

# **HEART & SOUL**

## **October**

## **2020**

### PASTOR'S PAGE

**What do you love about Stoughton United Methodist Church? The people? The music? The pastor? :)**

This month, we are celebrating SUMC! Each Sunday, during worship, we hope to be highlighting some of the wonderful work SUMC continues to do. Sunday October 11 is Children's Sabbath and we will celebrate all the educational opportunities at SUMC. Sunday October 18 is Laity Sunday and Al Davis is working on a special message for that day. We might have some other surprises in store! Join us Sundays at 10am on our You Tube Channel.

This month is also our annual conference. Our annual gathering of United Methodists, that usually takes place in June/July, was moved to October due to COVID. At this gathering, we celebrate local church ministries, the work of United Methodists here in Wisconsin and around our denomination. We vote on policies and procedures. This is usually such a joyful time of reunions and connections. I am praying that our virtual conference this year will have some of the same vibes as our traditional annual conference.

One of my favorite memories of annual conference was when Michigan held the theme of "Family Reunion." It was always a special time for me as a lay person to see my pastors (from the past). It was a time of reunion for my classmates from seminary when I became clergy. It was a time to celebrate our connectionalism. "Today, our denomination continues to be organized in a "connectional" system, which "enables us to carry out our mission in unity and strength" (Book of Discipline, ¶ 701). Every local church is linked to an interconnected network of organizations that join together in mission and ministry, allowing us to accomplish far more than any one local church or person could alone."

(<https://decorahfirstunitedmethodist.org/wp-content/uploads/2019/07/UMC-Connectionalism.pdf>)

(cont. on next page)

I believe connectionalism is best lived out in the church. I believe this is something special and unique to United Methodists. As we are connected, let's read this passage from Scripture that speaks to the work that connectionalism calls us to. Hebrews 10:19-25a says, "Therefore, brothers and sisters, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart and with the full assurance that faith brings, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another..."

In this section of Scripture, the author from Hebrews, gives us 3 different instructions:

1. Approach. Friends, this is so important. We must always work to keep connected to God and what God is doing in our world. In our time of disconnect and COVID precautions, God has never left us, and will always be there for us. We need to do our part and draw near to God with a heart ready to receive God's grace.

2. Hold fast. It is so easy these days to forget our call, our purpose and our greater vision for "thy kingdom come." We can easily get so wrapped up in our small worlds. Friends, hold tightly onto this hope that we claimed at our baptisms. Don't give up just yet!

And 3. Consider. This is the connectionalism piece for me. What are we doing to inspire others, from our couches? From our kitchen tables? From our bathrooms as we hide from the young people attending school? What are we doing to connect to our church? How are we inviting others to worship these days? I pray that we are all leading by example - as we give financially, share physically, and tell the good news of God's kingdom from the depths of our hearts.

Let's make these last few months of 2020 the best yet!

Grateful to be in ministry with you!

Pastor Cathy



Autumn is a second spring when every leaf is a colorful flower.



## HOW IS BEING A CHRISTIAN LIKE BEING A PUMPKIN?

God picks you from the patch and  
brings you in. (John 15:16)

Then He washes all the dirt off of you.  
(2 Corinthians 5:17)

He opens you up and scoops out all  
the yucky stuff. He removes the seeds  
of doubt, fear, hate, and greed.

(Romans 6:6)

He carves you a new smiling face.  
(Psalm 71:23)

And He puts his light inside of you to  
shine for all the world to see.

(Matthew 5:16)

## A CANDLELIGHT FUNDRAISER FOR SUMC

### I GIVE BECAUSE....

2020 will be a year we will never forget. From COVID and all the changes that we made to keep one another healthy and safe to the crisis of racism to our political divisions, the good news of God's saving grace in Jesus Christ is needed now more than ever. As the church, we are needed to be a shining light in this world – a beacon of hope.

On our corner of Wilson and Lincoln, we are a lighthouse – a sacred place for our church family, a beacon for those who are hungry and hurting, and a place of safety and shelter for all people.

You are needed to help keep our beacon shining! From October 25 through November 1, we want to light up our corner! For \$100 gift, we will light a battery powered candle in the entry way of our building and let it shine bright for the world to see. Each night that week, we will add new candles with a live stream devotion from Pastor Cathy. Your words for your candles will be shared each night during the livestream. This candle fundraiser is separate from our traditional All Saint's Day Remembrance. Invitations to that special day are coming soon. However, you are welcome to give in honor or memory of someone. Those memorial names will be read along with others on **All Saint's Day, November 1, at our 10am worship.**



We hope you will join us in this special fundraiser!

Gifts can be made now at:

[www.stoughtonumc10.org/giving](http://www.stoughtonumc10.org/giving)

(and mark it CANDLELIGHT FUNDRAISER in Vanco).

A Finance Team member will follow up with questions for the form below. You can also join us now by filling out the form below and including it with your check.

Thank you!  
SUMC Finance Team

Lisa Urban, Ken Chritton,  
Rev. Cathy Christman

(form on next page)

*Autumn paints in colors that summer never sees.*

Name (for thank you cards): \_\_\_\_\_

Would like to be Anonymous: YES Or NO

Gift in Honor of: \_\_\_\_\_

In Memory of: \_\_\_\_\_

Contact Information: (phone/email) \_\_\_\_\_

Amount of Gift: \$100 \$200 \$500 Other: \_\_\_\_\_

I would like my candle(s):

1. Donated to church
2. Given to me after the fundraiser

Please write a short paragraph about why you are giving to this special fundraiser:

Example:

I give because the church has given so much to me and my family. We have been blessed time and time again from the food pantry. We love coming to worship, and miss seeing everyone during this health crisis. I want my light to shine so that my community knows how important my church is to me.

A huge  
Thank You  
to everyone  
for your  
generosity  
in giving  
to SUMC!

Something about fall that wakes our senses & reminds us to live.

# FINANCES



## SUMC FINANCIAL UPDATE

by  
**Ken Chritton, Treasurer**

Dear Friends,

**On Sunday, September 27, we held a virtual town hall meeting. Several important topics were discussed, including our 3-year Capital Campaign, our church's current financial status and some incredible plans and dreams for 2021.**

**If you were unable to attend this town hall meeting, a recording of it is available on YouTube at: <https://youtu.be/GaUKWTLqU8s>. For those who do not have ready access to the internet, I will summarize some of the key points that were discussed in the finance update. If you have any questions, thoughts or suggestions after reading this, do not hesitate to call me at: (414) 313-3074 or email at: [treasurer@stoughtonumc10.org](mailto:treasurer@stoughtonumc10.org).**

**Our church was reasonably financially healthy through the first seven months of 2020. This was despite all of the difficulties posed by COVID-19, including the cancellation of fundraisers as well as the lack of in-person church services. Much of the financial success in these first months was due to the increased donations by many of us, aided by individuals who set up regular donation programs through their bank or Vanco. We were also helped by strong efforts to control costs, which kept our expenses below budget through these 7 months.**

(continued on next page)

**The Lord is greater than any of our Giants. Ask for His help.**

# **FINANCES**



**Unfortunately, we had a downward turn in August and through September. Monthly donations slowed significantly and key fundraisers have been cancelled due to COVID-19. In addition, our total expenses have crept up to about 100% of budget. As a result, we are predicting a shortfall for September of about \$1,500, which jeopardizes our ability to pay key expenses including insurance and employee benefits.**

**If these situations do not change for the rest of 2020, we predict additional shortfalls of \$2,000 for each of the remaining three months of this year. This leaves us with a likely total shortfall of \$7,000 to \$8,000 by the end of the year.**

**Since we have cut normal expenses as tightly as we can, without an increase of donations, we may have to consider more drastic measures. These could include reducing staff or doing volunteer snow removal.**

**We continue to look for new fundraising opportunities. An exciting one was discussed during the town hall meeting and is described in another article in this newsletter. However, the reality is that we are the main financial supporters of the church. Last year, 94% percent of our church's operating money came from our donations. Through July of 2020, this increased to over 98%. WOW!**

**I am confident we will rise to this latest challenge and find a way to bridge this financial gap.**

**THANK YOU TO ALL  
FOR YOUR GIVING!**

**When we put God first, all other things will "fall" into place.**

"Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain."  
-1 Cor. 15:58

# CAPITAL CAMPAIGN program

It's not all about raising money - it's about raising disciples.

## SUMC CAPITAL CAMPAIGN UPDATE

### by Lisa Urban, Finance Secretary

Hello, Everyone,

Thank you all for your support of the three-year Capital Campaign. Our members and friends contributed nearly \$95,000 to support much needed maintenance of the church facilities and grounds. We recognize that you have many competing priorities for your charitable dollars. We truly appreciate that you have chosen to share your abundance with the church to ensure a warm, safe and comfortable place of worship for generations to come.

In the first year of the campaign, your gifts purchased two heating ventilation and air conditioning units to provide warmth and welcome to members and friends. We anticipate that updated HVAC units will improve operational efficiency over time, which will allow us to re-direct savings to our missions and ministry.

In year two, we were able to install a new roof. Your generosity protected our sacred spaces from water damage that was putting the organ, pews and beautiful wood ceiling at risk.

This year, campaign funds were used to re-pave the upper parking lot, ensuring that members and friends would have safe entry into our building. This summer, we were able to replace the tired and worn carpeting in Paulson Hall with vinyl flooring. The Fellowship Hall is the first impression that many visitors have of our church. Now, we have an easy-to-maintain, durable floor for the Food Pantry, WOW services, Scouts, Girl-to-Girl and other activities that take place in our Fellowship Hall.

Just over \$2,000 remains in the campaign fund, which we will put towards the eventual replacement of additional HVAC units. Church leadership will continue to give thought and consideration to addressing our larger maintenance projects on a proactive basis.

Thank you again for your generosity. You never cease to humble and amaze us.

**How do leaves get from one place to another? An Autumn-mobile**

# BOUNCE BACK TEAM

## CONGREGATION UPDATE

Pastor Cathy is available for pastoral care by appointment. Please call her to schedule one, especially if you haven't heard from her in awhile. She can be reached at 205-2224 (home phone) and 231-342-3728 (cell). Messages can also be left at the office 873-3273.

We are offering a 'DRIVE-THRU PRAYER' opportunity. COVID has forced us to create some new routines. One of our disrupted routines is getting ready for worship Sunday morning. With that in mind, Pastor Cathy will be available Sundays from 8:30am-9:30am for drive-thru prayer under the carport at church. You can drop off your offering, bring prayer requests to be shared and 'get ready' for a church experience. This will be every Sunday. If there are any changes to the schedule, she will send that out on Fridays and include it in our Sunday morning email. Please wear your mask when you come for prayer.

As always, join our meetings anytime, on the 1st & 3rd Sunday nights, 7pm. Watch your emails for the link to ZOOM. ALL ARE WELCOME!

Peace,

Pastor Cathy Christman  
Deb Verdegan  
Lori Olson  
Ricky Howland  
Kelly Howland  
Pam Dunkel  
Russ Dunkel  
Dottie Petersen

**Sundays**  
**8:30-**  
**9:30am**  
**Under the**  
**car port**  
**Stoughton**  
**UMC**  
**525**  
**Lincoln**  
**Ave**

Beginning August 9

**DRIVE**  
**THRU**  
  
**Prayer**



# PRAYER TEAM

**A Breakthrough Prayer**  
**for Stoughton UMC**  
**7:30am/pm**

Loving God, be the bridge that connects us to you and one another. Help us to use our prayers, presence, gifts, service and witness to unite us as one. Amen.

# HOW TO BE AN ANTIRACIST

IBRAM X. KENDI

## BOOK STUDY

*"How To Be An Antiracist"* by Ibram Kendii

"Ibram X. Kendi's concept of antiracism re-energizes and reshapes the conversation about racial justice in America--but even more fundamentally, points us toward liberating new ways of thinking about ourselves and each other. Instead of working with the policies and system we have in place, Kendi asks us to think about what an antiracist society might look like, and how we can play an active role in building it."

In his memoir, Kendi weaves together an electrifying combination of ethics, history, law, and science--including the story of his own awakening to antiracism--bringing it all together in a cogent, accessible form. He begins by helping us rethink our most deeply held, if implicit, beliefs and our most intimate personal relationships (including beliefs about race and IQ and interracial social relations) and reexamines the policies and larger social arrangements we support. *How To Be An Antiracist* promises to become an essential book for anyone who wants to go beyond an awareness of racism to the next step of contributing to the formation of a truly just and equitable society."

### CLASS SCHEDULE

**Thursdays - 9am** - will continue to meet over zoom. The link is here:  
<https://umcom.zoom.us/j/96671049517>

**Thursdays - 6:30pm** - will meet with social distancing in the church entryway.

# ALL SAINTS DAY

SUNDAY, NOV. 1ST



We will be remembering all of our loved ones who have passed  
on Sunday, 11/1  
10:00 a.m.

We would love to receive the names of those Saints from you  
along with a picture and/or words reflecting on their lives  
as a tribute to them.

Please send these items to:  
[newsletter@stoughtonumc10.org](mailto:newsletter@stoughtonumc10.org)  
by Thurs., 10/15.

The greater the light in our lives, the fewer the shadows.



**SAVE THE DATE:**  
**Sunday November 15**  
**SUMC Church Conference**  
with video and phone in options  
**More Details Coming Soon**



## **MASK REQUIRED**

**Effective on Monday, July 13, 2020 at 8:00 am, Public Health Madison & Dane County is issuing Emergency Order #8, which requires that everyone age 5 and older wear a face covering or mask when in any enclosed building where other people, except for members of the person's own household or living unit, could be present. This requirement applies to all of Dane County.**

**PUBLIC HEALTH MADISON & DANE COUNTY**

**Make sure you wear a mask at all times while in our SUMC building, to help prevent the spread of COVID-19.**

**Thank you for your cooperation.**

Starting Sunday August 2 –  
Find SUMC Worship on Spectrum  
channel 981 at 10am!  
The service broadcast will be the  
previous week's service.

Visit: [wsto.tv](http://wsto.tv) for the schedule

# **WSTO**

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## **SUMC COVID SIGN IN**

**PLEASE FOLLOW THESE INSTRUCTIONS WHEN ENTERING OUR BUILDING:**

- If you find yourself in the building for ANYTHING, please use hand sanitizer and wipes on all surfaces you touch.  
**And wear your mask.**
- Sign in on the clipboard laying right inside our doors, whether upstairs or downstairs.

**DO OUR  
PART &  
KEEP  
EVERYONE**

**SAFE  
&  
HEALTHY!**



Thank you.  
Bounce Back Team

**Pam is in the office from 9:00 - 1:00, Mon. & Tues., if you need to enter the building & don't have a key/code.**

**Finally, the season where bugs will disappear!**

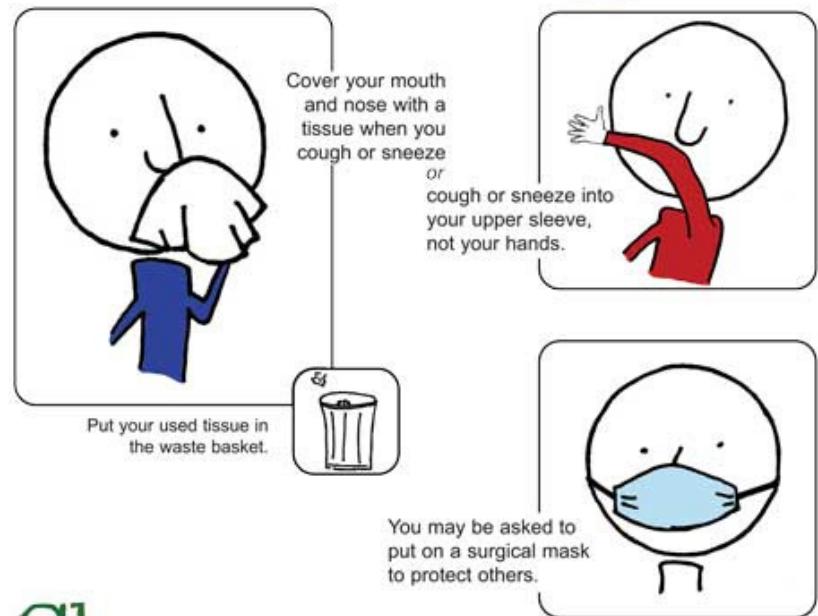
## STOUGHTON UMC COVID RELATED POLICIES FOR ALL INVOLVED WITH THE LIFE OF SUMC-2020

### PERSONAL HYGIENE POLICY & PROCEDURES

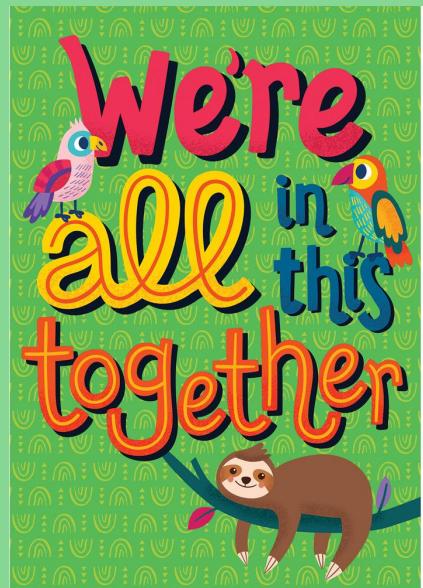
- Persons who have a fever, 100 degrees or higher, and/or other symptoms such as cough, loss of taste/smell, etc. will not be allowed to work at the church indoors or outdoors. Please check for the latest on symptoms and other COVID care:  
<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>
- Wash hands for 20 seconds or more with soap and dry with paper towel (or air dry frequently).
- Cough or sneeze into a tissue or elbow as to limit the aerosol spread.
- It's a must to clean, wipe down and disinfect frequently touched surfaces multiple times a day, such as computers, work spaces, copy machine, kitchen items, carts, table tops, pens, door knobs, etc.
- Remain at least 6 feet from others at all times.
- Wear face coverings at all times when indoors. Masks outdoors are recommended.
- Single Use masks must be discarded properly. Fabric masks must be taken home & laundered at home.
- Weather permitting - all groups must meet outside with COVID protocols in place or virtually. Pastor Cathy will assist with arranging virtual meetings.
- Office hours remain by appointment only.
- ALL PERSONS must sign in and out and keep record of date/time/location of the building used. Forms are available at the front & back doors.
- Worship will remain virtual at this time.

Stop the spread of germs that make you and others sick!

# Cover your Cough



# Clean your Hands



stay strong,  
stay safe,  
stay in,  
just breathe,  
pray

Where do jack-o-lanterns live? In the seedy part of town!



## PRAYER REQUESTS

Please email your prayer requests to: [prayer@stoughtonumc10.org](mailto:prayer@stoughtonumc10.org) so it can be shared with our prayer chain. If you want your request to remain confidential between our prayer leaders and Pastor Cathy, please mark your request as such.

Thank you.

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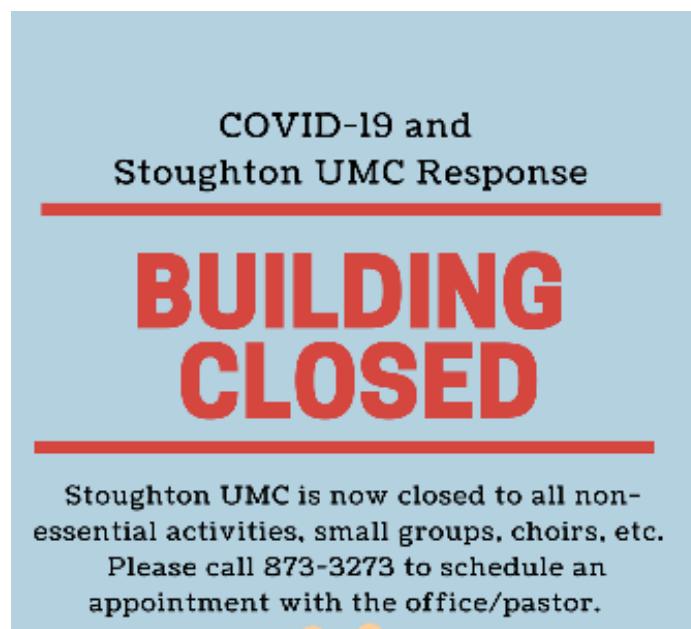
**NEED  
HELP?**



**DEADLINE FOR ARTICLES FOR  
NEXT MONTH'S NEWSLETTER:**  
**10/15.**

Please send to:

[newsletter@stoughtonumc10.org](mailto:newsletter@stoughtonumc10.org)



We have a number of individuals who have offered to deliver food, pharmacy items, food pantry items, etc. Please call the church office (873-3273), or Pastor Cathy (231-342-3728-cell or 205-2214- home) for information. Please REACH OUT! If you cannot reach anyone, then call 211 - which is a service of the United Way and they will be able to connect you with resources.

**ALSO CDC:**

<https://www.cdc.gov/coronavirus/2019-ncov/downloads/2019-ncov-factsheet.pdf>

**& UW HEALTH:**

<https://www.uwhealth.org/covid-19/covid-19/53246>

The fact that self-raking lawns don't exist is a scientific failure.

Pack away your summer clothes & dig out the sweatshirts.  
Navigate a corn maze.  
Make leaf art.  
Bake with cranberries.  
Drink apple cider & pumpkin spice lattes.  
Go pumpkin/apple picking.  
Collect pine cones.  
Go for a walk/jog.  
Bake pies.  
Celebrate Sweetest Day.  
Go jump in a pile of leaves.  
Create a reading nook & read some books.  
Take a bike ride.  
Celebrate Boss's Day, if you have one or are one.  
Make butternut squash soup.  
Go for a hayride.  
Roast pumpkin seeds.  
Create your own scented fall candles.  
Eat Halloween candy.  
Bake fall loaves of bread: pumpkin, apple, zucchini.  
Make caramel apples.  
Get a jump on Christmas shopping.  
Make Halloween candy/cookies.



**Vegetables are a must on a fall diet.**

**Suggestions:**

**Zucchini Bread**

**Carrot Cake**

**Pumpkin Pie**

**And if you are adventurous:**

**Go for a haunted walk.**

**Visit a haunted house.**

**Watch a spooky movie.**

**Visit a cave.**

**Celebrate Halloween.**

**BOO!**

## PEAR CRISP

**3 pears, peeled and cubed  
1 C. fresh cranberries  
1/4 C. maple syrup  
2 T. lemon juice**

**Stir together, place filling in greased baking dish.**

**Topping—  
1/4 C. brown sugar  
1/2 C. oatmeal  
1 T. butter  
1 T. flour**

**Mix all together. Sprinkle on top of filling. Bake at 400 degrees for 10 minutes, then reduce to 350 degrees for 25 minutes until bubbling.**

## NO-PAN APPLE PIE

**Roll out homemade pie dough or use pre-made dough. Chill for 15-30 minutes.**

**6 C. apples, large chunks peeled  
2 T. butter, chunks  
1/2 C. sugar  
1 t. cinnamon**

**Mix apples and rest of ingredients. Mound in center of chilled dough. Draw up dough into center, overlapping. Glaze with egg yolk and cream or milk. Preheat oven to 425 degrees. Place pie in oven, reduce heat to 375 degrees for approximately 45 minutes. When done, sprinkle powdered sugar on top.**

**Recipes from Jo Doyle**

## PUMPKIN PIE CAKE

**1 - 29 oz. can pumpkin puree  
1 - 12 fluid oz. can evaporated milk  
3 eggs  
1 cup white sugar  
1/2 tsp. salt  
4 tsp. pumpkin pie spice  
1 - (18.25 oz.) package yellow cake mix  
3/4 cup butter  
1 cup chopped walnuts**

**Preheat oven to 350°F (175 degrees C). Lightly grease one 9x13 inch pan (preferably metal).**

**In a large bowl, combine pumpkin, evaporated milk, eggs, sugar, salt, and pumpkin pie spice. Mix well. Pour batter into the prepared pan.**

**Sprinkle the dry cake mix evenly over the pumpkin mixture. Melt the butter or mararine, and drizzle it over the cake mix. Sprinkle walnuts over the top. Bake for 55 to 60 min. or until done.**

**Recipe from Cindi Ritter**



## PUMPKIN CHOCOLATE CHIP BREAD

**3 C. sugar  
1 15 oz can pumpkin puree  
1 c vegetable oil  
2/3 c water  
4 eggs  
3 1/2 c flour  
1 T. cinnamon  
1 T. nutmeg  
2 tsp. baking soda  
1 1/2 tsp. salt  
1 C. miniature chocolate chips  
1/2 C. chopped walnuts (optional)**

**Preheat oven to 350. Grease & flour 2 5x9 loaf pans. In large bowl combine first 5 ingredients. Beat until smooth. Add dry ingredients. Mix well. Fold in chocolate chips & walnuts. Put in pans and bake for 1 hour or until toothpick comes out clean when inserted in middle of loaf. Let cool in pans.**

**Recipe from Dolores Gruca**

## CAMP PUMPKIN CHEESECAKE BARS

**1 16 oz pkg. pound cake mix  
4 tsp. pumpkin pie spice, divided  
3 lge eggs  
2 T. melted butter  
1 8 oz. pkg. cream cheese, softened  
1 15 oz can pumpkin  
1 14 oz can sweetened condensed milk  
1/2 tsp salt  
1 C. chopped pecans**

**Preheat oven to 350. In large bowl combine cake mix, 2 tsp pie spice, 1 egg & butter. Beat at low speed until crumbly. Press dough into 15x10" rimmed baking sheet. Beat cream cheese until creamy. Add remaining 2 tsp pie spice & 2 eggs, pumpkin, milk and salt. Beat until blended. Pour over dough. Add pecans on top. Bake 30 min or until done. Cool on wire rack.**

**Recipe from Cindi Ritter**

**Autumn is the mosaic of colors of all the seasons.**

## QUARTERBACK JUMBLE

1 stick butter

1 packet taco seasoning

8 C. Crispix, or any chex cereal

1 C. beer nuts

1/3 C. sliced beef or turkey jerky, sliced (original flavor)

1/3 C. beef or turkey sticks, sliced (orig. flavor)

1 C. potato sticks or pretzel sticks

1/4 C. Parmesan Cheese, grated fine

Preheat oven to 250. Melt butter in 10x15" pan in oven remove and stir in seasoning packet. Add Chex, pretzel sticks & nuts. Mix until all pieces are coated. Heat in oven 45 min, stirring every 15 min. Add jerky & cheese. Stir to coat. Bake an additioanl 15 min. Spread on paper towels to absorb & cool.

Since I like spicey things, I mix spicy/plain taco seasonings together and also get spicy/hot jerky.

## CARMEL APPLE SALAD

4 to 6 Granny Smith Apples, cut in bite-sized pieces, don't peel.

1 small can crushed pineapple

3/4 C crushed salted peanuts

1 8 oz. carton of Cool Whip

1/2 C Sugar

1 T. flour

Drain pineapple and mix juice with flour & sugar in pan. Heat until it thickens and set aside to cool. Combine apples, pineapple and peanuts. Add Cool Whip to cooled sauce and mix with fruit. Keeps for 3-4 days in refrig.



## PIZZA HOT DISH

1 lb. ground beef

chopped colored pepers

chopped onion

sliced mushrooms

2 10 oz cans tomato soup or 1 can soup & 1 can pizza sauce

1/2 tsp. garlic salt

1/2 tsp. oregano

1/2 tsp. onion salt

1/4 tsp. pepper

6 oz noodles, cooked

1/4 lb. grated cheddar cheese

1/4 C. grated parmesan cheese

Preheat over to 350. Brown meat. Add green pepper, mushrooms and onion, saute with meat. Add soup and spices. Simmer 16 mintes over low heat. Cook noodles, drain. Grease 13x9" pan Place noodles in bottom of pan. Pour meat sauce over noodles. Sprinkle with cheeses on top. Cover with foil. Bake 30 minutes. Remove foil and bake 10 min.

If you like spicey, add jalapena peppers, cayenne pepper or hot pepper flakes. Also, you can add almost anything to this recipe: pepperoni, ham, turkey, anchovies. Be creative.

Recipes from Pam Mickelson

## Spiced Pumpkin Chip Cookies

1/2 C. butter, softened

1 1/4 C. Splenda

1 C. canned pumpkin

1 egg

1 1/2 tsp. vanilla

1 1/2 C. all-purpose flour

1 1/4 tsp. ground cinnamon

1/2 tsp.ground nutmeg

1 tsp. baking soda

1/4 tsp. salt

3/4 C. mini semi-sweet chocolate chips

Preheat oven to 350.

Beat butter and Splenda until fluffy.

Mix in pumpkin, egg and vanilla until blended.

Gradually stir in flour, cinnamon, nutmeg, baking soda and salt until well blended.

Stir in chocolate chips.

Drop by teaspoonfuls onto sprayed baking sheets.

Bake 10 to 12 minutes or until light golden brown.

Remove from baking sheet and cool completely on wire rack.

Store in airtight containers at room temperature.

Recipe from Pastor Cathy

Love the trees until the leaves fly. Then encourage them to do it again next year.

## BREAKFAST SAUSAGE BAKE

4 slices bread  
 1 lb. bulk sausage, browned and drained  
 6 large eggs  
 2 C. milk  
 1 Tlbs. yellow mustard  
 1/2 tsp. salt  
 1/4 tsp. black pepper  
 4 oz. (1 C.) sharp Cheddar cheese, grated

Grease baking dish.

Preheat oven to 350.

Tear bread into small pieces, scatter over bottom of greased baking dish. Top with cooked sausage. In bowl, whisk eggs, then add milk, mustard, salt and pepper. Pour over bread and sausage. Sprinkle cheese over top. Bake for 35-45 minutes or until set all the way to center. 8 servings.

## APPLE RAISIN MUFFINS

3/4 C. vegetable oil  
 1 C. sugar  
 2 eggs  
 1 tsp. vanilla  
 2 C. all-purpose flour  
 3/4 tsp. baking soda  
 3/4 tsp. ground cinnamon  
 1/2 tsp. salt  
 1 1/2 C. diced apples  
 1/2 C. raisins  
 1/2 C. chopped walnuts

Preheat oven to 400 degrees.

Grease 12 muffin cups.

Beat oil and sugar with electric mixer for 2 minutes. Add eggs and vanilla; beat 1 minute. In another bowl, stir together flour, baking soda, cinnamon and salt. Add dry ingredients to oil mixture; stir just to combine. Stir in apples, raisins and walnuts. Spoon batter into prepared muffin cups.

Bake 20 to 25 minutes or until a cake tester inserted in center on a muffin comes out clean. Remove tin to wire rack. Cool 5 minutes before removing muffins from cups. Finish cooling on rack. These muffins freeze well.

Recipes from Jo Doyle



## Judy Joys Mac & Cheese

Cheese sauce:  
 1/4 C. flour  
 1/4 C. butter  
 2 C. whole milk  
 16 oz. Shredded Colby/ Monterey Jack Cheese  
 8 to 12 oz. Velveeta(cubed)  
 1 tsp. salt  
 1 tsp. pepper  
 Crumbled cooked bacon

In pan, melt butter, whisk in flour.

Gradually add milk.

Stir till this thickens.

Then add both cheeses and salt and pepper.

Boil noodles of your choice.

(I use Gellentani noodles)

I keep the the sauce separate and serve over the noodles.

Serve with crumbled bacon, if desired, on top.

NOTE: This recipe doubles beautifully and the cheese sauce freezes for months.

You can also thin the cheese sauce and make broccoli cheese soup!

Recipe from Judy Atkinson

## CRANBERRY-ORANGE JELLO SALAD

Mix & let these ingredients stand over night:

1 lb. Cranberries – ground  
 1 or 2 oranges – ground  
 small amount of orange peel  
 1 1/2 C. of sugar  
 1 20 oz. can of crushed pineapple

The next day, prepare the jello & let it set awhile.

1- 6oz. Pkg. Cherry jello  
 2 C. hot water  
 1 C. cold water

Now add the following to cranberry mixture & jello:

1 1/2 C. celery- cut fine  
 Nuts are optional.

Recipe from Sara Leikness

## HEALTHY BEEF ENCHILADAS

**2 tsp. Canola oil**  
**3/4 C. onion, finely chopped**  
**8 oz. extra lean ground beef**  
**8 oz. lean ground turkey**  
**3 tsp cumin**  
**2 C. canned pinto beans**  
**2 14.5 oz. cans crushed tomatoes**  
**1 8 oz. can mild green chilies**

**Preheat oven to 350.**

**Heat oil in pan. Sauté onions. Brown turkey & beef. Add remaining ingredients. Cook 10 min. until sauce is thickened.**

## **8 Tortilla Wraps**

**2 10 oz. cans Enchilada sauce**  
**1 C. Jack cheese shredded**

**Place 1 tortilla in baking dish at a time.. Add Enchilada sauce, then meat mixture. Roll up and place seam side down. Once all are in dish, pour rest of enchilada sauce over all. Sprinkle cheese on top. Bake for 20 min. until sauce is bubbling & cheese is melted. Let stand 5 min. before serving.**

## TEXAS CAVIAR

**1/2 C. cider vinegar**  
**1/2 C. oil**  
**1 tsp. salt**  
**1/2 C. sugar**  
**1 tsp. pepper**

**Heat in a sauce pan to boil, the vinegar, oil, sugar, salt & pepper. Remove to a bowl and cool in the refrigerator.**



## HEARTY OVEN FRIES

**2 tsp ground paprika**  
**1 tsp garlic powder**  
**1/4 tsp salt**  
**1/4 tsp black pepper**  
**Mix in bowl & set aside.**

**1 1/2 lbs. baking potatoes, sweet potatoes or yams (about 3 extra large)**  
**1 egg white or (2 T. egg substitute)**  
**Nonstick cooking spray**

**Scrub the potatoes and dry well. Cut into 1/2 inch thick strips or coins. Place potatoes in large bowl. Pour lightly beaten egg white over potatoes and toss to coat evenly. Sprinkle coating over the potatoes and toss again to coat. Coat a large baking sheet with nonstick cooking spray.**

**Arrange the potatoes in a single layer on the sheet, making sure the potatoes are NOT touching. Spray the tops lightly with the cooking spray. Bake for 25-30 min. or until nicely browned and tender.**

**1 can pinto beans**  
**1 can black eyed peas**  
**1 can whole kernel corn**  
**1 small green pepper**  
**4 stalks of celery**  
**1 C. red onion, chopped**

**Drain the beans, peas and corn into a strainer. Place in a bowl.**

**Finely chop the pepper, celery and onion. Place in the bowl with the beans, peas and corn. When liquid mixture is cool, pour over all the ingredients in the bowl. Stir and chill. Serv with corn chips.**

**Recipes from Jeanne Schwass-Long**

**The weather just went from 90 to 55 like it saw a state trooper!**



**This is a picture of my daughter, Jennifer, on a beautiful fall day on Lake Huron in Port Austin, Michigan, a few years ago. My former "home" town.  
Jo Doyle**



**Jane Priebe's Grandchildren**

**Fall bursts into its last beauty...the year's grand finale.**



**Pam & Russ  
Dunkel**



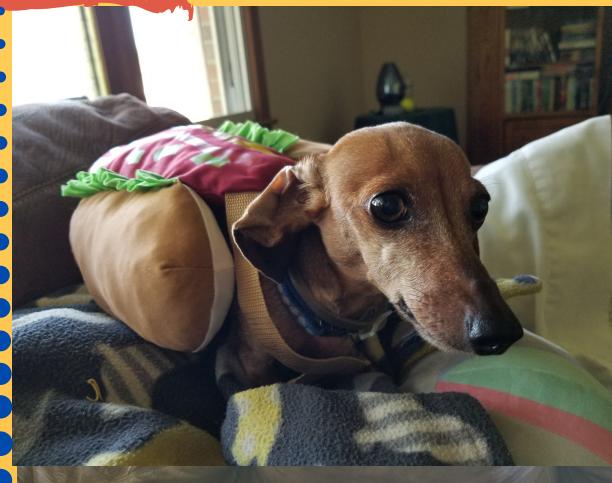
**Pastor Cathy**

**Judy and Curt  
Atkinson & Buddy**

**& Mike**  
**HAPPY**  
**HALLOWEEN**



Ruth Lawton's  
Pups



Pastor  
Cathy's  
Family  
Pups



Pam Mickelson's Pup,  
Kitties & Granddog

Autumn is the year's magic hour in a clock.

I use a leaf blower on my lawn.  
It's called the wind.  
And hopefully, it's blowing  
towards my neighbor's lawn.



What'd the  
pumpkin  
say to the  
pumpkin  
carver?  
**CUT IT  
OUT!**

The only thing  
we have to  
fear is **FEAR**  
itself...  
and spiders

Happy Halloween



**CHOCOLATE COMES  
FROM COCOA.  
COCOA IS A TREE.  
TREES ARE PLANTS.  
THEREFORE,  
CHOCOLATE IS A SALAD.  
EAT ALL YOU WANT!!**



What do you get when you  
drop a pumpkin?  
**SQUASH**

Fallen leaves are not dead, since they dance on windy days.

## DID YOU KNOW?

October is the tenth month of the year in the Julian and Gregorian Calendars and the sixth of seven months to have a length of 31 days. October retained its name (from the Latin and Greek ὁκτō meaning "eight") after January and February were inserted into the calendar that had originally been created by the Romans. October is commonly associated with the season of autumn in the Northern hemisphere and with spring in the Southern hemisphere.

The last two to three weeks in October (and, occasionally, the first week of November) are the only time of the year during which all of the "Big Four" major professional sports leagues in the U.S. and Canada schedule games; the National Basketball Association begins its preseason and about two weeks later starts the regular season, the National Hockey League is about one month into its regular season, the National Football League is about halfway through its regular season, and Major League Baseball is in its postseason with the League Championship Series and World Series. There have been 19 occasions in which all four leagues have played games on the same day (an occurrence popularly termed a "sports equinox"), with the most recent of these taking place on October 27, 2019. [18] Additionally, the Canadian Football League is typically nearing the end of its regular season during this period, while Major League Soccer is beginning the MLS Cup Playoffs.

October's birthstones are the tourmaline and opal.

Its birth flower is the calendula.

The zodiac signs for this month are Libra (until October 21) and Scorpio (from October 22 onwards)  
Special Events

October is Breast Cancer and Pastor Appreciation Month.  
Continuance of German-American Heritage Months, from September 15 – October 15 (United States)

Continuance of National Hispanic Heritage Month, from September 15 – October 15 (United States)

October 4-10 World Space Week  
October 4 World Animal Day  
October 5 World Teachers Day  
October 6 National Noodle Day; German-American Day  
October 9 World Post Day  
October 10 World Mental Health Day  
October 11 General Pulaski Memorial Day  
October 12 Discovery of America by Columbus;  
Freethought Day  
October 13 National Navy Day;  
International Day for Natural Disaster Reduction  
October 14 World Standards Day  
October 15 Global Handwashing Day;  
White Cane Safety Day  
October 16 World Food Day; Boss's Day  
October 17 International Day for the Eradication of Poverty; Sweetest Day  
October 18 Alaska Day; World Menopause Day  
October 20 World Osteoporosis Day;  
World Statistics Day  
October 21 International Nacho Day  
October 22 International Caps Lock Day;  
International Stuttering Awareness Day

October 24 National Food Day; World Polio Day;  
International United Nations Day;  
World Development Information Day;  
October 27 Black Cat Appreciation Day;  
International Audiovisual Heritage Day  
October 28 International Animation Day  
October 29 National Cat Day; World Stroke Day  
October 30 International Orthopedic Nurses Day;  
National Mischief/Beggars/Devils Night  
October 31 Halloween; National Girl Scout Founders Day;  
Eve of the first day of winter in the Northern Hemisphere; Nevada Statehood Day

## Monthly Calendar

### Sunday Worship: 10am, Available On:

YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9l7\\_w](https://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9l7_w)

Website: [www.stoughtonumc10.org/videos](http://www.stoughtonumc10.org/videos)

Facebook: [www.facebook.com/StoughtonUMC](https://www.facebook.com/StoughtonUMC)

Previous Services: [WSTO.tv](http://WSTO.tv)

### WOW Service

Wednesdays, 5pm

You can join in on YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9l7\\_w](https://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9l7_w)

### Book Study

How to be an Antiracist by Ibram X. Kendi

Thursdays

9am

<https://umcom.zoom.us/j/96671049517>

& 6:30pm church entryway

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**Stoughton United Methodist Church**

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Website: [www.stoughtonumc10.org](http://www.stoughtonumc10.org)

YouTube:

[www.youtube.com/channel/UCR4nW9246ErVgBo\\_3v9l7\\_w](https://www.youtube.com/channel/UCR4nW9246ErVgBo_3v9l7_w)



*a fallen leaf is summer's wave goodbye.*