



LIVING WATER

A monthly publication of the Five Rivers District of the UMC

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December 2011

News from your District Superintendent

2011 is almost gone! It has been an eventful year in the life of our district and our conference. I thank all of the pastors, laity and churches for the hard work of ministry that you have performed over this year. Lives are transformed when we are faithful to our call.

I have been hearing the stories from the local churches regarding the use of the Vital Congregations tool. Some have found the tool very useful in beginning a process of visioning, planning, and considering the ministry of the church. Others have brought it alongside of other efforts which were already in place to enhance the scope of vision of the church. A few have not found it useful as yet. All of the above is okay. My hope and prayer is that, whatever tool or method you use in your congregation, you will be about the work of planning and implementing ministry in the name of Jesus Christ. As we are living again in the season of anticipation of the incarnation, I remind myself and you that we are, in our own way, the incarnation of God's love and grace in the world around us. God has created us and gifted us for the work of ministry to build up the body of Christ!

In just the past month, I have heard stories of churches in the Five Rivers District creating new ministries to reach people. The new children's ministry, the new food pantry, the new weekday community outreach, the new care-giving ministry, the new Bible study offering, planning for a new worship experience. These are just some of the things that are going on in an effort to share the Good News of the gospel with others. We are doing the work!

I pray that you will experience the joy of this Advent and Christmas season with open hearts as God's Spirit leads you to new understands and new possibilities of service in the name of Jesus Christ. May the blessing of God flow into our lives once again!

*And the angel said unto them, Fear not: for, behold,
I bring you good tidings of great joy, which shall be to all people.
¹¹For unto you is born this day in the city
of David a Savior, which is Christ the Lord.*

In Name of the Christ Child:

Dennis L. Ackerman



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District Prayer Calendar

- Dec. 4th ~ Lyndon UMC
Rev. Loren Drummond
- Dec. 11th ~ Lawrence
Indian UMC
Rev. Julienne Judd
- Dec. 18th ~ Moran/Bronson
UMC
Pastor David Shrum
- Dec. 25th ~ Iola Wesley UMC
Rev. Trudy Kenyon Anderson



December 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Scheduled Events

- Dec. 1st ~ Louisburg CC 7-9 p.m.
- Dec. 4th ~ Fulton CC 10:00 a.m.
- St. John's, Hammond and West Liberty CC 3-5 p.m.
- Fort Scott 1st CC ~ 6-8 p.m.
- Dec. 6th ~ Pomona, Michigan Valley and Richter CC ~ 7-9 p.m.
- Dec. 8th ~ Ottawa: Trinity and Richmond CC 7-9 p.m.
- Dec. 11th ~ Iola Calvary, Wesley and Union Chapel CC ~ 3-5 p.m.
- Lyndon CC ~ 6-8 p.m.
- Dec. 13th ~ Yates Center/Neosho Falls, Gridley/Turkey Creek, and Burlington CC 7-9 p.m.
- Dec. 18th ~ Iola Trinity CC noon to 1:30 p.m.
- Colony CC ~ 3-4:30 p.m.
- Dec. 22nd afternoon to Jan. 2nd
District Office Closed for Admn. Assistant holiday and vacation

Faithfully Fit Forever Opportunity by Marvé Ralston

Want to reach out to your neighbors and community and possibly increase your worship attendance?

Why not start with something many of us struggle with? Most of us are currently working on or should be working on improving our exercise and healthy habits. As Christians, we are to be good stewards of the body God gave us.

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your body," (1 Cor. 6:19-20).

Faithfully Fit Forever (FFF) is a non-profit, and non-denominational faith community based exercise, devotion and health education program. It began implementation in April of 2000 by Merit-Care Hospital Parish Nursing and Cardiac Rehab staff.

To date, over 150 places of worship in 9 states have implemented FFF programs.

Susan Harvey, Physical Therapist and FFF Leader/Trainer, recently held a training event sponsored by the Kansas Area Health and Wellness Committee at Fredonia UMC to get more people trained to teach FFF classes.

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You are invited to a leadership seminar facilitated by Bill Selby creator of the Center For Pastoral Effectiveness

Developing Healthy Congregations



“Anxious Times Call for Non-Anxious Leaders”

This seminar introduces you into a way of thinking about and addressing anxiety. It is based on the works of Edwin Friedman “Generation to Generation” and Bowen family systems theory.

Please join us at: **Lawrence 1st UMC West Campus**
867 Highway 40
Lawrence, KS Saturday, January 7th, 2012 From 9:00 a.m.-3:00 p.m.

\$15.00 registration fee (does not include lunch)

Lawrence 1st will provide lunch for 5.00 (payable that day). Lunch will be hotdogs and toppings, chili and veggies. You must sign up for lunch when you register (see below)

There are many restaurants close by and you will have an hour lunch break. You may also choose to bring a sack lunch. Coffee, tea and water will be provided.

Name _____ Local Church _____

Address _____ Phone Number _____

City, State, Zip Code _____

Email: _____

Please check one of the boxes below: A donation of 5.00 will be taken that day but we need numbers when you register.

I **DO** want to be included for lunch

I **DO NOT** want to be included for lunch

The DEADLINE for the registration fee of \$15.00 is Thursday, December 29th, 2011. Please enclose your registration fee and registration form by that date. Make your check payable in the amount of \$15.00, to “Five Rivers District” and mail it to: Five Rivers District Office, 3300 Clinton Parkway Court, Suite 110, Lawrence, KS 66047-2629



District Office Address:

3300 Clinton Parkway Court, Suite 110

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785-841-4804

Kansas Bishop: Scott Jones

District Superintendent:

Rev. Dr. Dennis Ackerman

Administrative Assistant,

Newsletter Editor:

Marvé Ralston

Faithfully Fit Forever Continued from page 2

The cost was 60.00 and included the materials to get you started, as well as CEU's for the education.

Those attending were asked to come dressed in tennis shoes and workout garb to experience the program first hand. There were all levels of attendees from beginners, to those already participating in rigorous exercise programs in attendance.

Harvey took attendees through a typical class; demonstrating how to effectively teach and motivate. Most of the exercises can be done with little space. Tools needed by participants were a chair, resistance band, and comfortable workout attire. Everyone was encouraged to do as much of the exercises as was possible for them, but to modify if needed due to back, knee, and/or existing problems.

There is a simple health form for participants to fill out before participating in the program. The form has them check with their doctor before starting a program if they have pre-existing health issues.

Most churches general liability insurance cover this type of program in the church. It is wise however to check and see if an additional umbrella policy is needed.

Wouldn't it be wonderful if we gained healthy strides with our church members and community by providing a class of this nature? What if we also brought in new "neighbors" who felt comfortable in the building and want to begin or further their relationship with Jesus Christ as a result of a class of this kind?

For further information about the next training session, please contact Susan Harvey at Isharvey@cox.net or phone 316-775-6424.