

FAITHNOTES

January 2026

The Newsletter for Communities of Faith/Peace

United Parish, United Methodist

Clarissa - Clotho - Eagle Bend

Long Prairie - Wrightstown

Thoughts from Kali . . .

John Wesley, the founder of Methodism, is credited for the saying, "Do all the good you can, by all the means you can, in all the ways you can, to all the people you can, at all the times you can, as long as ever you can." He believed in action combined with belief. He stressed "social holiness," believing faith requires love and good works. He taught that the world is our parish, emphasizing global mission. He stressed living a disciplined life, seeking God in all things, with an emphasis on love and compassion. Beginning in January, we will have a sermon series on the Mission of the United Methodist Church and the guiding values we follow. Our churches are grounded in Wesleyan Theology, engaged in the work of Justice and redemption. We are inclusive of all persons, rooted in Jesus. What does that mean to us as a church and as an individual. The more we know, the more we can lean into our heritage.

We kick the New Year off with our Covenant Sunday. What do you hold close to your heart this year? What have you been wanting to invest in? Where do you think your love and spirit could use some tuning up? Methodism is not a singular religion. Of course, we seek to have a relationship with our Triune God, God the Father, Jesus the Son, and the Holy Spirit. We also are people who are in relationship with one another, with creation, and with the entire world. What are we called to do? Who are we called to be? It will be fun to explore this together as we meet and ponder. The sermon series will be shared on the Sundays I am in your church. We have been focusing on John Wesley a lot as a conference. The wheel that Becky Jo Messenbrink brought to the 5 church meeting set a stage for our meeting that night, for the opportunity for us to work together and seek some common ground as five independent churches who come together to share the love

of Jesus with one another in a way that might just surprise us.

Last month I received an invitation to join 23 other clergy in the metro to talk about innovation. Where do we see the church heading and what ideas do we have to move forward at this time, bringing the love of Jesus and the heart of Jesus to the places we find ourselves. As I said in yesterday's sermon, you were instrumental in bringing food and warm coats to people this past year. Basic needs are so important and you are right there picking up the pieces. You are serving in the midst of all that is going on. We will receive 1,024 dollars of innovation money, money that should be used to bring some new direction to us. We will use the innovation money to bring education to us about some of our neighbors. There are a group of our Haitian neighbors who are willing to tell their story, an opportunity for us to learn what it is like to live in Haiti and what drew people to the United States. We find it easy to presume, but perhaps, it would be good to hear from folks who have experienced the reality of life in Haiti. The innovation money will provide a stipend to the speakers and provide refreshments for those attending. If you would like to assist with any of the details, please call Kali.

There is much going on and much to be done, but I think we need to know intimately who we are and who our neighbors are. The heart of a Methodist is in showing up, serving, and if you have been hesitant to draw close, I would encourage you to take the plunge this year. You are not too old or too out of shape or too busy to do just one thing. That one thing may be the spark that sets your life in a whole new direction. As you read the newsletter, you will see that there are opportunities to be a prayer partner, to call or assist with Bingo, to work at the food shelf, to send out notes to those we want to stay in touch with. There are all kinds of possibilities, just waiting around the corner...a book study, a knitting group, a decorator at your church, a liturgist who wants to read scripture and assist in picking out appropriate hymns and added resources for meaningful worship. There are areas for Sunday school educators, youth leaders, someone to plan a progressive dinner for young people. There are places for covenant groups and coffee shop devotions,

worship involvement. The sky is the limit when it comes to bringing Jesus into the everyday mix. Let us begin together...reading the covenant prayer each day, committing to do this one thing that will get us off on the same footing. Can this be the dedicated sharing in your home this month?

Wesley's Covenant Prayer

I am no longer my own, but thine.

Put me to what thou wilt, rank me with whom thou wilt.

Put me to doing, put me to suffering.

Let me be employed for thee or laid aside for thee,

exalted for thee or brought low for thee.

Let me be full, let me be empty.

Let me have all things, let me have nothing.

I freely and heartily yield all things to thy pleasure and disposal.

And now, O glorious and blessed God, Father, Son and Holy Spirit,

thou art mine, and I am thine.

So be it.

And the covenant which I have made on earth, let it be ratified in heaven.

Amen.

As Desmond Tutu said, "Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." Let us cling to that advice! Amen

Worship Time Change

Starting January 4, 2026

Facebook Service, 7 a.m.

Clotho UMC, 8 a.m.

Eagle Bend UMC, 9:15 a.m.

Peace United, 9:15 a.m.

Clarissa UMC, 10:30 a.m.

Wrightstown UMC, 10:30 a.m.

Happy NEW YEAR
You crown the year with Your goodness,
And Your paths drip with abundance.
PSALM 65:11



A Season of Renewal: Integrating Faith and Holistic Wellness in 2026 Happy New Year.

As we enter this new season, we celebrate the promise of new beginnings, hope, and spiritual growth. This year, we invite you to join us in a dedicated call to health and wellness—an intentional commitment to honoring God through the holistic care of ourselves and our congregations.

The Call to Stewardship: Body, Mind, and Spirit
As we navigate 2026, let us embrace wellness not merely as a trend, but as an act of discipleship. Scripture reminds us that our bodies are temples of the Holy Spirit. By prioritizing digital boundaries, nutritional stewardship, mental fitness, and restorative sleep, we renew our capacity to serve.

Our Framework: The Four Dimensions of Wellness
To guide our journey, we will focus on a comprehensive approach to health:

Physical Wellness: Nurturing the body through movement and nutrition.

Emotional Wellness: Cultivating mental resilience and inner peace.

Spiritual Wellness: Deepening our connection with the Creator.

Community Wellness: Strengthening the bonds of social connection and mutual support.

"Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." — 2 Corinthians 5:17

Understanding the Barriers to Wellbeing

To effectively serve our neighbors, we must recognize the systemic barriers that impede wellness. The Social Determinants of Health (SDOH) are the conditions in which people are born, grow, live, and work. These factors significantly impact health outcomes and include:

Food Insecurity: Limited access to nutritious, affordable food. **Economic Instability:** The direct correlation between income, education, and health

risks. Healthcare Access: Barriers to quality care, including transportation and affordability. Environmental Factors: The impact of inadequate housing and community violence on long-term health. Social Inequity: The heightened health risks faced by marginalized groups—including LGBTQIA+ individuals, immigrants, and ethnic minorities—due to systemic discrimination. It is difficult to maintain physical or spiritual health when facing these "headwinds." By understanding these complexities, we move from passive observation to active, compassionate advocacy.

A Call to Collaborative Action

As we look forward, we must ask ourselves: How can we be "better together"? What steps can we take to reduce these barriers and promote equity within our community? We welcome your ideas and your partnership as we strive to impact our neighbors for the better.

"I can do all things through him who strengthens me." — Philippians 4:13.

In health and blessings,
Cinnamon S. Lancaster, RN, BSN, PHN
Faith Community Nurse



[Look at all sections for more information.](#)

SPRC & Communities of Faith/Peace United/Wrightstown UMC Councils:

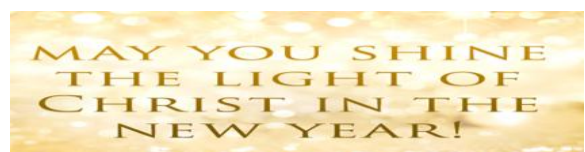
Each of the five churches voted to join together for a year, sharing the pastoral package and a schedule that will allow two people to cover the five services. The cooperative parish will be formed for a year and the schedule will allow a rotation that gives Kali the opportunity to be in each church twice a

month. Thanks for the work it took to get to this point. The Conference is endorsing this opportunity and we will make it official with our Conference Superintendent, Becky Jo Messenbrink on Tuesday, January 27th, 6 p.m., Peace United Church. A light supper will be served for those attending. Everyone is encouraged to attend. There will be a craft table for kids as well. The meeting will not be a long one, but the budget will need to be affirmed and the boards and committees for each church will need to be affirmed. It will be important that the nominations committees have the slate of officers/boards/committees ready to go. The conference will also ask us to consider identifying by an umbrella name with each church continuing their identification with their church. Communities of Faith United Parish could be a possibility. The treasurers will be meeting soon to establish a budget that can be shared by all five churches. This is an exciting time, uniting us in possibilities and opportunities to expand some of our mission and ministry in a way that will bring Christ to our communities. It will also enhance the chances to meet your spiritual and ministerial passions by watching the offerings in each church. Please put the 27th on your calendar and plan to attend.

A little of this and a little of that...

Food ShelfThanks for those of you who have shown an interest in assisting at the food shelf twice a month during the evening hours. We gather at 5:15 at the food shelf and serve from 5:30-7:30 p.m. We then restock the shelves. It is really a fun opportunity to serve. We will be serving the 2nd and 4th Tuesdays as far as we know. I will keep you posted on the latest developments. There is a packet to read and one has to submit your name to the food shelf board, it is a pretty simple process and it is a fun night out. Jane Olson is the contact person to start your volunteer opportunity. Give me a call or call Jane at 320-732-6895.

VOLUNTEERS Bingo at the nursing home.....will be set this month at the Long Prairie Nursing home. We will inquire at Clarissa as well. Meadow View has many activities planned and invite the community to be involved. Watch for the opportunities. Valley View is also a place your volunteer hours could be offered.



Prayer Peeps. As you begin the New Year, you may want to increase your prayer opportunities. Would you be willing to give an hour a month to pray over the prayer requests at the chapel at the hospital in Long Prairie? The intent is to offer prayers for the people who have left prayer requests. This is a holy opportunity and those who have had hard hospital stays know how important it is to feel like others are in prayer with you. Please let me know if you are available and I will share a calendar with you.

Back Pack Attack Thanks for all who turned out for the Back Pack Attack. Our five churches had a great turnout in packing 2,000 bags for school kids. We will gather again in a couple of months. It was great to see the turnout from our churches THANKS!!!! It is great to work together!!!!!!.

Ministerial Fund: Our Ministerial Fund received several very nice gifts this month. They are so appreciated as the needs have been many. You have been stellar in putting together food baskets, participating in Project Joy, and taking on the needs of several families who have had medical emergencies, places where families have been stretched and are experiencing difficult times. This month we received 500 dollars from St. Joseph's Catholic Church in Clarissa and 500 dollars from Zion Lutheran Church, Browerville. We received 11,165 dollars from individuals, and 25 dollars earmarked for the LP Project. Your generosity is amazing and appreciated. The needs have been met thus far by this fund and other community funds. We partner with Salvation Army and other community funds in making the dollars stretch as far as possible. The meeting that would allow us to learn more about our Haitian neighbors was cancelled due to the weather. We will be setting another learning session up and will be inviting you to come and listen. This is a word of mouth opportunity as we are not wanting to draw attention to any gathering. If you want to be notified of the learning session, be sure to be in touch. Thanks again for your care for Neighbor! You are bringing Jesus to others in so many ways.

Ministerial Team January Schedule:

4th..Pam and Kali
>> 11th...Marlys and Kali
>> 18th..Erin and Kali
>> 25th..Pam and Kali

Ministerial Team will meet on Monday, January 12th, 5:15 p.m., Buford's.

All five churches will receive communion on the first Sunday of the month.



JOIN US IN CHURCH... Would love to have you join us in church...we are missing you and look forward to connecting at worship services at any of our churches. While the opportunity for social media to keep us connected is beneficial, there is nothing like personal presence. We encourage you to think about how and when you could worship with us. Thanks to everyone who continues to financially, give as they can. Our churches are operating and have a desire to extend our presence in the communities. Your gifts support the mission and operation of our churches.

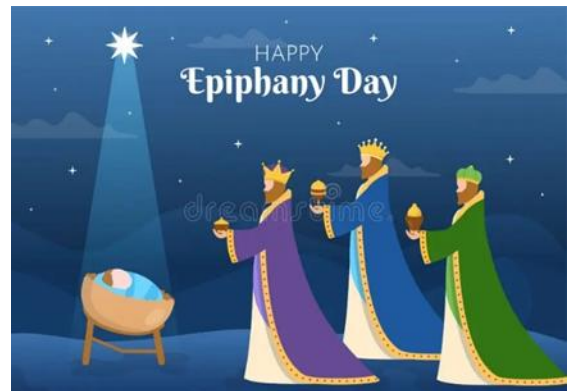
Clarissa, Clotho, Eagle Bend people, feel free to send any monetary gifts to PO Box 158, Clarissa, MN. 56440. Peace United Folks, send your offering to 524 Central Avenue, Long Prairie, MN 56347. Contributions for Wrightstown UMC send to Joan Zirbes, 62172 County Hwy. 40, Parkers Prairie, MN 56361. Hope to see you soon. Feel free to be in touch. You can reach me at 320-808-6301.



Meanderings of the Preacher...

Besides the things noted in the Newsletter, Kali will be in Centerville with the Boss

Babes on the 6th. Kali will be at Community Circle and Hilltop Regional kitchen meetings on Tuesday, January 13th, 11 a.m.-1:15 p.m. Community Circle will be hosting a potluck meal on Monday at Hilltop Regional Kitchen and Kali will attend. Constitutional Training in Long Prairie on Thursday, January 8th. Community Networking will gather on the 9th, 9 a.m. Rural Ministry Matters will meet over zoom on January 16th, 1 p.m.





PLEASE REMEMBER OUR NURSING HOME AND ASSISTED LIVING FAMILY...

Central Todd County Care Center & Assisted Living – Clarissa

- Shirley Carrick - Darlene Bodle - Gene Bodle

Meadow Place – Long Prairie

- Darlene Baxter - Jan Miller - Bev Johnson

Long Prairie Memorial Nursing Home

- Orin Baxter

Nursing Homes services:

Nursing Home Services: Worship at Central Todd County Care Center, January 7th and 14th, 2:30 p.m.
Worship at Long Prairie Nursing Home, January 14th at 9:45 a.m.

Conversations Join us on Wednesday mornings at 7 a.m. on Facebook, Kali Christensen page. We will share a devotional and a little chat. If there is something you would like to see mentioned, just be in touch.

YOUTH NEWS:

I would like to start a group that is focused on the youth from our area United Methodist Churches and from the community in general. I would love to bring back memories of UMYF (United Methodist Youth Fellowship) from my youth. Would you be interested in participating in a youth group?

I am looking for interested youth ages about 12 through 21. Those who would like to expand their knowledge of the teachings in the Bible and how they relate to the world today. Those who would like to have fellowship with others their age. Those who would like to play games, do crafts, listen to and discuss trending music, and learn from short demonstrations or talks from experts in various skills. Of course there would be treats to eat. I am also looking for those adults that would be willing to share their expertise and experience with these young people.

The actual parameters of the group will be set up by those who are interested. I will be there to facilitate and help in any way I can.

Please let me know your thoughts and share any suggestions that you may have.

Lay Speaker,

Marlys Frederiksen

(701)403-4827 Mlskaf54@yahoo.com



Lennon Belcher...Lennon, Sue Boehland's grandson, was injured in hockey this weekend.

Lennon is healing and back at hockey.

River's seizure medication is workingAmen!

Jack Yorkovich is hospitalized with sepsis.

Anthony Duncan's first surgery, a tumor removed by his aorta, in TX was a success. He is home and will return in a few weeks. Healing mercies!

Family of Tony Bruder

Char Gamradt, recovering

Mike Adamek, brain cancer

Terry Sterler, cancer diagnosis, waiting for new year to start treatment

Jenni Sibert

Luana Sibert

David Denny, shoulder injury

Florabell Packard, nursing home to heal

Art Packard, pain with his neuropathy

Russ Klein, knee and ankle issues, healing from surgery, patience

Scott Sibert, safety on the road

Family of Klaus Oefe. Klaus is the husband of Diana Tepley Oefe.

Bill Benson, Bill fell and fractured a bone in his neck. Has neck brace for 6 weeks and is limited in what he is to do.

Shirley Gadbaw as she grieves the loss of Rob

Delaina Bacon Gaboury, today is second anniversary of her son, Brody's death.

Josh Prather

Heidi Masters

Family of Leroy Ehnes

Family of Jeff Dinkel

Family of Florence Rickbeil

Mark Nelson

Ryan...brain bleed/ healing

Art Packard....removal of skin cancer

Bella, Zierden's Pup is living her last days.

Linda Mentele, testing

Mary, on hospice, doing well

Beth, going in for testing



- 1..Gloria Miller**
 > **3..Bridget Butler**
 > **3..Joe Kortuem**
 > **4..Adam Prather**
 > **4..Mike Thom**
 > **6..Heather Denny**
 > **10..Lori Heifort**
 > **11..Allison Scott**
 > **17..Linda VanValkenburg**
 > **22..Crystal Ahrens**
 > **22..Nicolas Claseaman**
 > **27..Orv Dahlen**
 > **29..Mav Roering**
 > **30..Alexis Woeste**

COMMUNITIES OF FAITH/PEACE UNITED OPPORTUNITIES-NEWS

Clarissa Chatter. . .

There will be an administrative meeting on Monday, January 26th, 5 p.m.

January 27th, five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.

Clotho Corner. . .

Coffee in Clotho will be ready to go, January 2nd, 6:30-9 a.m.

Music Jam at Clotho, Monday, January 5th, 1 p.m. Everyone is welcome to join in.

Appreciate the way you showed up to serve for Devona's funeral. Thanks!

Thanks to all for the great Sunday School Program and the fun at Christmas in the Country...always a highlight!!!! Tradition is great to honor.

January 27th, five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.

Eagle Bend Box. . .

The concert was such a great way to kick the Christmas season off. Thanks to Dave Burgett and

those who offered their talent. Thanks, too, for the cheer plates you delivered to so many people. Those visits are priceless!!!!

Soup and Sandwich Supper will be held on Tuesday, January 20th, 4:30-6:30 p.m. The survey you took regarding this service came back with a very positive response.....it is a wonderful place to gather for good food!!!!and fellowship!

Looking ahead...mark your calendar for a free will spaghetti lunch on Sunday, February 15th, 11 a.m.-1:30 p.m. There will be a mini craft and bake sale that day as well. Can't wait!!!!

January 27th five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.

Peace United Update...

Women of Peace will meet on Thursday, January 8th, 1:30 p.m. to plan the Valentine Luncheon on Thursday, February 12th. Women in all the churches, get this on your calendar. Such a fun gathering! The gifts that the Women of Peace did for the Shut-ins was very appreciated!!

Administrative Council will meet after church on Sunday, January 11th.

January 27th, five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.

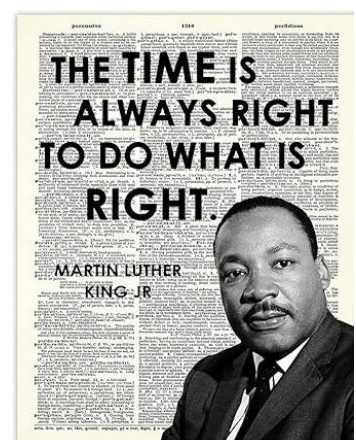
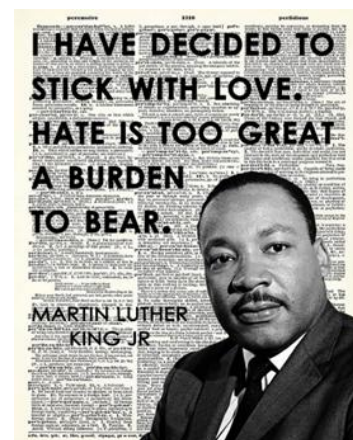
Wrightstown Wrap-up.....

> Brunch will be enjoyed after church on Sunday, January 4th.

>> The Carol Sing Along was a great hit in December. Thanks for the gift of break to take home.

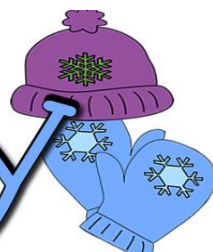
>> January 27th, five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.

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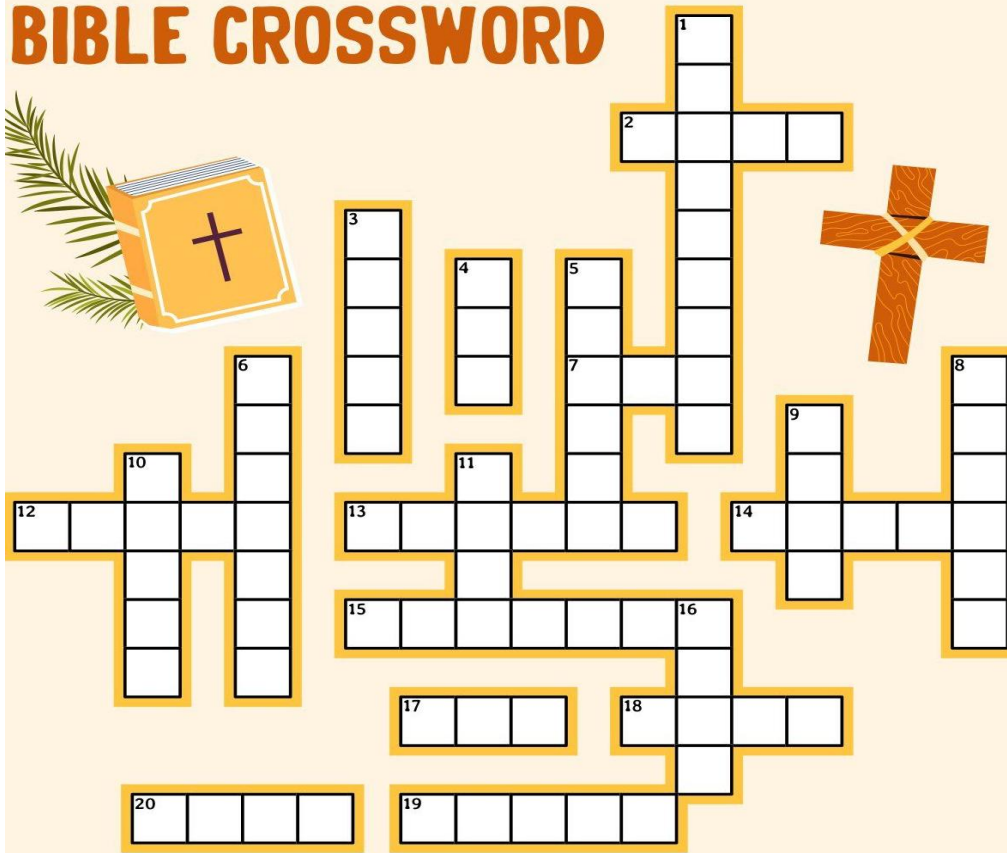
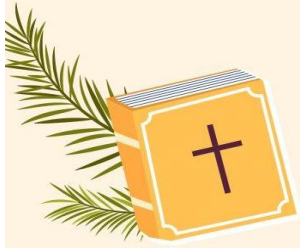
January



2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			December 31st Conversations on Facebook at 7:00 am 2:30 pm Worship at CTCCC	1 	2 6:30 am to 9 am Coffee at Clotho	3
4 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am & Brunch to Follow	5 1 PM Music Jam at Clotho UMC	6 	7 Conversations on Facebook at 7:00 am	8 1:30 pm – Women of Peace Constitutional Training in Long Prairie.	9 9am Community Networking -	10
11 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am PUC Council after Worship	12 Ministerial Team 5:15 p.m., Buford's.	13	14 Conversations on Facebook at 7:00 am 9:45 am Worship at Long Prairie Nursing Home 2:30 pm Worship at CTCCC	15	16 1 pm – zoom Rural Ministry	17
18 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	19 Community Circle Potluck, 5-7 p.m.  Martin Luther King Jr. Day	20 Soup and Sandwich Supper in Eagle Bend 4:30 to 6:30 PM	21 Conversations on Facebook at 7 am	22	23	24
25 UMC/Peace United Church Services Facebook – 7 am Clotho – 8 am Eagle Bend – 9:15 am Peace United – 9:15 am Clarissa - 10:30 am Wrightstown - 10:30 am	26 5 pm Clarissa UMC Admin meeting	27 five church meeting with Becky Jo Messenbrink, Peace United, 6 p.m.	28	29	30	31

BIBLE CROSSWORD



Across

2. This led the wise men to baby Jesus
7. The first woman
12. The queen of what country came to see Solomon
13. What is it called when we talk to God?
14. Who wrote the 23rd Psalm?
15. Wisest man in the world
17. God created the world in how many days?
18. Two ladies argued about this
19. Who parted the Red Sea?
20. What kind of bird did Noah send out of the ark to see if the land was dry?

Down

1. The town Jesus was born in
3. Long sharp weapon
4. Who created everything?
5. How many disciples did Jesus have?
6. Who was the first Jew?
8. What Solomon asked God for
9. The first man
10. Who is a descendant of Abraham and King David, and is the Savior of the world?
11. The first king of Israel who died in battle with his son, Jonathon
16. He built the ark

Word Bank

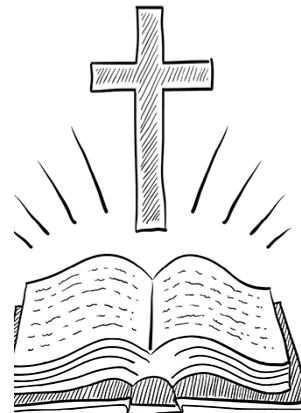
Dove	Star	Bethlehem	Twelve	Adam	Wisdom	Saul
David	Prayer	Sheba	Jesus	Moses	Noah	Baby
Sword	Abraham	Six	God	Eve	Solomon	

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

BABY
BALHAZAR
BAPTISM
BETHLEHEM
CASPAR
CHRISTIAN
EPIPHANY
FEAST
FIRST MIRACLE
FRANKINCENSE

Epiphany

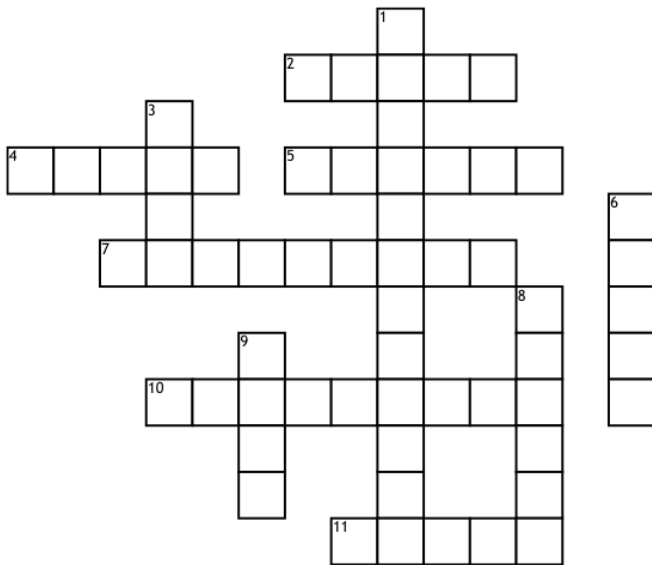
Word Search



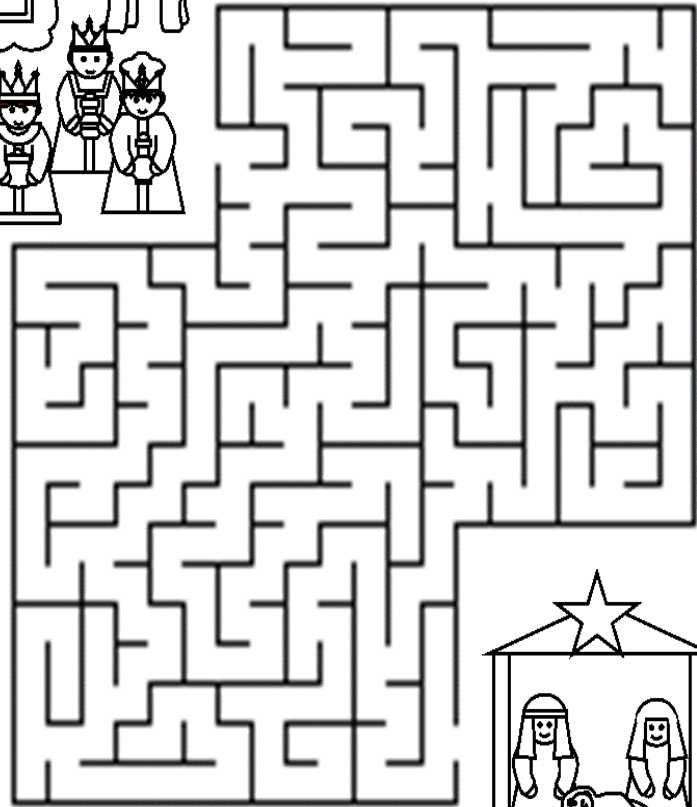
GOLD
HEROD
HOLIDAY
HOPE
JANUARY
JESUS
MAGI
MELCHIOR

MYRRH
REVELATION
SIXTH
STAR
SUNDAY
THREE KINGS
TWELFTH DAY
WISE MEN

Epiphany Crossword



Help wisemen find the stable.



For more creative learning ideas check out www.makinglearningfun.com



Across

2. precious ointment gift
4. King of Judea when Jesus was born
5. Where Jesus slept
7. The _____ of the magi
10. Where did the magi find Jesus?

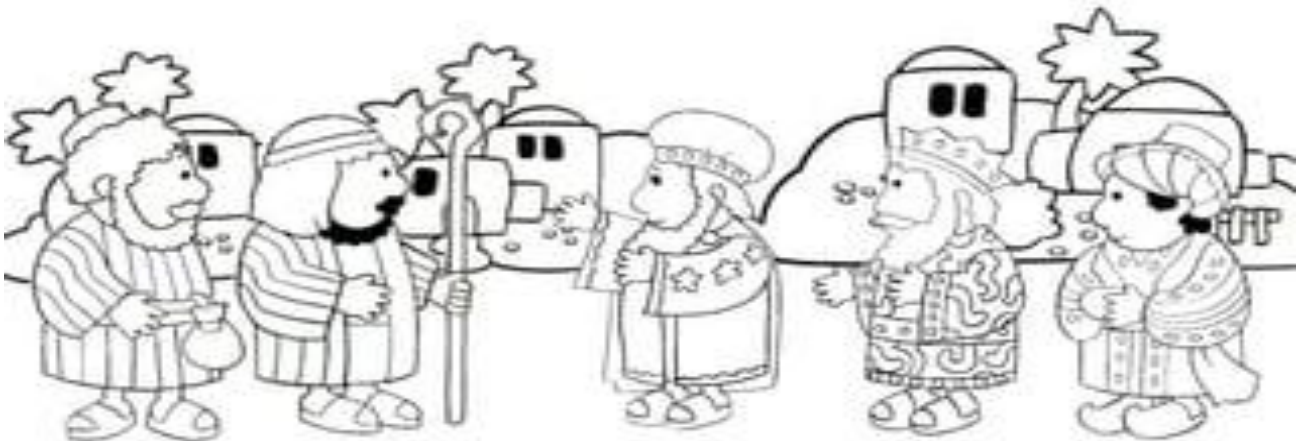
11. Whom did the magi seek?

Down

1. gift used in worship
3. Precious metal gift
6. What the maji brought
8. What the maji rode
9. What the maji used to navigate



The wise men traveled a great distance to see this king. They came to Jerusalem, asking, "Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him."



Communities of Faith/ Peace United Parish
P.O. Box 158
Clarissa, MN 56440

TO:



In the new year,
may you be blessed
with all the good
things God has to give.

January 2026
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Cell: 320-808-6301
Email: kali.christensen55@gmail.com
Facebook: Communities of Faith – Clarissa,
Clotho, & Eagle Bend