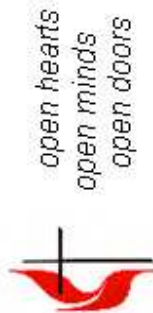


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The EXPRESS
First United Methodist Church
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Casper, WY 82601-2506

Return Service Requested



The Express

This newsletter is about events
September 2020

Submissions Deadline for the next
“Express”
Sunday September 20th

(*Email submissions are encouraged:
express@fumccasper.com)

“The Express” Staff

Editor: Linda Gehres

Reporters: FUMC Members

First United Methodist Church
Casper, Wyoming

Bishop

Bishop Karen Oliveto
1-800-536-3736

District Superintendent

Reverend Mark Calhoun
307-212-2696

Senior Pastor

Reverend Nancy Boswell

Associate Pastor

Reverend Bun Koo Lee

WEEKDAY OFFICE HOURS
M—TH 8:30am - 4:00pm
(Closed for lunch 12:00—1:00)
F 8:30am—Noon

First United Methodist Church
332 East Second Street
Casper, Wyoming 82601-2506
Phone: 307-234-9385
Email: office@fumccasper.com
Website: www.fumccasper.com

Worship Services - 8:30 a.
Vol. 32, Number 09

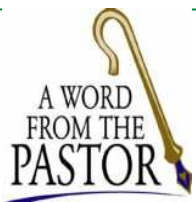
The Express



September 2020



Our Fall Kick-off will be September



A note from Reverend Nancy



There and Back Again

Since March we have worshipped online, in the parking lot and are now back worshipping in the sanctuary and online. We've been there and back again. Except, things are not as they should be, are they? If we come to the sanctuary to worship, we have to wear masks, maintain social distancing and can't have coffee time.

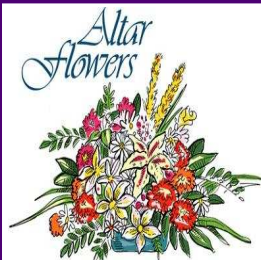
This time last year we were in a place we can call "precedented times." Now it seems as though we are in "unprecedented times." We've never been through a pandemic like COVID-19. Maybe we have not, and our faith story contains many unprecedented times. One name for these experiences is wandering in the wilderness. Moses led the Hebrew people from slavery in Egypt back to Israel through the wilderness. Jesus began his ministry being tempted in the wilderness and led the disciples through unknown territory. A wilderness journey is difficult in the best of times and seemingly impossible on other occasions.

One constant in the biblical wilderness was the presence of God. In the wilderness wandering of Exodus, God appeared as a cloud that preceeded them and followed them. At night, the cloud lit up the darkness. No matter the temptation, Jesus remained focused on God. No matter the territory, Jesus sought to teach the disciples to love God, themselves, and their neighbors with all their heart, mind, soul, and strength. Our worship for September will explore some passages from Exodus and how these stories inform our present situations.

We've been there, online and in the parking lot. Now we're back again, and yes it is different. We will resume Sunday school for adults and children this month as well; with masks and social distancing. On September 19 and 26th we will have a Courageous Conversation about healing. Rev. Bun Koo, Dave Harrington and Rose-Mary King are in the process of assessing out communication and media. With a generous grant from the Endowment Committee, they are working with a consultant to learn the best ways we can communicate and improve our online presence as a church. This means that we are working on solving the issues of having Rose-Mary recording worship in the front of the sanctuary and having the lights in the chancel area be a distraction.

Since March we have been there and back again with new faces in leadership. Rev. Bun Koo Lee has joined our staff. Bryn Catlin is now our musician for the 8:30 am worship service. As we've yet to be able to sing in worship, some have volunteered to sing the hymns as you all hum along. Let us continue to worship God through Jesus Christ who leads us through the wilderness into the promised land.

Grace & Peace,



Your flower donations are TRULY appreciated!

The 2020 Altar Flower Chart is located on the bulletin board by the elevator in the Koinonia Room. If a particular date is special for you or your family, please consider signing your name on an open date to provide altar flowers on that day. If you have no special date in mind, you can still provide flowers simply for the beautification of the sanctuary. You may also contact Martha Rakestraw at 262-6056 if you would like to participate in this ministry.

The following dates are still available for the gift of altar flowers in September:

- September 6
- September 13
- September 20
- September 27

DATE	SUNDAY SERVICES	YOUTUBE
7/26/2020	88	24
8/2/2020	81	27
8/9/2020	84	21
8/16/2020	88	28
8/23/2020	81	25

ATTENDANCE STATISTICS FOR: AUGUST 2020

"YOU CANNOT DO KINDNESS TOO SOON, FOR YOU NEVER KNOW HOW SOON IT WILL BE TOO LATE."

Ralph Waldo Emerson

Memo to the Congregation from the Trustees

In the last several months, the Trustees have been tasked with making major repairs to our beautiful facility. It started with a power surge that caused major electrical damage to the elevator. Although our insurance covered some of the cost, the expenditure was thousands of dollars. This winter, although the boilers held together, **worn out** pumps, shut-off valves, check valves, air compressor and temperature control issues required immediate attention and thousands of dollars were spent. This summer, the air-conditioning systems serving the Sanctuary, the Chancel and the Balcony have needed major repairs and replacement, **with a total expenditure of \$19,000.**

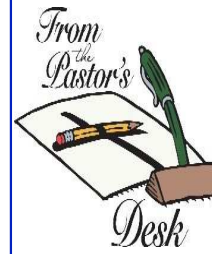
The Tate money that has carried us for so many years is depleted to the point that we will need new funds to do the work that is so important to all of us. Due to the ongoing circumstances, the Legacy Capital Campaign is delayed for now. There has been some interest in the sale of the Durbin Center, but in reality, investors aren't moving very quickly in these uncertain times.

If you have it your hearts and you are able to help out, donations can be designated to the Tate Fund, but please don't forget your giving to the General Fund!

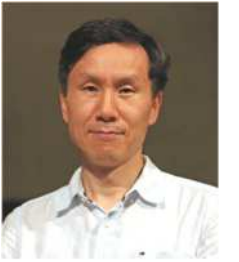
Thanks! The Trustees

Would you like to be an integral part of our church services? Music plays an important and vital role in the worship of and communication with God. It

provides a means for us to express our thanks, praise, and love to God and through music we can offer encouragement, hope, comfort, and guidance. We want to celebrate the diverse musical gifts God has given each of us. Our music programs offer training for youth and adults in developing their musical gifts in order to work and serve. We need individuals who would like to sing with us during worship. We also need singers for The Third Praise Band. We invite you to be a part of a friendly community that sings and to share and develop your musical gifts.



A Message from Reverend Bun Koo



COVID-19 sucks! This virus deprived us of so many things; our intimate relationship opportunities, our economic wellness, our physical, mental health, and even our lives. It frustrates us, debilitating our life conditions. In addition, this virus is very fatal to some people, but nothing to some others. This confuses us and divides us. Most of all, this enemy is invisible and contagious. Where is the enemy? How many are there? How fast does it spread? It is hard to know.

“Therefore, just as sin entered the world through one man, and death through sin...” (Romans 5:1). Sin came to us through one man, Adam, through one man's disobedience. God made us in the image of God, but man distorted the image, abused the gift and the love, and corrupted the freedom and the power. Sin is virus. Sin is disease. For the most part, it is invisible, lurking inside us. And it is contagious.

“For just as through the disobedience of the one man the many were made sinners, so also through the obedience of the one man the many will be made righteous” (Romans 5:19). If there is sinfulness in us, thanks be to God, there is also the image of God, the Holy Spirit in us, working in the power of forgiveness of sins of Christ our Lord. If sin is contagious, the love is also contagious. If sin is powerful, love is more powerful. If sin is tempting and threatening, love is inspiring and supporting and caring.

Let us fix our thoughts on Jesus. Kick-off Sunday is around the corner. We will start a new Sunday School year on September 13th robustly! Let us spread the Word of God, the hope, and the love. “... through the one man, Jesus Christ!...one righteous act resulted in justification and life for all people” (Romans 5:17-18). Jesus is calling us, nudging us gently and softly, saying, “You be the one person again, following me and spreading my love to the people.” In Isaiah 51:2, the Bible says, “Look to Abraham your father and to Sarah who bore you; for he was but one when I called him, but I blessed him and made him many.”

Love is contagious and powerful. Nobody, nothing can separate us from the love of Christ our Lord. This is our hope. This is life for us. If despair is contagious, hope is also contagious. If death is contagious, life will be more powerfully spreading among us. Let us love God and the Word of God. Let us spread the hope and love of our Lord. Please come for the Sunday School classes, Bible Study groups and for the beginning of a new Sunday School year. Your smile, your laughter, your happiness is so contagious and so powerful.

In Christ

WORSHIP IN SEPTEMBER

We are continuing to record worship and post it online:

Facebook: First United Methodist Church, Casper, Wyoming—video page

YouTube: 2020-09-Sunday's date and the time, either 8:30 or 11:00 FUMC Service

Sunday September 6, 2020 Communion Sunday

“The Sign to Pass Over With” Exodus 12:1-14 & Romans 13:8-14

What sign do you have to pass over the wilderness, darkness, and new challenges of your daily living? Are you able to pass over? Are you willing to pass over? The blood of Jesus, the greatest sacrifice and love of God should be the sign. Life always requires sacrifice. Do you have Jesus? Do you have life?

Sunday's worship posted online Monday morning.

Facebook: First United Methodist Church, Casper, Wyoming—video page

YouTube: 2020 09 06 830 or 2020 09 06 1100

Sunday September 13, 2020 Kick Off Sunday

“Into the Sea” Exodus 14:19-31

No doubt we are living in difficult times. The story of Moses parting the Red Sea, allowing the freedom of the Hebrew people, was fraught with difficulty. The Egyptians died. The Hebrew people were crossing into the unknown. And God was with them. In a time of difficulty, how is God with us?

Sunday's worship posted online Monday morning.

Facebook: First United Methodist Church, Casper, Wyoming—video page

YouTube: 2020 09 13 830 or 2020 09 13 1100

Sunday September 20, 2020

“What Is It?” Exodus 16:2-15

The Exodus story continues with manna in the wilderness, food for the journey. Except, manna appears as an odd breakfast food one morning. Manna in Hebrew translates as “what is it?” God provides for us and not always in the way we recognize.

Sunday's worship posted online Monday morning.

Facebook: First United Methodist Church, Casper, Wyoming—video page

YouTube: 2020 09 20 830 or 2020 09 20 1100

Sunday September 27, 2020

“Strike the Rock” Exodus 17:1-7

Last week we asked, along with the Hebrew people, “what is it?” when they saw the manna God provided. This week another need is met, that of water in the wilderness. God meets the need of the people after they whine, threaten, and complain. Is there an alternative to expressing our needs? How do we embrace joy in the midst of a wilderness?

Sunday's worship posted online Monday morning.

Facebook: First United Methodist Church, Casper, Wyoming—video page

YouTube: 2020 09 27 830 or 2020 09 27 1100

SUNDAYS AT FUMC 8:30 & 11:00 AM
IN THE SANCTUARY

CALENDAR OF EVENTS—SEPTEMBER

- Sundays:** 8:00 & 11:00 am
9:45 AM
Worship (Sanctuary)
CLASSES—Faith Finders (Fellowship Hall), **SOS** (Lion's Den), **Youth** (Room 15-16), **Children** (3rd Floor)
NA Meeting Group 2 (Room 12)
Staff Meeting—Staff is unavailable during this time.
Bulletin Deadline (for the following Sunday)
Submit your info to: office@fumccasper.com
- Monday:** 7:00 pm
Tuesdays: 10:00—11:00 am
4:00 pm
Youth Group
Sister's Bible Study (Parlor)
AI-Anon Meeting (Room 13)
NA Meeting Group 3 (Room 12)
Media Submissions Deadline (for the following Sunday)
Submit info to the Media Team at: media@fumccasper.com
- Wednesdays:** 6:30 pm
6:30 pm
7:00 pm
8:00 pm
Thursdays 5:00 pm
Fridays: 8:30 pm
Saturdays: 8:30 am
NA Meeting (Room 12)
Mindful Warriors (Parlor) 1st & 3rd Saturdays
- *Book Club:** 3rd Saturday of the month, 9 am, SonRise Room
September: “The Prayer Box” Author: Lisa Wingate
- *Creative Worship Team:** Every Tuesday, 1:00 pm
***Board of Stewards:** 3rd Thursday of the month, 7:00 pm
***Board of Trustees:** 3rd Thursday of the month, 5:30 pm
***Finance Committee:** 3rd Thursday of the month, 4:30 pm
***SPR Committee:** 1st Thursday of the month, 5:30 pm
***Staff In-Service Work Day: Last Thursday of the month. Office is closed.**

“Express” Newsletter Submissions Deadline: **Sunday, September 20th**
(Newsletter processing: *Tuesday, September 29th*)

Courageous Conversation—Healing

September 19 and 26, 2020 9 am to 12 pm
Fellowship Hall

As a congregation we have been through so much change. Over the past several years, there have been shifts in our leadership, staff, and congregation. We enjoyed some of our activities in the past and now lack the energy to continue them. On two Saturday's in September, we as a congregation, are invited to come to Fellowship Hall for a Courageous Conversation about healing.

Courageous Conversation is a method of discussion and sharing developed by the United Methodist General Board of Discipleship. The method provides guidelines for discussion, helps group members conduct civil, constructive discussions in the spirit of Christian community. Many of you will remember we used this format last fall for discussing issues in the United Methodist Church. Please prayerfully consider being part of this healing journey.

SEPTEMBER



1 Glen Catchpole Kate Delgarno Alyssa Pedersen Rene Rickabaugh	8 Marcus Couldridge Megan Hedges Kayston Harmon Melva Simpson Margaret Warner	14 Taylor Cool Becky Ford Kristin Stoner Braxton Thomas Daxton Thomas Glenda Thomas Serenity Wood	20 Jasely Bosco Edmund Pyska Emily Pyska Adriana Yankey	27 Brittlynn Bulgrin Brenda Doyle Kendall Hutchinson Mark Miller
2 Jeannette Brakke Luke Conklin MaKenzie Norden Scott Shively Jamie Warren Vicki Winters	9 Tricia Elston	15 Peggy Jones Kassi Peterson Clayton Romfo	21 Marilyn Warnholtz	28 Jackie Onigkeit Kathy Orr Patrick Saunders
3 Elisa Crum Judy Maddy	10 Levi Harshman Bob Maxwell Cortne MacFarland	16 Gay Le Grande Steve Olson Ceri Slocum	22 Donna McIntire Travis Wondra	29 Logan Harmon Helen Pottorf Jenifer Scherlin
4 Jim Lyle Judy TeSelle	11 Justin Harshman Brenda Kennedy Martha Rakestraw	17 Jacob Dandridge	23 Everett Bainter Dorrie Juelfs Ashlie Schmidt Crystal Sheppard	30 Carl Babb Lester Lebsock Jeanie Long Jesse Simmons
5 Blake Bulgrin Emmalynn Porter Frank Tomasini	12 Kayla Cross Maddux Dundas Anna Johnson Alexis Kvislen Lincoln Larsen Don Walters	18 Bree Bertz Isla Dalgarno Ruthann Hibsman Doug Matthews John Schmidt	24 Danni Juelfs Bernard Koch Mark Milliken Ben Sheppard Debra Swedberg Jackson Weiss	
6 Ryan Dalton Ed Opella	13 Dana Becker Tanner Warren Jake Whitaker	19 Faith Cattles Chance Mclean LuAnn Miller Chris Rodgers	25 Nick Beall	
7 LABOR DAY Marvin Nolte			26 Charles Bloom Laura Evans Karen Sloan	

LABOR DAY



A reminder of our COVID-19 restrictions for worship at 8:30 am and 11:00 am. We are following the requirements from Bishop Karen Oliveto and District Superintendent Mark Calhoun which are:

1. There will be one entrance and exit door. This is the door to the Sonrise Room.
2. All attendees are required to wear a mask. Please bring your own, however if you don't have one, some will be made available.
3. Sanitize your hands upon entry into the church.
4. All attendees will be signed in at the tables in the Koinonia Room, either via our church checklist or a sign up with name and phone number.
5. Maintain a distance of 6 feet between attendees as you enter.
6. Wear your name tags to help Reverend Bun Koo Lee learn who we are.
7. The offering plates will be at the entrance / exit door and not passed during the service.
8. The sanctuary will be set up with every other pew available – please allow for social distancing between family groups (6 feet) as you select your place to sit.
9. Hymns will not be sung at this time; please feel free to hum along. We will still have music. Also, we will not be doing choral responses. Please quietly pray the Lord's Prayer.
10. Hymnals, Bibles, pencils, etc. will not be in the pews. All information will be on the screen as well as in the paper bulletin.
11. The ushers will dismiss us row by row. Please remember to maintain the distance of 6 feet as you exit and go to the exit immediately, do not congregate in the church.

Other items to note are the following:

1. The nursery will not be operating at this time.
2. Sunday School will resume September 13, 2020 from 9:45 to 10:45 am.
 - a. All attendees are required to wear a mask. Please bring your own, however if you don't have one, some will be made available.
 - b. Sanitize your hands upon entry into Sunday school.
 - c. All Sunday school attendees will be signed in during class using a sign up with name and phone number. Children 18 and under will have temperatures checked and parents must fill out a form.
3. Maintain a distance of 6 feet between attendees
4. We will not have Coffee / Fellowship Time, therefore not allowing us to gather as a group.
5. Several areas of the church will be closed off for your protection and to allow for only having to sanitize specific areas. Do not go into areas that are closed off.
6. The church will be sanitized between services.

All of the items above are designed to keep us healthy and safe while we worship together in the sanctuary. Your compliance is required and important to allow us to continue worshipping together. Please do not hesitate to contact the church if you have any questions or concerns.

Sincerely,

The FUMC re-Launch Worship Committee: Mavin Nolte, chairperson; Rene' Rickabaugh, Kelly Schweda, Rose-Mary King, Marsha Nichols, Rev. Nancy Boswell, Rev. Bun-Koo Lee



SEPTEMBER EVENTS

Look for information about Youth activities on **Remind**. If you are not part of the youth group **Remind**, contact Rachelle to get connected. We are looking forward to youth group starting up again this month after Kick-Off Sunday. We will again be meeting on Wednesday evenings but starting a little later at 6:30 pm. Contact Rachelle or Cody with any questions.
Hope to see you soon!

UNITED METHODIST THRIFT STORE IS OPEN FOR BUSINESS, PRACTICING SOCIAL DISTANCING AND MASKS ARE REQUIRED.

OUR BUSINESS HOURS ARE THE SAME:

M, T & W 10:00AM - 4:00PM SATURDAY 10:00AM - 2:00PM

ADDRESS: 2111 E. 12TH ST. PHONE: 307-234-6611

Please "like" us at: **United Methodist Thrift Shop**

Grab your mask and a friend and visit the United Methodist Thrift Shop at 2111 East 12th, in the Beverly Plaza Shopping Center! A fun sale is continuing as we are loaded with fabulous finds that are easy on your budget. We still have all glass items on sale at 50%, and now adding plus sizes, both men's and women's sizes to the list of outrageous deals. As life gets more difficult, come take advantage as we include additional categories of budget friendly goodies. Visit often as gently used and new treasures are donated by our most generous neighbors to benefit Holy Cross and Interfaith, both local philanthropies.

The shop is open Monday, Tuesday, and Wednesday from 10-4, and Saturday from 10-2. We are looking forward to seeing you discover some surprising items!



The Children's Sunday School program would like to welcome you back as we start off the school year with a new theme of "Changes"! We will be having an open house event on Kick-Off Sunday, Sept. 13. Please stop by the classrooms on the third floor from 9:45 am – 10:45 am to get a welcome bag and check out how we will be changing things up for health and safety.

We will open for in-person Sunday School and will be following the same guidelines as the school district. This includes:

- All students, teachers, volunteers, and parents must wear a mask
- Hand sanitizer must be used upon entry to the classroom
- Social distancing guidelines of six feet must be followed
- No materials will be shared between students (each child will have their own cubby of materials)
- Classrooms and toys/materials will be sanitized after each class

Children's Sunday school is offered for elementary students in kindergarten through fifth grade and preschool ages 3-5 years. Preschool children must be potty trained and able to wear a mask for health and safety purposes. Sunday School classes will be held on the third floor from 9:45 am – 10:45 am. We look forward to seeing you soon!

