Influence

Without my mom having to tell me, I would always make my bed when I was growing up. Making my bed was just a part of my morning rhythm and I really never thought much about it. My brother on the other hand, well that’s a different story for another time.

Now we might think making or not making our beds is trivial, but believe it or not, there’s a correlation between happiness and bed making.

Hunch.com conducted a survey on bed making. What they discovered is that 71 percent of bed makers say they are happy, while 62 percent of non-bed makers consider themselves unhappy. According to Psychology Today: “Bed makers are more likely to enjoy their jobs, work out regularly and get more sleep, compared to non-bed makers, who hate their jobs, avoid the gym, and are generally tired.

On top of that, the Sleep Foundation conducted a survey and they discovered that those who make their beds every day or almost every day are more likely to get a good night’s sleep every day or almost every day than those who don’t make their beds.

Now the implication is that making or not making our beds influences other aspects of our lives including our happiness. But could it be that a person’s, let’s say: state of happiness influences their bed making decision? Who really knows?

When it comes to making beds and being happy there’s one thing for certain. One does influences the other.

As disciples of Jesus Christ, we knowingly allow God and God’s word to influence us. As disciples of Jesus Christ, through the power of the Holy Spirit, we knowingly influence others, so that they may be freed through the grace of God.

Living one or both if these out isn’t as easy as making a bed. However, with prayer, constant practice, and time it can become a part of our rhythm of life, much like it was when I was younger and making my bed.

Serving Christ, while growing in Christ,

Pastor Thom

P.S. It’s been a long time since I made the bed and I’m not any less happy for it. In fact, I think if I started now, it might make me a little bit crabby.
“Hidden Gems of Milbank”

Night

On Tuesday, August 8, yoUnited will join forces with the Small Groups ministry to share in a time for the young adults in our faith family. Here’s how the night will work:

- Young adults (ages 20 through 39) will be invited to a meal at Central Church, followed by a trolley ride through Milbank – the ride locations are a secret to those involved!

- Any children of the young adults group will be invited to eat pizza and watch a movie in the yoUnited Room while their parents participate in the meal and trolley ride.

- Timing for the meals and the trolley ride are being determined. Stay tuned for more details!

If you would like to sign up to help serve the young adults meal or help watch the children, please sign up at the Welcome Center. Please e-mail Pastor Melissa (melissa.gall@milbankcentral.org) or call the Church Office (432-4766) with questions!

Middle School Mystery Mission Day Trip

On August 14, Central Church Middle School yoUnited (youth going into grades 6 - 8) are invited to join in a Mystery Mission project in/near Milbank. We will leave Central Church’s parking lot at 8:30 a.m. on August 14th. Our Mystery Mission work will conclude by lunchtime. We will eat lunch in Watertown at about 12:30 p.m. Following lunch, we will go to the Watertown Family Aquatic Center and swim until 4:00 p.m., when we will head back to Milbank. We will return to the Central Church parking lot for parent pick-up at 5:00 p.m.

In case of inclement weather, we will go to an indoor activity in Watertown. Return time would be very similar to the abovementioned schedule.

Cost for this trip is $10 per person (cash or checks made payable to “CUMC Youth Fund”) plus money for a lunch meal and pool concessions (optional). Turn in the paperwork mailed home (or pick up a new one on the yoUnited bulletin board) and your $10 by Wednesday, August 9 to sign up!

Downtown Tuesdays

All Central Church youth (and their friends!) are invited to help run the Central Church booth at “Downtown Tuesdays” on Tuesday, August 15 from 4:00 p.m. - 7:00 p.m.

A sign-up sheet for those wishing to help at the booth will be at the Welcome Center starting July 30. This is open to all Central Church youth going into grades 6 through the Class of 2017!
Pray Without Ceasing

By Sheila Dailie

Does it seem at times that your prayers are ineffective? Does the following confession resonate with you?

_God doesn’t answer my prayers the way I want, but he still answers! This is such a huge revelation for me. I did not even realize I didn’t believe God listened to my prayers. I have always felt more like my prayers were desperate attempts to ask and just see if God would help._ (from _Rhythms of Rest_ by Shelly Miller.)

God wants us to come to him, asking, seeking, knocking. As Eugene Peterson puts it in the Message, Matthew 7:7-11—

_Don’t bargain with God. Be direct. Ask for what you need. This isn’t a cat-and-mouse, hide-and-seek game we’re in. If your child asks for bread, do you trick him with sawdust? If he asks for fish, do you scare him with a live snake on his plate? As bad as you are, you wouldn’t think of such a thing. You’re at least decent to your own children. So, don’t you think the God who conceived you in love will be even better?_

Each week, a Prayer Guide is placed in the prayer box at the back of the sanctuary. Whether you have years of experience in prayer and just need something to freshen it up, or if you are searching for ways to make prayer a bigger part of each day, check this out.

VBS Was Great!

VBS week was a great time for all! We had about 80 kids attend between the two age groups. There were about 30 volunteers, who helped in various ways. We learned about God calling Samuel, Feeding the 5,000, Jesus and Zacchaeus, and the Great Commission. Songs were sung, crafts were assembled, cookies were enjoyed, games were played (some even got wet!).

A huge thank you goes out to everyone who helped! The week would not be possible without the willingness of many to step up and help! Thanks to Living Word for hosting! Thank you to the many volunteers who helped with crafts, lessons, and games. The group leaders herded children to the various stations. The kids loved getting to know you and you are so appreciated! Thanks to the bakers of the cookies! The kids loved to have them for snack in the morning! Thanks also to those who provided salads and desserts!

Thank you for supporting the offering project for VBS also! The offering totaled $215 and will be sent to Pastor Utecht at the Rosebud Missionary.

If you missed the program, check out the pictures on our Facebook page! The kids really had a great time!
90 Day Tithing Challenge

Just a reminder to prayerfully consider signing up for the 90 Day Tithing Challenge. The tithe is a very practical and tangible way to put God first. If you are not tithing already, a great way to start is with the 90 Day Tithing Challenge. If God doesn’t hold true to His promises of blessings when you take the 90 Day Challenge, Central UMC will refund 100% of your tithe. No questions asked. The sign-up sheets are located in the pew offering envelope slots and in the Church Office. For more information, contact Adam Koplin or Jason Kettwig.

August Finance Numbers
as of
July 27, 2017
Total Budget Offering $41,948
Total Expenses $42,947

Back Pack $1,383
UMCOR $100
Youth Mission Trips $1,000

Gess Eye Clinic $20
New Roof $7,810
Mosquito Nets $20

Automatic Clearing House (Ach)

No longer will you need to remember to bring your checkbook or that seemingly nonexistent thing called “CASH” to church. ACH (automatic debit) giving is now available at Central as an alternative to writing a check to the church each week or month. You can elect to have a withdrawal done on the 1st or the 15th of each month. The sign-up forms can be found in the Church Office and periodically in the bulletins. For more information please contact Adam Koplin or Jason Kettwig.

“Throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it” (Malachi 3:10).
Our People in Overseas Mission:
Staff at Gess (Kissy) Eye Clinic
Agape School for Boys, Kenya
Solar Oven Partners,
Dr. Emmanuel Mefor, Mutambara,
Zimbabwe Mission

Our People in the Military:
Tanner Kettwig

Our People in Care Facilities:
Park Place:
Dorothy Bracht
Deloris Richards
Lois Jean Miller
Francis VanSambeek

St. William’s:
Marie Buri
Wava Butler
Del Cardwell
Shirley Hansen
Kathy Trapp
Ruth Wibbens
Verla Miller

Milbank Care & Rehabilitation Center:
Caroline Gommer
Nadeane Buri
Dorothy Bishop

Long Term Prayer Requests:
Cheryl Pauli
Jesse Bergerud
Ione Brehmer (mother of Renae Fox)
Matthew Smith
Mary Warrey
(If you have any updates or know of a name that should be removed, please call the church office.)

Committee of the Month:
Children’s/Youth Ministries

Church of the Month:
Parkview; Big Stone Tabor; Ortonville First Methodist Churches

Articles for the September issue of Central Rays are due Tuesday, August 21.

Back to School Shopping Happening in August for Kids Hope

On August 10th at 3:30 pm, Kids Hope will do the annual back to school shopping. We gather at the church and divide the kids into three groups and take them shopping at Lewis, Shopko, and the Community Thrift Store. The kids pick out new back packs, all the supplies on their list, new shoes, socks, underwear, and three outfits.

When we complete our shopping, we come back to the church to enjoy a meal together. If you are a mentor or prayer partner, I strongly encourage you to come be a part of this event! It is one of the most fun things we get to do with the Kids Hope kids!
Dear Church Family,

Melanie and I would like to thank you for the many prayers and kind acts of concern at the
time of my recent surgery for a fractured hip. We are thankful for healing as we return to Sierra
Leone for meetings at the eye hospital this month.

Again, our sincere thanks to all!
Roger Reiners

Dear Friends at Central UMC Milbank,

I thank God for your wonderful spirit of mission, put in your hearts by Jesus, who even died
for us on a cross.

It would be easy to live a comfortable life on the prairie and pay no mind to the struggles
happening half way around the world. But, when so many years ago, through Dr. Gess, you had
the opportunity to see, you opened your eyes, and God created in you a clean heart and put a right
spirit within you.

Now your gift (of $9055.00) transforms the lives of oven recipients and their families as well
as the volunteer in mission teams, whose faith is developed through the experience. Your gift is a
testament to the transforming power of the Gospel of Jesus Christ.

It was an honor to be with you in April and I am truly inspired by your generous donation.

God’s grace and peace be with you now and always.
Sincerely,
Marj Evans-de-Carpio
Director, Solar Oven Partners

Thank you for the food you provided for May’s family. It was greatly appreciated.
The Family of Mary DeVaal
## BIRTHDAYS OF THE MONTH - August

| Aug. 1  | Scott Trapp       | Aug. 10  | Kaitlyn Schmitt    | Aug. 19  | Paul DeBoer       |
| Aug. 2  | Linda Conrad      | Aug. 12  | Caroline Gommer   |
| Aug. 3  | Karla DeVaal      | Aug. 13  | Kesha Schweer      |
| Aug. 4  | Lindsey Ganske    | Aug. 14  | Amanda Thronson    |
| Aug. 5  | Linda Buri        | Aug. 16  | Jessica Stengel   |
| Aug. 7  | Timbree Spors     | Aug. 17  | Deloris Cross      |
| Aug. 8  | Cyndie Humpton    | Aug. 18  | Chase Pinkert      |
|         | Abby Wollschaqer  |         |                   |
|         |                   |         |                   |         |                  |

## HAPPY ANNIVERSARY - August

| Aug. 1  | Cal & Jenna Schulte  | Aug. 19  | Milton & Janet Stengel |
| Aug. 3  | Harvey & Donna Miner | Aug. 20  | Jim & Tammie DeWald   |
| Aug. 4  | Steven & Kayla Spors | Aug. 21  | Jared & Amy Schrupp  |
| Aug. 7  | Brian & Stacy DeBoer | Aug. 22  | Jerry & Ruth Ann Settje |
| Aug. 10 | Dale & Linda Prisinger | Aug. 23  | Jason & Danielle Bock |
| Aug. 11 | Cory & Amy Davis    |         | Mike & Amanda Thronson |
| Aug. 12 | Boyd & Annette VanVooren |         |                   |
| Aug. 18 | Tom & Jessica Graham |         |                   |
|         | Monte & Marilyn Robinson |         |                   |

## FELLOWSHIP & SERVICE GROUP 3

| Kettwig, Terra       | Knaus, Aaron & Arlene |
| Voeltz, Hether      | Madsen, John & Britanni |
| Bohn, Richard & Roxie | Mundwiler, Tim & Tana |
| Carlson, Helen      | Olson, Robert & Barb   |
| Cummins, Adam & Jessica | Pauli, Adam & Britney |
| DeFea, Mark & Wendy | Pauli, Darin & Heidi   |
| DeVaal, Jim & Karla  | Peery, Brandon & Kelsey|
| Ellingson, Gary & Barb | Reiners, Roger & Melanie |
| Holmquist, Erek & Alysha |                     |
|                     | *Richards, Deloris Robinson, Marilyn |
|                     | Stengel, Daryl         |
|                     | Stengel, Doug & Dell   |
|                     | Tillma, Lloyd & Karen  |
|                     | Trapp, Larry & Janet   |
|                     | Warrey, Jim & Mary     |
|                     | Wellnitz, Jason & Chely|

We are continuously trying to update our lists. Please notify the Central Church Office with any additions or corrections 432-4766 or office@milbankcentral.org.
Central Book Club

The Central Book Club is meeting at 6:30 pm on **Tuesday, August 15**, in the Fellowship Hall to discuss the August book, “Wide Open Spaces” by Cadee Brystal.

Anyone can join the book club. Central Church will provide the books and all that is asked is a free will donation. If you are interested in joining, please call Jen in the Church Office at 432-4766 so that we can be sure to have a book for you.

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Through the Bible in a year

As the days of August remind us that our daylight hours are shortening, our Bible readings see how Israel and Judah continue to rebel against God. We see the decline of their nation’s, captivity, and destruction.

Yet along with gloom and doom, the prophets remind the people of the love God has for them and the plan he has for their lives. Even if some of the imagery and poetic language seems too intellectual for your taste, these books contain some of the most precious promises in all of Scripture.

Join us in reading through the month of August, as we begin the transition to fall. And remember to enjoy the Word of God, just as you savor these last few weeks of summer freedoms.

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Where Can You Find Us?

**Television:**
ITC Cable Channel 95
   - Mondays at 10:00 am & 7:00 pm
Midcontinent Cable Channel 3
   - Sundays at 5:30 pm
   - Mondays at 11:30 am
   - Tuesdays at 2:30 pm

**Radio:**
KMSD 1510
   - Sundays at 11:00 am

[www.milbankcentral.org](http://www.milbankcentral.org) #graceiscentral
## August 2017

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<td>9:15 AM Staff Meeting</td>
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<td>6:30 PM Small Group Study - Fellowship Hall</td>
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<td>6:30 AM Men’s Study</td>
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<td>8:30 AM Traditional Worship</td>
<td>6:30 AM Men’s Study</td>
<td>7:00 PM Church Council Meeting</td>
<td>11:00 AM Seasoned Citizens Picnic @ LaBelle Recreation Area</td>
<td>4:00 PM Sanctuary in Use</td>
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<td>10:00 AM Blended Worship</td>
<td>9:15 AM Staff Meeting</td>
<td>11:00 AM - 2:30 PM Staff Off Site</td>
<td>3:30 PM Kids Hope Back to School Shopping</td>
<td>4:00 PM Sanctuary in Use</td>
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<td>11:00 AM - 2:00 PM Fellowship Hall In Use</td>
<td>5:30 PM &quot;Hidden Gems of Milbank&quot; Night</td>
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<td>8:30 AM Traditional Worship</td>
<td>8:30 AM MS yoUnited Mystery Mission Work Day</td>
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<td>10:00 AM Blended Worship</td>
<td>2:30 PM Life Quest</td>
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<td>7:00 PM Children’s Ministries Meeting</td>
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<td>11:00 AM - 2:00 PM Fellowship Hall In Use</td>
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<td>8:30 AM Traditional Worship</td>
<td>Central Rays Articles Due</td>
<td>6:30 AM Men’s Study</td>
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<td>8:30 AM Traditional Worship</td>
<td>5:00 PM Discipleship Team Meeting</td>
<td>6:30 AM Men’s Study</td>
<td>300 AM Gearly Beloved Bike Tour @ Farley Park</td>
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### Summer Worship Times
- **8:30 am Traditional**
- **10:00 am Blended**