



FEDERATED NEWSLETTER



**God still heals.
He heals us
spiritually,
physically and
emotionally.
Give Him every hurt,
pain, broken heart.
He will mend it.**

(Please refer to "From the Pastor's Desk" on pg. 2)

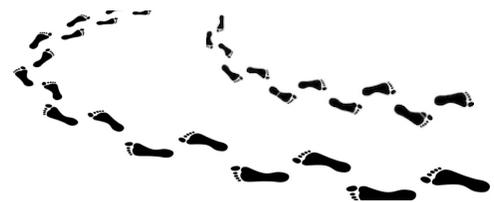
**2019 Contribution
Statements are currently
available in the Church
Office during office
hours and in the Narthex
before and after Worship
Services!
Help reduce costs by
picking yours up today!!**

If you have articles, events or other information you would like included in this newsletter, please call the Church Office at 564-2812 or email us: fcstaff@federatedcolumbus.org
The deadline for submitting information for Newsletters is the 20th of the prior month, e.g. March deadline will be February 20th.

Leading up to Feb. 2nd (Super Bowl Sunday), our youth will be collecting food items and household supplies for the Platte County Food Pantry as participation in the Souper Bowl of



Caring. You can drop off items in the shopping cart by the northeast entrance. On Feb. 2nd Sunday, there will be a collection of food items and/or financial contributions after the worship service. All proceeds will go to the Platte County Food Pantry.



Federated will be joining the 'Walk to Jerusalem' again this year! You can call or email your miles, minutes, or steps to the office starting January 27th!
(see pg. 5)

From the Pastor's Desk

As continuation of sharing my experience from Clinical Pastoral Education (CPE), here's my fifth reflection:

PAIN – Week six of CPE provided new perspectives on pain. My view on pain, prior to CPE, was based largely on Philip Yancey and Dr. Paul Brand's book *The Gift of Pain*. Like its title, the book presents the idea of pain as a gift from God. For example, the pain we experience when touching something hot makes us react to prevent further damage to our body. Dr. Brand discusses his experience with leprosy patients who cannot feel pain because their nerves have been damaged. Thinking about this book, I've thought of pain as a generally a good thing.

However, there were a couple patients that I met last week who provided different perspectives. The first patient was someone I've met several times. This patient has CIDP, which means that his nerves are overly sensitive because their protective coverings are damaged. In short, he is in pain all over his body. Fortunately, there is a drug that provides some relief for a couple weeks. I had a chance to talk with the patient when he was at the hospital for this medical treatment. While getting caught up from our previous conversations, this patient shared that his doctor told him that it was good that he felt pain since that meant his nerve cells were not damaged. Initially, I thought about affirming what the doctor said by talking about *The Gift of Pain*. But I could tell that the patient did not find relief in the doctor's statement. He made it clear that if there



were a choice between being in pain and no pain at all, he would easily choose no pain. At that moment, I realized that it's much easier to talk about pain than to experience it. Thankfully, I didn't mention about pain as a gift. For this patient, that gift would have been returned.

I met another patient who was in a lot of pain. Walking around the ER, I noticed this patient with his hands on his grimacing face. I could tell that he was in pain.

(continued on page 3)

Our glory is hidden
in our pain, if we
allow God to bring
the gift of himself in
our experience of it.

– Henri Nouwen

Talking with the patient, I learned that he has been ill for over a decade. He has had multiple organ transplants. Moreover, he learned that there is damage in his brain due to numerous strokes. At one point, the patient mentioned that his illness is commonly referred to as

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Romans 8:18

the “suicide disease” because the pain from it causes people to commit suicide. At this point in the conversation, I felt helpless: “What can I do for someone who is in so much physical pain?” Yet, I asked the patient what has helped him thus far. He shared that God has helped him throughout the challenges and that he has been steadfast in trusting God. Somehow, this patient began talking about his family and the emotional pain that he has experienced from not being able to be “the head of the household” and not being treated with respect. At one point, I made the comment that the emotional pain seems as bad as the physical pain. The patient emphatically agreed. He said, “YES,” in a way of acknowledging that someone understood his pain.

Early in the conversation with this patient, I was thinking about how distinct (and separate) physical, emotional and spiritual forms of pain are. But this patient showed me how these are interconnected. It is not to say that one necessarily causes the others. Rather, they are experienced in each person who is physical, spiritual and emotional all wrapped up together. For this patient, he has experienced a tremendous amount of physical and emotional pain yet he shared about his faith in

God who has kept him from depression and despair. While the physical pain did not go away (by the way, even the medical staff couldn't help since the drugs were not relieving his pain), he felt better than he could share some of his pain with another person.

Here are some questions for your own reflection:

- What is your view on pain?
- Which form of pain (physical, emotional or spiritual) has been the most difficult for you?
- What has been helpful in dealing with pain?

Please feel free to share your thoughts and/or questions with me, via email/text/call/in-person.

Grace and peace,
Edward

We rejoice in our sufferings,
knowing that suffering produces *endurance*,
and endurance produces *character*,
and character produces *hope*.

-Romans 5:3-4

Children's Ministry

Sunday School resumed on January 12. This semester, our children will learn bible stories from the New Testament. Each week, the students earn points for attendance, bringing their bible, taking notes during worship, memorizing bible verses and cooperating during class. Points earned by the students are redeemed for prizes in our "Seed Store." The Seed Store will be open on 2/23, 4/12 & 5/17.



Thank you to our 2nd—4th graders, who serve as youth ushers during worship and our 5th—6th graders who serve as acolytes. Keep up the good work!

Upcoming Children's Events

Puppet Practice: Wednesdays 6:30-7:30 Grades 3 and Up.

For more information, Contact Julie Graham at 531-218-4374

3/29-Children's Sunday (5th Sunday Potluck/Bounce House/Games)



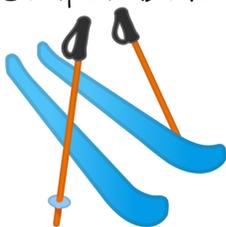
Youth Ministry

Book Sale: With the cold and snowy weather, it is a great time to stay indoors and read a book. Pick up your next book (or more) at the youth ministry book sale in the Narthex. Baskets are available for free will donations.

Youth Club—Every Wednesday 6:30—7:30

7th—12th grade are welcome to attend and bring a friend

2/2 Souper Bowl of Caring-Canned goods/monetary donations collected for the Platte County Food Pantry



2/29 Ski Trip to Mt. Crescent



REACHING OUT

THE THREE MOVEMENTS
OF THE SPIRITUAL LIFE

All Church Book Read

For the month of February, everyone is encouraged to join in reading Henri Nouwen's *Reaching Out: Three Movements of the Spiritual Life*. You can purchase a book on your own or order one through the church office (\$10).

Jane Ellefson, who studied under Mr. Nouwen at Yale Divinity School, will be speaking after service on February 2nd after Worship to kick off the book read, and leading Adult Education at 9:30am on February 23rd to finish it up.

Walk to Jerusalem

Do you keep track of your steps each day? Do you attend an exercise class? Great! All of these activities count to *Walk to Jerusalem* in 2020! You can find more information on the flyers that are available in the church office!

- **2000 steps = 1 mile**
- **20 minutes of any kind of exercise = 1 mile**
- **Our Gym is open** Mon. through Fri, 8:00 a.m. to 4:30 p.m., so you can get your steps indoors when the weather is cold!
- **We will track our miles as a congregation** using a world map in the Narthex
- **Two ways to report your miles**

—> **Visit www.federatedcolumbus.org**

Click on the footprints at the top of the page, an email to the church pops up, enter your miles or minutes, and send!

—> **Email fcstaff@federatedcolumbus.org or call 402-564-2812**



Narthex Book Sale

Annual Youth Book Sale has started in the Narthex!

You can participate by donating books, exchanging your books for donated ones, or a free will donation!

This is a bookworm's dream!!

Monetary donations will go towards the Summer Youth Mission Trip.



Funeral Committee Teams 2020

Thank you to the ladies who took time out of their days to update our Funeral Committee Teams.

Last month (January 2020) the funeral committee in the Newsletter was #1, but, with the reorganization of these teams, one of the committees was eliminated, so, starting February 1st, the committee is going to be #2, listed below. The ladies who updated these teams will be sending updated committee/team numbers and information to the co-chairs, who will be contacting you when it is your team's turn to serve.

#2 Funeral Committee Team 2020		
Co-chairs	<i>Marcia & Steve Dewald</i>	
	<i>Sue & Larry Mares</i>	
	<i>Linda & (Guy) Wheatley</i>	
	<i>Deb & John Curry</i>	
Members	Augspurger, Dana	Lind, Ruth
	Barbarglia, Diane	Lohr, John (Kathy)
	Boettcher, Liz	McClure, John (Julie)
	Dowd, JoAnn	Meyer, Kevin (Mary Jo)
	Drobny, Melanie	Meyer, Peg & Bryon
	Ernst, Mimi	Rosekrans, Eileen
	Garcia, Antonio & Trinidad	Scheffler, Diane
	Gotschall, Tami & Jeff	Shreve Donna
	Hahn, Cola & Gene	Smith, Lori & Clark
	Hanner, Whit	Specht, Joan & Gordon
	Hoadley, Cindy	Srb, Marilyn & Joe
	Hoeman, Andree & Terry	Swierczek, Kim
	Kallweit, Brenda & Leroy	Timperley, Paula & Rebecca
	Lambert, Charlotte & Ron	Whitney, Lyle & Riel
	Lange, Paula & Dave	Williams, Randi & Doug
	Lauterbach, Berlydean & Herman	Wolf, Kristi & Drew
		Wurdeman. Gail

*Names that appear in parenthesis *()* are non-member spouses.*

New Book on Tuesday Mornings!

The group is adding another book to their reading list! "Sapiens, A Brief History of Humankind" by Yuval Noah Harari is the next book to be reviewed. For more information, please refer to the January newsletter.

The Tuesday Morning Book Discussion group meets on Tuesdays at 7am with coffee and a light breakfast.

For more information, contact Bob Trautwein at rjtraut@yahoo.com or 402-564-5287.

Monthly Open Prayer Time

On the 2nd Tuesday of each month, a time of prayer that is open to all, is held in our sanctuary from 11:30AM -12:30PM. Whether you are new to prayer or have practiced for years, you are welcome here. If you have questions or prayer requests please contact: Church office – 402-564-2812
Email - fcstaff@federatedcolumbus.org or
Barb Sanderson – 402-910-3586
Email - bjs.sanderson@gmail.com



Rescue Mission Meals

February is still in need of a volunteer(s) to make and take the meal to the Rescue Mission on February 14th!

Chris Warren and Melodee Nickolite have offered to help March 13th, and Barb Olson and Jeanne Johnson for April 10th!

This volunteer opportunity takes place the second Friday each month. There are a number of months still waiting for you to sign up! (The sign-up sheet is on the easel in the Narthex.)

THANK YOU!

Anjel Garcia-Lopez has helped us out with our new picture/logo! He came in on Monday, January 27th with his drone and took a number of photos of our big stained glass! Thank you SO much Anjel!!

A HUGE thank you to the volunteers who have come in to the church 'lickety-split' when there has been an emergency! You have all helped the staff so much in the last few years with the leaks, etc. that we have dealt with!

Also, we have a number of projects that have taken place in the last year or so, with the generous donations, talents and time of our Federated Family! Huge thanks to everyone involved in the Sanctuary Projector project, new bell controller, new automatic doors in the Narthex, upgrades to the organ and the concrete work on our sidewalks!

Small Groups, Sign Up Today!



Do you enjoy small group activities with people who like the same things as you? We want to build up our congregation by gathering people with similar interests. There are a wide range of groups already set up, and more can be added, if you have an idea.

Do you like to go out to eat after Sunday worship? Join one of the Sunday Lunch Brunches!

Would you like to share your enthusiasm for the arts? The

Arts Connoisseurs Group may just be for you!

Or are you one of those who has their nose in a book all the time? Bookworms Club!

There are so many to choose from, so, don't be left out! Join one of the groups today and start enjoying time well spent with your Federated Family!

Go to our website, www.federatedcolumbus.org and you can find a link to the 2019 Small Groups document for more information.

Runza Funza - Meets each Sunday at Runza; contact Tim & Val Rathje or Max & Ashli Porter

Batter Up - contact Bill & Jean Royer or Ben & Marilyn Vrana

ABC - All 'Bout Conversation - contact Barb Olson or John & Nila Novotny

WiFi Group - Meets quarterly or as needed; contact Bob Trautwein or Chris Warren

**For more information, coordinators are listed. If you have a Small Group event coming up, make sure to contact the church office so we can add it here!

2x4s Dinner Together Program 2020

The Bible tells us how Jesus was invited into homes to share meals. The concept of meeting and visiting over a meal is age-old. By sharing a meal we become a family. At Federated we have been practicing this church family-building concept for many years through our "2x4s Dinners Together" program.

The "2x4s" dinners are simple affairs. The participating families (or singles) share three meals between the months of March-April, May-July, and August-October. The designated host contacts the 3 other couples (or singles) to arrange a date. The host provides the main dish and the other guests bring either a salad, a side dish or a desert.

Contact Nila Novotny at 402 910 4091 or at nilanovotny@neb.rr.com if you would like to participate in the upcoming 2020 "2x4s" Dinners Together. It's a lot of fun without much work and the dinners help us know one another all the better.

Meals on Wheels

Federated church will be responsible for Meals on Wheels Mar. 2-6, 2020. This is a great way to represent our church while providing a community service. Renee Bellum will be coordinator. 563-2441 or 402-276-2454.



Center for Survivors



We are reaching out to our amazing community and asking for donations of NEW simple clothing for children in crisis situations. Following is a list of what we need:
Boys and Girls new clothing: plain t-shirts, plain sweatshirts, leggings/sweatpants, shorts, underwear; sizes for both boys and girls will include: 2T, 3T, 4T, 5T, 6T, 7, 8, 9, 10-12

Platte County Food Pantry

We ask that you help support this ministry by bringing in the following items: Hamburger Helper, Tuna Helper, Tuna, Macaroni & Cheese, All Soups, Spaghetti Sauce, Jell-O, Canned Vegetables, Cereal, Ramen Noodles, Pancake Mixes, Bar Soap, Applesauce, Canned Pasta, Diced Tomatoes, Dry Pasta, Canned Fruit, Tomato Sauce, Pudding, Saltine Crackers, Jelly, Peanut Butter, Pancake Syrup, Toilet Paper



Platte Valley Humane Society



The Platte Valley Humane Society is privileged to have a donation receptacle in the northwest entrance of the Federated Church.

Requested items are:

February: Dryer Sheets, Clorox Bleach

B-I-N-G-O

Ladies: We are seeking names of who would like to be called IF and WHEN additional help is needed on 4th Wednesdays (2:00 - 3:00) Bingo. It would not be an every month call, but a 'just in case'. Prizes are always provided by the circles. The sign-up sheet is in the sanctuary. *Thanks for your help, PW Women*



February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>In order to make this calendar more effective and as correct as possible, please contact the church office to schedule events, meetings or groups. Thank you!</i></p>						1
<p>2 9:00am Education Hour 10:00am Worship Service 3:00pm El Buen Pastor Worship</p>	<p>3 5:00pm Special Olympics Basketball Practice 5:15pm Order of St. Andrew Committee Meeting 7:00pm Scouts Troop 212 Meeting</p>	<p>4 7:00am Tuesday Morning Book Discussion 1:00pm Lectionary Afternoon Bible Study 6:00pm Consonaires Rehearsal 7:00pm Cub Scouts Pack 279 7:00pm Worship & Music Committee Meeting</p>	<p>5 10:00am Staff Meeting 4:30pm Lectionary Evening Bible Study 6:30pm H.I.S. Puppet Rehearsal 6:30pm Youth Club 6:30pm Bell Choir Rehearsal 7:30pm Chancel Choir Rehearsal</p>	<p>6 5:00pm Special Olympics (5 on 5) Practice 6:15pm Scouts Roundtable Meeting 6:30pm Thursday Worship Service 7:00pm Cub Scouts Pack 279 7:30pm Order of the Arrow (Scouts) Meeting</p>	<p>7 6:00pm Latino Prayer Service</p>	<p>8 9:00am 4-Hers</p>
<p>9 9:00am Education Hour 10:00am Worship Service 11:00am Youth Ministry Committee Meeting 3:00pm El Buen Pastor Worship</p>	<p>10 5:00pm Special Olympics Basketball Practice 7:00pm Scouts Troop 212 Meeting</p>	<p>11 7:00am Tuesday Morning Book Discussion 11:30am Open Prayer Time 1:00pm Lectionary Afternoon Bible Study 6:00pm Consonaires Rehearsal 6:30pm Christian Education Committee Meeting 7:00pm Cub Scouts Pack 279</p>	<p>12 10:00am Staff Meeting 4:30pm Lectionary Evening Bible Study 6:30pm Bell Choir Rehearsal 6:30pm H.I.S. Puppet Rehearsal 6:30pm Youth Club 7:30pm Chancel Choir Rehearsal</p>	<p>13 5:00pm Special Olympics (5 on 5) Practice 6:30pm Thursday Worship Service</p>	<p>14 8:30am MOPS Meeting 6:00pm Latino Prayer Service</p>	15
<p>16 9:00am Education Hour 10:00am Worship Service 3:00pm El Buen Pastor Worship</p>	<p>17 12:00pm BIG PALS-Little Pals 5:00pm Special Olympics Basketball Practice 7:00pm Scouts Troop 212 Meeting</p>	<p>18 7:00am Tuesday Morning Book Discussion 1:00pm Lectionary Afternoon Bible Study 6:00pm Consonaires Rehearsal 6:30pm Finance & Property Committee Meeting 7:00pm Cub Scouts Pack 279</p>	<p>19 10:00am Staff Meeting 4:30pm Lectionary Evening Bible Study 6:30pm H.I.S. Puppet Rehearsal 6:30pm Bell Choir Rehearsal 6:30pm Youth Club 7:30pm Circle 4 Meeting 7:30pm Chancel Choir Rehearsal</p>	<p>20 5:00pm Special Olympics (5 on 5) Practice 6:30pm Thursday Worship Service 7:00pm Cub Scouts Pack 279</p>	<p>21 6:00pm Latino Prayer Service</p>	22
<p>23 9:00am Education Hour 10:00am Worship Service 11:10am Annual Congregational Meeting 3:00pm El Buen Pastor Worship</p>	<p>24 5:00pm Special Olympics Basketball Practice 6:30pm Children's Ministry Teachers Meeting 7:00pm Scouts Troop 212 Meeting</p>	<p>25 7:00am Tuesday Morning Book Discussion 1:00pm Lectionary Afternoon Bible Study 6:00pm Consonaires Rehearsal 7:00pm Governing Council Meeting</p>	<p>26 10:00am Staff Meeting 4:30pm Lectionary Evening Bible Study 6:30pm Bell Choir Rehearsal 6:30pm H.I.S. Puppet Rehearsal 6:30pm Youth Club 6:30pm Ash Wednesday Service @ St. Luke's 7:30pm Chancel Choir Rehearsal</p>	<p>27 5:00pm Special Olympics (5 on 5) Practice 6:30pm Thursday Worship Service</p>	<p>28 9:00am MOPS Steering Meeting 5:00pm Scouts Blue & Gold Banquet 6:00pm Latino Prayer Service</p>	29



Anita Kaspar, Beth Millard, Doug Rasby	02/01	Lu Krepel, Shelby Study	02/16
Rogalyn Stevens, Alison Wagner	02/03	Kristen Frederick, Bruce Gartrell	02/18
Cola Hahn	02/04	Mike Jeffrey	02/19
Paul Hahn	02/08	James Bennett, Debbie Gaeth, Kenneth Hash	02/20
Brian Badje	02/10	Marcia Dewald, Jane Ellefson, Travis Schultz	02/21
John Lohr	02/11	Arlene Fleischer	02/22
Shelley Atwell, Clark Grant	02/12	Cindee Wachter	02/25
Linda McPhail	02/13	Chuck Scheuneman, Mike Slizoski	02/26
D'Ete Haldiman, Cindy Wunderlich	02/14	Bob Arp	02/28

If you see a mistake or missing birthday, call/email Chrissy at 402-564-2812 or fcstaff@federatedcolumbus.org.

February 23
**Annual
Congregational
Meeting**

February 26
Ash Wednesday

March 1
First Sunday of Lent

April 5
Palm Sunday

April 10
Good Friday

April 12
Easter Sunday



February 2020 NEWSLETTER

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