’s Christmas Program	6 10-11am—Communion at The Neighborhoods 10am—Healthy Movement Class (CLC) 5:15-6:15—Singles Group 5:30-6:30 SPR Meeting 6pm—Worship Committee	7 5pm—New Day Al-Anon 6pm—Jubilee Ringers	8 8am—TOPS 10am—Healthy Mo 4pm—Chiming Chil 5pm—Manna meal, 6pm—Manna Wors 7pm—Confirmation
12 9:00am—Adult Class (Dr Murphy) 9:00am—Sunday School (2yr to adults) 9:30am—Radio broadcast (KBRK) 10am—Sunday Morning Worship 5-6pm Administrative Council	13 9-10am—Feeding South Dakota Mobile Food Truck (CLC parking lot) 10am—Healthy Movement Class (CLC) 7-8pm—Trustee meeting	14 5pm—New Day Al-Anon 6pm—Jubilee Ringers	15 8am—TOPS 10am—Alzheimer’s 10am—Healthy Mo 4pm—Chiming Chil 5pm—Manna meal, 6pm—Manna Wors 7pm—Confirmation
19 Children’s Program Goes Live-noon 9:00am—Adult Class (Dr Murphy) 9:00am—Sunday School (2yr to adults) 9:30am—Radio broadcast (KBRK) 10am—Sunday Morning Worship 4:30pm—Cross Work Emmaus	20 10-11—Communion ULC 10am—Healthy Movement Class (CLC) 5:15-6:15—Singles Group 5:30-6:30—Finance Committee	21 1:30-3:30—CARE Group (Church Basement) 5pm—New Day Al-Anon 6pm—Jubilee Ringers	22 8am—TOPS 10am—Healthy Mo
26 1st SUNDAY AFTER CHRISTMAS 9:30am—Radio broadcast (KBRK) 10am—Sunday Morning Worship No Adult Class (Dr Murphy) No Sunday School (2yr to adults)	27 OFFICE CLOSED	28 OFFICE CLOSED	29 8-10am—TOPS OFFICE CLOSED

	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Movement Class (CLC) Children Youth Bells Friendship Groups & Church Life Groups	2 1-4pm—Tie Quilters	3 6:30am—Men’s Breakfast 10am—Healthy Movement Class (CLC) 3pm—Festival of Lights Parade-Downtown Brook-	4 4-5pm—Christmas Program Practice-All Cast
Movement Class (CLC) Children Youth Bells Friendship Groups & Church Life Groups	9 5:30pm—Missions Committee meeting	10 6:30am—Men’s Breakfast 10am—Healthy Movement Class (CLC)	11
Support Group (parlor) Movement Class (CLC) Children Youth Bells Friendship Groups & Church Life Groups	16 10:00am—Communion at Edgewood Vista 10:30am—Communion at Stoneybrook Suites	17 6:30am—Men’s Breakfast 10am—Healthy Movement Class (CLC)	18 9am—Piecemakers
Movement Class (CLC)	23 1-4pm Tie Quilters	24—Christmas Eve Day *Office Closed in afternoon 12-1pm—Midday: Holy Communion and Prayer 5:30pm—Candlelight Christmas Eve Service (CLC) 7:00pm—Traditional Candlelight Christmas Eve Service (Sanctuary) 9:30pm—Lessons and Carols in the Sanctuary	25—Christmas Day *Office Closed 4pm Christmas Celebration on Keloland TV
	30 OFFICE CLOSED	31 New Years Eve 6:30am—Men’s Breakfast OFFICE CLOSED	January 1 New Years Day

100 Years of Projecting Faith

The Church Historical Committee recently came across a copy of the video “100 Years of Projecting Faith”, which was produced by the Historical Committee back in 2004 when the church was celebrating its centennial. Twelve hours of interviews with various church members was cut down to 40 minutes by the producer of the video, Clare Denton.



Church members sharing their experiences include:

- **Robert Pengra** displaying his miniature models of the 1879 Methodist Church and parsonage, and the present 1904 structure. They are still in the Pastor’s office.
- **Louise DeLong** started the Children’s Bible School and traveled the state conducting training schools for Sunday School Teachers.
- **Jean (Sharp) Pahl** has four generations of the Sharp family as Brookings United Methodist church members. Her grandmother was a charter member.
- **Esther Ronshaugen**, 99, oldest member of the church (at that time), recalls the cherubs in the tower, Carrie Nation in our community, and the “uproar” caused when the minister’s wife, for health reasons, had to bob her hair!
- **Phil Christie** assisted **Fred Hinkley** in cutting down three trees on the east side of the church to make parking spaces. Long-time members had forgotten the trees even existed!
- **Ed Fuller** and **Clayton Sloat** reminisce about their life-time membership in the building.
- **Grace Linn** and **Dorothy Lyford** review the front page article in the December 22, 1904, *Brookings County Press*, which states, “It’s an elegant edifice, a structure of the most imposing appearance”
- **Glenn** and **Harriett Telkamp** recall their wedding day, March 27, 1932—72 years ago (at that time)!
- **Phyllis Steen** looks at her colorful Cradle Roll certificate, dated October 24, 1923. She and Gene Christie recall infant baptisms. Babies were placed in a wood cradle, and primary children would pull blue and pink ribbon streamers gently rocking the cradle.

If you see them, ask Jean Pahl, Grace Linn, and Dorothy Lyford if they have any other stories to tell about the church, built in 1904, and added to and renovated many times since then. The quotes are from the April 12, 2004, edition of the Focus. If you are interested in learning more about the history of the church building or would like to own a copy of this video (converted to a DVD by Sam), contact either Tom Thaden or Barb Meyer.

Tom Thaden

Project Joy

#onething

The #onething for December will be Project Joy. Project Joy is a charitable, non-profit organization, dedicated to providing children and families living in Brookings County, who are in need, an opportunity to receive holiday gifts through the generous donations of individuals, business, and organizations. Please open your hearts and pocketbooks for this worthy cause.

Christmas Eve Offering

The Christmas Eve offering will go to the FUMC Pastors Emergency Fund. This fund supports community members that find themselves in financial difficulties and approach FUMC for assistance. It is a testament to the giving spirit of the Methodist Church.

Teresa Telkamp, Mission Committee

A Year of Meals on Wheels Completed

Brookings **Meals on Wheels** serves nutritious meals to area home bound Seniors. It enables them to remain living in their own homes, where they want to be. The program uses volunteers to deliver a nutritious meal, a caring voice, and a quick safety check. That was done over 600 times this year by FUMC volunteers. According to Julie Scubelek (60s Plus Dining coordinator), FUMC is presently the most actively involved church in the Brookings program.

What a demonstration of “God’s Love” by FUMC! Special thanks to FUMC volunteers who took time out of their week to deliver meals on wheels. The last round of this year’s deliveries were completed by Jaonie Holm, Sam and Kay Becker, Pastor Pete and Jenny, Barb and Larry Hult, Perry and Barb Johnson, Brian and Lynn Darnall, The Edgewood Management Team - coordinated by Anna Tellekson, Keith and Betty Allison, and lastly Yvonne and Donn Fetzer. The next round of deliveries will be January 3rd - 18th, 2022.



Perry Johnson

Thank you for #OneThing donations!

Thank you to all of you that gave to the October and November #onething offering. October brought in \$210 for **World Communion Sunday**. This offering focuses the attention of United Methodists on the universal and inclusive nature of the church. The November offering went to purchase instant mashed potatoes for the Brookings area Thanksgiving distribution. The committee purchased ~\$250 worth of potatoes that were given out Nov 18. Thank you for your donation to offset the cost of these items!

November Mission Meeting Highlights

For our November and last meeting of 2021, the Mission Committee came together over a potluck! It was simply quite sumptuous! One of the items tackled by the committee was to disperse any undesignated funds raised during the year. We usually designate the Arts Festival and Turkey Dinner receipts but this year waited until this meeting. In all, the committee had over \$15000 to allocate to United Methodist missions locally, in the conference and around the world. This came from the two fundraisers mentioned, a special anonymous gift, monthly giving to missions and the remainder of the Jan Adams estate given for missions. A portion was held in case of an emergency need before or early next year and to get a new banner for the Arts Festival booth. These are the allocations:

Local giving: Susan Hughhins (Wycliffe, Mexico) \$500.00; Brookings Ministerial Assoc. Emergency Fund \$500.00; Harvest Table \$750.00.

Conference and state: Flandreau Indian Chaplaincy \$500.00; Tree of Life (Mission SD) \$500.00; Lake Poinsett Camp \$500.00; Storm Mountain Camp \$500.00; Wholeness Center (Flandreau) \$400.00.

USA: UMCOR Disaster Response \$1,000.00; NOMADS \$724.00.

International: Grace World Health Clinics (Haiti - Advance Special #418847) \$3,500.00; World Hunger and Poverty (includes USA - Advance Special #982920) \$3,500.00; Afghan Refugee Resettlement (Advance Special #982450)



Mission Matching Grant-Up to \$10,000!

Our Congregation has a unique opportunity to increase its mission focus next year. For every dollar given to this Matching Grant, a dollar will be given for an Advance Special somewhere in the world!

The challenge starts now and goes until June 30, 2022. There is now a donation button on the church webpage for this matching grant or drop a check off in the office or offering plate designated as such. Let's build this fund and be generous givers to help the least of these in South Dakota (feedingsouthdakota.org), and in the Dominican Republic and on the Navaho Reservation (solarovenpartners.org) with these target missions. Then we will spread the love further with the match! Thank you!

Solar Oven Partners originated in this congregation in 2000. The current focus is oven distribution in the Dominican Republic, Sierra Leone, and the Navaho Nation in Arizona. These ovens use free solar energy and are very eco-friendly - no pollution! Water pasteurization is a key component of the project. The cost of an oven to a recipient is minimal compared to the component parts built into it. Donations and volunteers from across the Dakotas Conference make this happen. Solar Ovens is Advance Special #418812 of the United Methodist Church. Advance Special status assures that the project has oversight and uses your donations wisely. To learn more visit: <https://solarovenpartners.org/>



Feeding South Dakota, located in Sioux Falls, disperses food to the least of these in South Dakota. Programs include a Food Bank, Food Pantry, Mobile Food Pantry, Child Hunger and Commodity Distribution. Mobile food distribution sites include Volga and our church parking lot. The Brookings Food Pantry and the UMC Harvest Table are partners with Feeding South Dakota. To learn more visit:

<http://www.feedingsouthdakota.org>.

Finance News

The Finance Committee is working on finalizing the budget for the First United Methodist Church for the year 2022. We continue to be hopeful that our budget will allow for our committees to do the work they have planned. It is through this process of committees providing visionary ideas the our church continues to engage with the community and spread the good news of Jesus.

However, we remain behind in the number of pledges given to the church for the year 2022. Currently we are about 25 pledges behind last year's total. This is also a decrease of about \$75,000 to \$100,000 compared to the pledges made in 2021. If you have an incomplete pledge form lying around at home or you are undecided about making a pledge-completing a pledge does help us plan our budget. Feel free to use the QR Code below for easy completion.

To all those that have made a pledge, thank you for your support of the mission of our church. With this support, First United Methodist will continue to be an important voice in Brookings.

Pastor Pete
Matt Miller, Finance Committee Chair



Susan's Saga

The arrival of the holiday season includes the tasty prospect of many traditional foods, for Thanksgiving, Christmas, and the New Year. These traditions vary quite a lot from family to family, and especially between cultures. In Mexico, the festivities begin with All Saints Day. Among the traditional foods are *enfrijoladas*, which are corn tortillas immersed in a thin sauce of pureed black beans flavored with avocado leaf, then folded over and served with string cheese. (These have become one of my favorites!) The holiday season lasts into January. On Epiphany the arrival of the Kings or Magi is commemorated with wreaths of sweet bread, decorated with colorful dried fruits, to be shared with the extended family. There are little plastic figures embedded in the dough. Whoever gets one is supposed to treat everyone else to tamales on Candlemass, which is February 2nd. That is the traditional date when the Baby Jesus was taken to the temple, 40 days after His birth.

I am currently taking a class on Cross-cultural Self-awareness. One of the topics is food, meals, and associated practices. It is amazing how widely customs can vary between cultures. What is deemed acceptable and normal in one culture, can seem awkward, quite weird or downright disgusting to people from another culture. For example, in some cultures it is essential to serve the seniors first out of respect and the children last. In others, it is offensive for women to eat with the men. In some places, food is never served family-style, but someone dishes out the food for each person. In yet others, everyone eats from a common platter. Yet food is really basic for everyone and can be an effective way of relating cross-culturally. We need to learn to accept others and be willing to get out of our own comfort zone so that we can have fellowship around a meal.

It was certainly a live topic in the first century. The Apostle Paul writes extensively about food issues, in Romans 14:14-23, I Corinthians Chapter 8, and touched on again in Galatians 2:12. A good summary is found in I Corinthians 9:22: "...I try to find common ground with everyone, doing everything I can to save some." Paul was willing to lay aside the strict Jewish customs he grew up with so that his ministry could extend to others. He came to realize that making God's message of salvation known to others was more important than feeling comfortable.

Through the centuries fellowship surrounding food has been foundational for establishing bonds cross-culturally. There is something about sharing a meal and conversation which promotes relationship. I have found that among the Mixtecs it is really important to eat with them and enjoy their food. They are pleased when I appreciate what they have prepared, as it indicates that I value their culture and identity as a people.

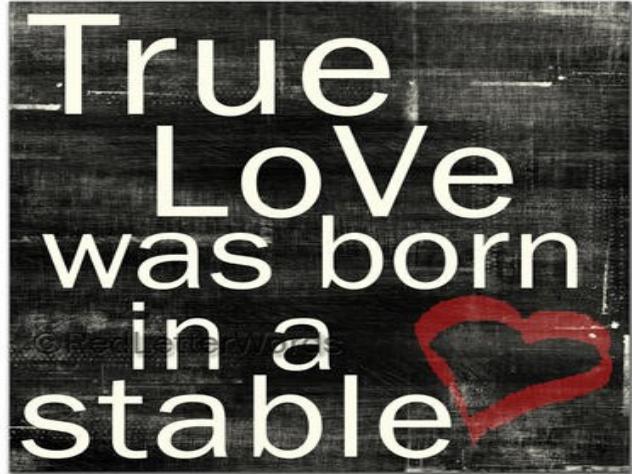
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During this holiday season and year-round may we be sensitive to people of other cultures, including their ways of eating. Brookings is becoming more multi-cultural, with students at SDSU hailing from many places around the globe. If one looks around, there may be opportunities to reach out to those who are far from home during the holidays.

Susan Huggins

Susan Huggins is a daughter of this church serving in full-time ministry as a Bible translator among the Mixtec people of Oaxaca, Mexico. Susan's sending agency, Wycliffe Bible Translators, is a non-denominational organization; she raises her own funds to support this ministry.



A message from the Health Committee

As we head into Thanksgiving and Christmas, some people may experience loneliness. The following is excerpted from Angela Cabotje, University of Washington, 2019. Use these tips to help you if you find yourself in this position. And remember that your church family is here for you. If you feel that you are unable to cope, call the church and leave a message for the pastors or health team.

Peace, love and loneliness?

- Holidays can trigger feelings of loneliness and anxiety.
 - Acknowledge your emotions but remember that they'll pass.
 - Keep your expectations in check and avoid comparing your experience to others'.
 - Create new traditions and express gratitude for the relationships you do have.
- Be kind to yourself and avoid unhealthy coping strategies.

Joanie Holm

**First United Methodist Church
625 Fifth Street
Brookings, SD 57006**

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