



Bishop Julius Calvin Trimble



Office of the North Central District



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MESSAGE: FROM the DS

If you have listened to any commercials recently, you know that February is the month for **love**. Advertisers are gearing up to sell us flowers, candy, jewelry, pajamas, romantic weekends, and who knows what else. Of course our culture defines **love** in a particular way, a somewhat limited way that may not reflect all of reality. Christianity defines **love** a little differently. For Christians it is not all about attraction. Christian faith tells us that we are to **love** one another, even our enemies. Jesus says that we should want what is best for everyone, just as God wants what is best for all of us. Our faith also defines **love** as self giving—God so **loved** the world that He gave his only Son.

In chapter 13 of First Corinthians the Apostle Paul describes what **love** does. We might think of this hymn to **love** as intended for newlyweds, but actually it is intended for a church that suffered from divisions and a lack of caring for their brothers and sisters in Christ.

The definition of **love** that I have found especially challenging is laid out in chapter 9 of First Corinthians. There Paul talks about those things that he has a right to expect as an apostle, but which he forgoes in order to win persons to Christ. If he can help it, he is not going to let anything get in the way of the Gospel. Paul hopes that the Corinthians will do the same for others—that they will choose to sacrifice their preferences so as not to be a stumbling block for those whose faith is not as strong. That is how Paul defines **love**—freely giving up what we are entitled to in order to help others know Christ.

Is our church today willing to adopt that same definition of **love**? That is the question I would have for you. I am thinking about our Iowa United Methodist Conference’s emphasis on new places for new people. Certainly a number of churches have embraced the concept of reaching out to invite new people into the ministries of their church. That would be an example of old places for new people and that’s great. Some churches are offering new services or new groups for their members and constituents. That would be an example of new places for old people (not a reference to age). That’s a good thing too. However, new places for new people is different. It is about going to where new people are (new to us) and developing new ministry with them. Seventy per cent of people alive today will never enter a church building. That is why we have to get outside our walls. Taking risks, giving up what is familiar and comfortable, and what we think we are entitled to for the sake of making new disciples for Jesus Christ, that’s Christian **love**.

Blessings, Dennis



Thank you to the North Central District Board of Laity and everyone else that helped with the North Central District Epiphany Celebration! It was an AWESOME evening! Thank you to Pastor Mike Willer, the Webster City, Faith UMW, and the people of the Webster City Faith Congregation for hosting the celebration.

We appreciate each and everyone of you and what you do for the North Central District. Blessings,

Dennis Tevis, Kevin Evers, & Alanna Warren

Laity Day With Bishop Trimble

Laity Day with Bishop Trimble
will be held at the

Ankeny Family Life Center

March 31, 2012

from 10:00 to 3:00,

located at 710 NE 36th St, Ankeny,
with a light lunch provided as part of the
registration.

Registration will be available on-line
through the Conference.

There will be a nominal charge for the
event to cover the meal and this fee can be
paid when you register.

We will simulcast this event the same as
we did the Sandy Jackson Event. We will
leave it up to every District Lay Leader
and their District Superintendent to decide
if they want to have locations within their
District to observe this session.

The I.P. address for the event is

www.ourchurchvideos.com/livestream/iaumc.

For anyone that has this address they can
watch it in churches, small groups in
homes or on some portable devices.

The registration fee is only for those who
will attend in Ankeny. For other groups,
they will need to make their own arrange-
ments for the noon meal and any registra-
tion and charges that apply to their particu-
lar location.

**MARK YOUR CALENDARS AND
SAVE THAT DATE!!**

Installation and Leadership Training

***Sunday,
February 19, 2012
Belmond UMC***

Sunday, February 19th will be a big day in the North Central District. That will be the day that Kevin Evers is formally installed as the North Central District Field Outreach Minister. We are hopeful that Bishop Trimble will be here to take part in the service. Following the service and a time of fellowship and refreshments, there will be a number of workshops that we hope you will find useful. Please find the schedule listed below. Please come and give Kevin your support on this important day.

† **2:00 p.m. Installation service**

† **3:00 p.m. Workshops:**

- *Stewardship and Finance
- *Restructuring the local church
- *District Hispanic Ministry
- *District Missions

† **4:00 p.m. Workshops:**

- *Effective Use of Media in Worship
- *Staff-Parish Relations Committee
- *Rethink Church
- *Certified Lay Speaking
- *School for Lay Ministry

PRAYER REQUESTS

Please keep the family of Mrs. Doris Sheils, surviving spouse of Rev. George A. Sheils, Jr., in your thoughts and prayers. Doris passed away on Tuesday, January 17, 2012. Memorial Service will be held at a later date this spring. Rev. Sheils served at Alexander, Corwith; Mason City, First; (In the NC District) before he retired in 1980.

Please keep the family of Mrs. Addie Claire Callen, spouse of Rev. Donald O. Callen, who passed away on Sunday, January 15, 2012. Memorial Services were held Thursday, January 19 at Christ United Methodist Church, Rochester, MN. In the NC District, Reverend Callen served at Eagle Grove. He retired in 1998.

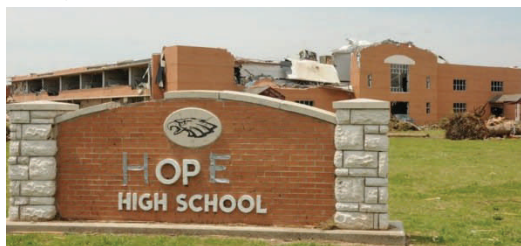
Eileen Janet Tomlinson spouse of the Rev. William (Bill) Tomlinson, Indianola, died on Wednesday, December 28, 2011 at The Village Health Center in Indianola. A memorial service was held on Monday, January 2, 2012, at First United Methodist Church, Indianola. She dedicated her life to her family and to the work of the church, serving in ministry with her husband as he pastored numerous United Methodist parishes throughout Iowa. She was active in United Methodist Women as well as teaching many church school classes over the years. Eileen cared deeply about others and showed kindness to all she knew.

FEBRUARY 2012

Sun Mon Tue Wed Thu Fri Sat

 CELEBRATE BLACK HISTORY			1	2  Groundhog Day Dennis - Cabinet	3 dCOM - WC Faith	4
5  Dennis - Preach @ Meservey-Thornton	6	7 RIM Group - WC Faith 9:30-3 PM	8 FD Cluster - FD First UMC	9 Kevin - Meeting (PM)	10	11 Kevin - NW District Leadership Training
12	13	14 	15	16	17 Kevin - F OM Mtg - Des Moines	18 Dennis & Kevin - CCMC
19 Installation Service & Leadership Train- ing - Belmond	20 	21	22 Ash Wednesday	23	24	25
26	27	28 District Lay Speaking Comm. Mtg - 6:30 PM- District Office Dennis - Cabinet Alanna - Des Moines	29			

Joplin, MO-Adult Mission Trip



It's a new year! How about trying something new if you haven't been on a mission trip before? I hope that newbies and veterans will consider joining us on our next North Central District Adult Mission Trip which will take place **Sunday, June 24 -Saturday, June 30 to Joplin, MO.**

On May 22, 2011, Joplin, MO was the scene of the 7th deadliest tornado in US history. An EF5 tornado killed 159 people, 75% of the town was damaged. 7,000 houses were destroyed and 850 were damaged.

We will be going to help rebuild. There will be jobs for everyone of varying skill levels. We will be housed at a local church and will prepare our own meals. It is advised that everyone on the team have a current tetanus vaccination.

Cost of the trip is \$100 in advance. This will go toward project funds used in Joplin's long-term recovery. If you are interested in being a part of the team, perhaps your church family will help with the fund-raising of this money if needed. We will divide the cost of food for our meals on the trip, and transportation costs will be taken care of by team members in each vehicle. The suggested payment for staying in the church is \$5-\$10 per night. There are two forms that Alanna (click on the links below) will have available with this article. Please send these to me as soon as possible so I have a count on how many are going.

Jesus told us to love one another. This mission trip will be a wonderful opportunity to share that love to those affected by this devastating tornado.

If you have questions, or need more information, please don't hesitate to contact me denisehartford@gmail.com or 515-297-3931.

Together on His mission,

Denise Hartford
North Central District Missions Coordinator

Mid-High Mission Trip
"more details to come later".

† **Forms:**

- [Joplin Mission Trip Liability & Waiver Form](#)
- [Joplin Mission Trip Medical & Liability Release form](#) (scroll towards the bottom of the page)



Safe Sanctuaries & Safety Webinars

Feb. 9, 2012. 4 pm eastern time.

SAFE SANCTUARIES: TIPS, TRENDS, AND ISSUES IN BACKGROUND SCREENING.

Presenters will be Joy Melton and Chad Stair, VP of Trak-1.

Login in for the visual portion at <https://umpct.ilinc.com/join/vkmwfmfz>. Call in for the audio portion at **1-800-598-7441. Code: 5596370.**

Participants are encouraged to **join in twenty minutes early.**

Feb. 29, 2012. 4pm eastern time.

RECORD KEEPING BASIC PROCEDURES FOR JUDICIAL COMPLAINTS.

Presented by Rev. Darryl Stephens, GCSROW, and Joy Melton.

Login for the visual portion at <https://umpct.ilinc.com/join/cjwycvx>. Call in for the audio portion at **1-800-598-7441. Code: 5596370.** Participants are encouraged to **join in twenty minutes early.**

March 8, 2012. 4 pm eastern time.

CRISIS COMMUNICATIONS PLANNING: THE CHURCH AND THE MEDIA

Presenters will be Joy Melton and Lee Brogden-Culberson, Principal in Professional MOJO.

Login for the visual portion at <https://umpct.ilinc.com/join/thrskfm>. Call in for the audio portion at **1-800-598-7441. Code: 5596370.** Participants are encouraged to **join in twenty minutes early.**

Apportionments

% AS OF 12/31/2011	
Ackley	34%
Alden	51%
Algonia, First	100%
Ames, Calvary	50%
Ames, Collegiate	100%
Ames, First	100%
Ames, Korean	0%
Beaver Yoke	100%
Belmond	100%
Boone, First	100%
Boone, Marion Street	14%
Boxholm	100%
Pilot Mound	100%
Lehigh	100%
Otho	100%
Britt	100%
Buffalo Center	23%
Clarion, First	100%
Clear Lake	100%
Colo	6%
Collins	31%
Corwith	100%
Wesley, First	100%
Dayton	37%
Harcourt	24%
Dows	100%
Alexander, Community	100%
Eagle Grove	100%
Eldora	100%
Ellis	100%
Faith (GC,Hmbdt, Rtlnd, Lvmr)	100%
Farnhamville First	42%
Somers	37%
Fenton, First	100%
Forest City	33%
Crystal Lake	100%
Fort Dodge, Epworth	2%
Fort Dodge, First	100%
Fort Dodge, Riverside	84%
Fort Dodge, Trinity	100%
Garner	100%
Geneva	100%
Gifford	0%
Gowrie	100%
Grand Junction	100%
Hampton	100%
Hubbard, Salem	50%
Huxley, Trinity	100%
Cambridge	80%
Iowa Falls, First	90%
Jefferson, First	92%
Kanawha	100%
Klemme	24%
Goodell	79%
Lake City Union	70%
Lake Mills, Asbury	100%
Lohrville	73%
Lanesboro	92%
Loring	100%
LuVerne	100%
Mackey	100%
Manly, Bethel	100%
Bolan-Trinity	100%
Mason City, First	100%
Mason City, Wesley	100%
Mason City, Grace	100%
Maxwell	100%
Meservey, Salem	15%
Thornton, First	100%
Morgan	8%
Bradford	100%
Lee Center	92%
Napier	100%
Nevada, First	100%
Northwood	100%
Ogden, Community	100%
Our Savior UMC	100%
Owasa	100%
Paton	46%
Churdan	17%
Radcliffe, St. John's	100%
Ellsworth	67%
Renwick	100%
Goldfield	100%
Rockwell	51%
Swaledale	100%
Rockwell City	100%
Jolley	100%
Rowan United Church	100%
Scranton	46%
Greenbrier	100%
Sheffield, First	72%
Hansell	50%
West Fork	100%
Slater	100%
Sheldahl	100%
Stanhope, Grace Parish	37%
Story City, Grace	85%
Stratford, Calvary	100%
South Marion	75%
Duncombe	14%
Swea City, First	100%
Thompson	100%
Titonka	100%
Ventura	100%
Webster City, Asbury	100%
Webster City, Faith	100%
Kamrar	100%
Williams	0%
Woolstock	100%
Bethel UMC (Zearing)	11%

**As of 12/31/2011 -
North Central District
Paid Apportionments
TOTAL - 88%**

2012 Conference Journal Announcement

The Journal Publication sub-committee has decided to go green with the 2012 Conference Journal. Printed versions of the book will no longer be available. The Journal will continue to be made available in the CD format as well as on the Conference's website just as the 2011 Journal is now. Orders will continue to be taken for the Journal CDs on the order form made available in your pre-conference manual or downloaded from the website.

If you have questions you may contact the Conference Secretary, Patty LaGree or the Journal Editor, Jill Stanton.

North Central District Lay Speaking Trainings

BASIC IS OFFERED AT ALL TRAININGS:

: "Lay Speaking Ministries Basic - Participants Course"
ISBN # 9780881775525
Author: Sandy Jackson

IOWA FALLS, FIRST UMC

April 21st & 22nd, 2012
(Saturday 9-4:30 and Sunday 2-5)

Advanced:

Afire With God: -
Becoming Spirited Stewards
ISBN # 9780881775204
Author: Betsy Schwarzentraub

MASON CITY, WESLEY UMC

April 28th & 29th, 2012
(Saturday 9-4:30 and Sunday 2-5)

Advanced:

"From Your Heart to Theirs" -(Participant Book) -
Delivering an Effective Sermon -
ISBN # 9780881775365
Author(s): David Carroll, Tony Franks

For More information or to register for a training, go to www.iaumc.org -
Click on Districts - Click on NC -
Click on [NC District Lay Speaking page.](#)

A Message from our District Lay Leader

I just got home a few minutes ago from our men's bible study group. We are engaged in looking at the book of Revelation. Our leader does a very good job of explanation and pulling out the meaning from this book as we look at one chapter a week. That certainly is a pace that is acceptable to me as I try to understand this incredibly difficult book of the bible. We use resources that have been written and explanations of scholars to better understand what John is trying to tell us. I am very glad that I am a member of the class because I really wanted to study this book. The class is meeting my expectations for the bible study; however, I find it to be incredibly difficult to wrap my mind around the details that are presented in the book of Revelation. The description of the throne of God, the seven seals, the witnesses, the beasts, the seven last plagues, and how John sees the judgment of the world are all mysteries to me and my scope of understanding. We talked about it this morning; that with all these complicated visions and interpretations it still all boils down to an uncomplicated answer. I believe in Jesus Christ and through his death and resurrection I too will be saved and in eternal life with Him in his Kingdom. I know that his Kingdom is beyond any human description or vision that even John can describe. Now I can understand that and I think that is all I need to understand.

On the journey with you,
Duane Kruckenberg,
NC District Lay Leader



Disaster Trainings are coming! Message from **TRISH BURKET**

We will be having a Disaster Training School in Audubon, Iowa April 25 through April 28 and one will be in July tentatively in Iowa City. Each school will have ERT training, a Spiritual Care and Case Working component plus a Relief Component. More details will follow next week. If neither of these work for you check out the one in Minnesota in March you can go to Koinonia Retreat Center 7768 Pilger Ave NW (off Highway 55) South Haven, MN 55832 from March 14 to Mar 17. <http://events.r20.constantcontact.com/register/event?oeidk=a07e5837cgb0960f24d&llr=rpqrezcab>

Rev. Thomas Carver & Rev. Lilian Gallo Seagren named Conference Superintendents

Julius Calvin Trimble, Resident Bishop of Iowa's United Methodists, has announced that Rev. Tom Carver and Rev. Lilian Gallo Seagren will join the Appointive Cabinet as Conference Superintendents. Their appointments will be effective July 1, 2012. Rev. Carver will serve the Northwest District, Rev. Gallo Seagren the Southeast District.

Rev. Thomas Carver is a graduate of the University of Northern Iowa, Garrett-Evangelical Theological Seminary, and Wesley Theological Seminary, from which he was awarded a D.Min. He was ordained a deacon in 1983 and Elder in 1987, and has been senior pastor of the Shueyville United Methodist Church since 1990. Rev. Carver previously served the former Otterbein and Fairview United Methodist Churches in Toledo, Iowa, between 1985 and 1990.



From 1988 to 1996, Rev. Carver served on the Iowa Conference Board of Ordained Ministry and as Conference Registrar from 1992-1996. He has been on the District Committee of Ordained Ministry from 1993 to the present and registrar since 1999.

Tom and his wife, Linda, are the proud parents of five grown children: Dan, Jessi, Laura Wagner, Beth, and Katelyn.

"Rev. Dr. Thomas L. Carver has a passion for church leadership and a history of encouraging persons to respond to the call to ordained ministry. His community service and experience as an adjunct instructor at the University of Dubuque Theological Seminary will benefit him as he joins the Appointive Cabinet in July," said Bishop Trimble. "His humility and love of family and the church is evident. He believes our first mission is to follow the example of Jesus," the Bishop added.

Rev. Lilian Gallo Seagren, an ordained Elder and Full Member of the Iowa Annual Conference, has been serving Kimball Avenue United Methodist Church in Waterloo since 2009. She is a graduate of Philippine Christian University, University of the Philippines, Garrett Evangelical Theological Seminary, and Christian Bible College, where she was awarded a Ph.D. in Pastoral Counseling.

Ordained a deacon in the Iowa Annual Conference in 1994, Rev. Gallo Seagren was then ordained Elder in the Northeast Philippines Annual Conference in 1996. She has served Fontanelle-Highland United Methodist Churches, Hamburg First UMC, and Guthrie Center-Bowman Chapel UM Churches. Beyond her local church appointments, she served as faculty at Union Theological Seminary and Southeast Asia Theological Seminary, both in the Philippines.

Rev. Gallo Seagren's ministry with the Iowa Annual Conference includes the Council Bluffs District Superintendency Committee, District Committee on Ministry, Parish Development Committee, Conference Commission on Religion and Race, Board of Ordained Ministry, and teaching at the Upper Midwest Course of Study School. She was the 2008 clergy recipient of the Harry Denman Evangelism Award.



"I am going to the Southeast District trusting in the grace and power of God for the work entrusted to the position I have been assigned to fill," Rev. Gallo Seagren said.

Lilian is married to the Rev. Kirk Seagren. Their daughter, Jane Anne, is a junior at Iowa State University and their adopted daughter, Maria Fe Tagalicud, lives in the Philippines with her husband and children.

"A delegate to General Conference, Lilian has a passion for leadership development, evangelism, and connecting the local church to mission," said Bishop Trimble. "I met with Rev. Lilian Gallo Seagren less than 48 hours after she returned from a working mission trip to the Philippines. After building houses and working with the marginalized in the Philippines, she returned to continue her work of equipping lay members for the work of Jesus Christ in Waterloo, Iowa," he added.

"I know you join me in praying for the members of Kimball Avenue and Shueyville United Methodist Churches and the Gallo Seagren and Carver families during the coming months of transition," Bishop Trimble concluded



A Special Thank You to the North Central District Board of Laity and those who were able to make the District Epiphany Celebration such a great evening! I am grateful to be able to work with such a great group of people! I appreciate and enjoy working with each and everyone of you! Thank you all for the gift. It was very thoughtful! Take care & God Bless, Alanna



What's happening at Okoboji Camp?

Lots! With the beginning of a new year comes the excitement and anticipation of another camping and retreat season at Okoboji! Planning is underway for an action packed spring, summer and fall at Okoboji. Here's a few thing we'd like to you know about:

The 2012 camping materials are in!

Packed with many fun, faith filled life-changing opportunities, the 2012 IAUMC camping catalog and Okoboji brochure offer something for everyone of all ages – it's almost unbelievable! Day camps to 5-night events, Pre-kindergarten through high school, family camps, volunteer/service opportunities, leadership training and much more. We have enough materials for every child, youth, young adult and family in your congregation. CALL US and we'll get you as many as you need! Check out Okoboji's new website – launching ANYDAY!

2012 summer highlights include the continuation of Okoboji's popular Journey program (choice times within each week-long camp), Adventures camps, Guardian and Angel Family events and day camps. Brand new additions to Okoboji's summer program include new specialty camps (sailing school, Wild Okoboji Waters) and new twists on our ever-popular Short Stacks events. It's going to be a great summer!

Baskerville Dining Hall addition.

Construction continues on Okoboji's newest facility upgrade. The addition includes the "Golden Valley" youth room - the perfect spot for all of your camp favorites like rock-a-boji celebrations, sleepovers, as well as group space for Journeys and Worship. This large room makes up the entire of the lower level and includes accessible bathrooms and plenty of space to gather during inclement weather. On the upper level you'll find the "Aldersgate" meeting room (a large, open meetings space), a medium sized conference room (perfect for small groups and Journeys) and a new camp store (make sure and check all the new items in the much expanded space). We can't wait for you to experience this new space! To check out real-time updates with pictures, check us out on facebook! www.facebook.com/okobojicamp. God is Good!

Camp Ambassadors!

Your help is needed! An Okoboji camping experience has been part of countless people's faith stories beginning in 1915. Camp Ambassadors work within their local churches to continue the tradition of sharing the mission and ministry of an Okoboji camping experience! Our goal is to make it easy...even FUN to share this powerful opportunity! New resources include printed materials, BRAND NEW videos and handouts all designed to help children, youth, young adults and families learn of life changing camp and retreat opportunities at Okoboji United Methodist Camp. Each United Methodist Church in NW and NC districts will receive a 2012 Camp Ambassadors packet. To request additional copies, please contact us at camp. [Email](mailto:camp@okobojicamp.com) or call 1-866-856-9862.

- 2 local church Camp Ambassador training opportunities:
 - o NW District - Saturday February 11, Cherokee, St. Paul's UMC, 9:30AM-4PM
 - o NC District – Saturday, march 17, details TBA

HELP!

Children, youth and families in YOUR churches or places of ministry need to know about camping opportunities! Camp is a place where many of your colleagues, friends and family members have made decisions about faith in their lives! *Camp is a mountain-top experience in many people's faith stories.* Maybe it's in yours too? A camping experience CONTINUES to be part of today's children, youth and families faith story! **THANK YOU IN ADVANCE FOR SHARING CAMPING OPPORTUNITIES WITH THE FAMILIES IN YOUR CHURCHES!!**

Camp Sunday

Do you have a local church Camp Sunday celebration planned yet? If not...it's not too early to set aside some time for a spring camping emphasis. Everyone needs to know that camp is a fun, effective and exciting way to help children, youth and families grow in faith! The activities and opportunities campers experience at camp will stick with them for the rest of their lives! Don't forget – the staff at Okoboji are here to help! We've got resources and some fun ideas to share that will help make your camp Sunday fun and effective! Just let us know!

"Camp gives kids a world of good!"

www.okobojicamp.com
info@okobojicamp.com

facebook.com/okobojicamp
[twitter.com - @okobojicamp](https://twitter.com/okobojicamp)

1.866.856.9862



Investing in Our Youth

Field Outreach Minister - Rev. Kevin Evers

When I was growing up, I was lucky to be part of a family who raised me within a life where we always went to church. Of course, having a father as a United Methodist Pastor probably had something to do with that. However, the majority of youth do not have a parent(s) who are in the ministry. And our world is a lot different today with many other competing obligations where families feel they have to make a choice... and often church is the last on the list. I was looking at some resources a while ago from George Barna Research. Here are some interesting facts that I wanted to share...

Six in 10 young people will leave the church permanently or for an extended period starting at age 15. Today's young adults are marrying later, if at all, and they are technologically savvy. Young adults also hold worldviews completely different to their upbringing. Research also showed that church leaders are unequipped to deal with this "new normal."

The research went on to share that many church leaders ignore the situations in their churches, hoping young adults' views will be righted when they are older and have their own children. Numerous church leaders miss the significance of the shifts of the past 25 years.

Consistent Sunday school attendance when we're young has direct bearing on church attendance as grown-ups. Also, the information from Barna says more than 8 in 10 adults in the U.S. claim they had weekly religious education before age 12. Of those, 69 percent now attend religious programs weekly. Fewer adults recall regular participation as teens, with 50 percent of current attenders recalling at least monthly involvement in some kind of youth program. So if the George Barna research is correct, we will still be seeing half those kids in 2030.

As we all here in the North Central District as well as the entire Iowa Conference start developing New Places for New People, our youth are by far one of the most important. To help with these amazing young leaders of our church, the North Central District is proud to offer two Youth Mission Trip opportunities for both our Mid High and Senior High Youth.

Each of these North Central Youth Mission Trips are open to any youth in the District. We are hoping that these two opportunities will give some of our smaller church youth members a chance to experience a large group setting where often they are not able to take part..

Here are the two opportunities...

MARK YOUR CALENDAR

**North Central District Mid-High
Mission Trip
June 13 – 17, 2012 –
Minneapolis, MN**

We will be taking part in *Servant Heart Ministries* - Each day servants reach out to communities working to effect change in people's lives. We will have the opportunity to serve a large range of people both in the smaller and larger communities around Minneapolis and St. Paul. We will be staying at Camp Kingswood is located 25 miles west of downtown Minneapolis. Our projects include gardening, fence building and repair, building decks and ramps, indoor and outdoor painting, and more. This will be a wonderful experience of both camping with team building using a high ropes course as well as mission opportunities each day.

The cost will be around \$130 per person and includes meals, accommodations, and opportunities. More specific details will be sent out soon.

**North Central District Senior
High Mission Trip
July 25 – 28, 2012 – Heifer
Ranch, AR**

We have an amazing adventure planned for our District Senior Youth! **Global Challenge at Heifer Ranch** combines the Global Gateway **experience** with team-building exercises. Participants spend one night in the Heifer Global Village and one or two nights in the Heifer Hilton, an open-air bunk barn. This time will help youth to understand the importance of our global connection with others in the world. The group of youth will spend one evening at a "primitive village" to understand how some people live in the world today and the importance of their natural resources such as water and crops. This trip has a minimum of 15 youth to make it possible and also a maximum of 30 youth.

The cost will be around \$160 per person and includes meals, accommodations, and opportunities. More specific details will be sent out soon.

I hope that our North Central Youth will be interested in these opportunities that we are putting together. As we invest in our youth, we are sharing Christ experiences with them that will have a significant impact on their lives. Also, the impact on their lives will also impact the future of our churches as these young new leaders grow in their faith. It is my prayer that these offered opportunities as well as others that we are working on as a district will help our youth to build bonds with each other, and personally grow closer with their relationship to God.

If you have any questions or know that you would like to send some of your youth to one of these mission trips, please contact me (kevin.evers@iaumc.org) or Alanna (alanna.warren@iaumc.org) at the North Central District office.

More specific details will be sent soon pertaining to deposits that are needed, etc. for both of these trips.

*Blessings,
Kevin*

The Emotional Challenge of Change

Remember last month when you were really thinking about taking better care of yourself? Things like: exercise 3 times a week, eat less junk food and eat more fruit, or take a full day off each week, or do daily devotions. I encouraged you to use the FIT acronym: Focus on one doable change, Invest your time and energy in that one change, and Tell a helpful partner about your change. Here it is a month later and you still aren't doing what you thought you wanted to do. The apostle Paul had the same problem:

"What I don't understand about myself is that I decide one way, but then I act another, doing things I absolutely despise." (Rom. 7: 15 The Message)

These mixed feeling forth for and against your proposed change are a normal part of the change process. It is called ambivalence. We want to, but we don't want to. Humans like things to stay the same; we resist change from what feels comfortable. We need to recognize that change happens on the emotional level. People do not process change rationally. In order for you to emotionally agree to a change, you need to commit to the change process.

c I know that a change needs to happen.

c This change will benefit me.

I choose to take personal ownership to help the change happen.

As part of the emotional acceptance of the change that you need to make, really look at the *AwWhy@* of the change. Dialogue internally with yourself about the reasons for the change. Look at the emotions that are causing you to resist the change. If you internally and emotionally fight the change, all the motivational tricks in the world won't help you. When you really get in touch with why you want to change, lasting change is much more likely.

Change is a process, allow the process to unfold. Remind yourself that you are choosing to change as way to honor yourself. Consider the following as you emotionally work through the change that you are planning:

- What are you changing? *Explain your change in one sentence.*
- What will be different? *Explain you goal in one sentence.*
- What will you lose as a result of this change?
- What will you gain as a result of this change?
- List your reasons and emotions that are resisting the change.
- Give yourself time to process the change.
- Don't let fear stop you from changing.
- Most of all, allow God and others to help you in this process.

"Keep alert, stand firm in your faith, be courageous, be strong." (1 Corinth. 16:13RSV)

As you continue on your self-care journey, I invite you to consider your emotions for making health-full changes. Along with God, they may be your strongest resource.

*Kae Tritle, RN
Wellness Coordinator*

2011 Statistical Reporting

[Letter from Charles W. Smith, Conference Treasurer / Statistician](#)

[On-Line Entry Login Information and Instructions](#) <----There have been significant changes to the GCFA Statistics System, please read this before entering your statistics!!!

[Click here to go to the GCFA Statistics Entry System](#)

Friday 03/02/2012 is the final day for submission of your 2011 statistical information! Reports must be entered on-line by Midnight, or postmarked on that day to avoid the 10% apportionment penalty.

Note: The default passwords reset every year. Also make sure that you are entering the username and password in all lowercase letters. Please refer to the on-line entry instructions above for the formatting of the usernames.

These forms are provided here for your use as worksheets. **We request that all information be entered directly in the GCFA Statistics Entry System using the instructions online.**

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North Central District Newsletter