

September 7, 2022

ClairChurch
UNITED METHODIST

CLAIR CONNECTION

NW District <http://www.northwest.moumethodist.org/>

Missouri United Methodist Conference <http://www.moumethodist.org/>



We enjoy learning about healthy lifestyles on Wednesday nights as Pastor Cindy leads us through the Daniel Plan!

The Plan gives us an easy guideline to use for any meal!



NON-STARCHY VEGETABLES	PROTEIN	STARCH OR GRAIN	LOW-GLYCEMIC FRUIT
Asparagus	Beans	Beets	Apples
Bell Peppers	Beef	Brown/black rice	Blackberries
Broccoli	Chicken	Carrots	Blueberries
Cauliflower	Eggs	Buckwheat	Gogi berries
Collard greens	Halibut	Green peas	Grapefruit
Cucumbers	Lentils	Corn	Plums
Green beans	Nuts	Quinoa	Kiwi
Kale	Salmon	Sweet potatoes	Nectarines
Spinach	Seeds	Turnips	Peaches
Zucchini	Turkey	Winter squash	Raspberries

Just remember the “Daniel Plate”:

50% non-starchy veggies

25% healthy animal or vegetable protein

25% healthy starch or whole grain

Side of low sugar (low-glycemic) fruit

Water or caffeine-free herbal teas with lemon

CLAIR CONNECTION

Golf Fellowship Planned!

ClairChurch
UNITED METHODIST
Fellowship Activity



YOU ARE INVITED!

Golf & Mini Golf

Plus Corn Hole and Batting Cages for all ages!

Saturday, September 17

@ 11:00 a.m.

Copper Hill Golf / Prestyn's
6480 SE, US-169, St Joseph, MO

Golfers:

Join us for a round of *Wolf or Skins* on this 9-hole golf course.

Duane Kimble will set up the friendly game!

Cost:

\$17 per round plus \$8 for a cart per person.

Non-Golfers:

Join us for a fun game of Mini-Golf, or a round in the Batting Cage or even a game of Corn Hole! All ages are welcome.

Cost:

\$5 for Mini-Golf. Batting Cage are \$2 token for 15 pitches. The Corn Hole is free.

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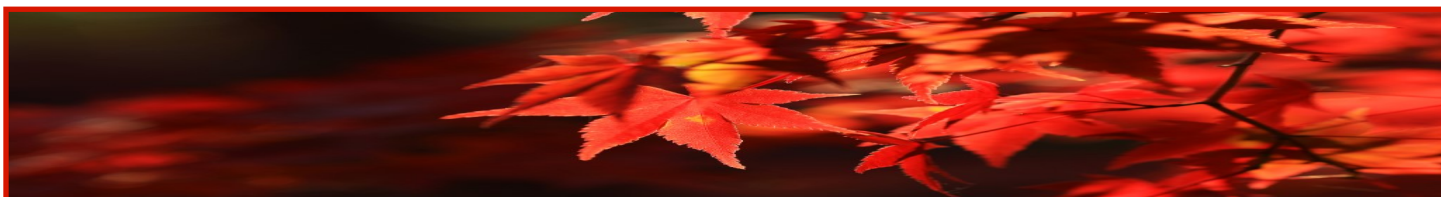
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Thanks, Volunteers!



CLAIR CONNECTION



It was a month ago when several of us began exploring *The Daniel Plan* as a way to improve our health. Of course, transformation isn't complete in 40 days, but is a life-long process. Each of us has been impacted in some way, encouraged to take the next step and the next step and the step after that into health and fitness. What began as a way to lose a few pounds before a trip to Europe for Joe and me has turned out to be much more. We have been inspired by Daniel's commitment to honor God by caring for the body God had given him. We have been inspired by the 5 Essentials of The Daniel Plan: Faith, Food, Fitness, Focus, and Friends. We have been inspired by the friends walking this journey with us. And, we look forward to deepening relationships as the journey continues! Transformation does not happen overnight. It begins with something small – even simple. Consider this suggestion from *The Daniel Plan* book, page 252:

"Think about your morning and evening routines. Do you find yourself working on your laptop or just dashing off a few emails right before bed? Are you completely rushed as you head out the door first thing in the morning? Small changes to your morning and evening routine can be simple, but they can lessen your stress and make you feel more rested. Try something like deciding you won't start working until you've gone for a walk and eaten a healthy breakfast or won't end your day without prayer and an inspirational reading. Healthy boundaries like those will remind you that you're in control of your choices – and you will then be inspired to make healthier choices throughout the day."

The departure date for our World War II Band of Brothers tour is quickly approaching! We travel to Atlanta on Sept. 11, spend the 12th touring Camp Toccoa where the 506th regiment did its US training before deployment to Europe. We fly overnight to England to begin touring on Sept. 13 the path of Easy Company, specifically, from training in England to parachuting onto the beaches of Normandy, from France, the Netherlands, Belgium, and Luxembourg to Germany with a day spent at the site of the Dachau Concentration Camp, concluding with a stop at the Eagle's Nest and Berchtesgaden where soldiers learned that the war was over. We leave Europe from Munich on Sept. 25. We have planned for this trip for two years! Originally scheduled for September 2021 and postponed by COVID, we are packing our bags! We will be touring with 35 others, including six other Buhmans!

I am thankful to our church leaders who will be taking care of business while I am away. Duane Kimble, Debbie Wells, and Meredith Robbins will be leading worship. I am excited for you to meet our son, Mitchell, who will be preaching on Sept. 25. *The Rev. Donna Bennett, the pastor at Huffman Memorial UMC, has agreed to be on call for me should you need a pastor while I am away. Please contact Duane Kimble, 816-387-3523, or Karen Vulgamott, 816-294-8313 if you need to reach Pastor Donna.*

Blessings, Friends! Stay safe and healthy! It is an honor to be your pastor! *Pastor Cindy*

CLAIR CONNECTION

Clair can help feed those in need in September

The Northwest Region of the Missouri Conference of the United Methodist Church will hold a Sharefest on Saturday, September 10, 2022, from 9:30 AM to 3 PM. The event will be held at the Inter Serv Community Building, 5400 King Hill Avenue, St. Joseph, Missouri. This event is part of the Festival of Sharing program which is held annually. You may volunteer for any part of the day – assisting in organizing and packaging various items to be given to those in need.



The Sharefest is also in need of food items to be donated to feed the volunteers that day.

Debbie Wells has a sign up sheet so we can assist in providing chips, hamburger buns, veg/fruit trays, desserts or side dishes.

On September 16-17 at the Civic Arena in St. Joseph, there will be a meal packing event working with the organization Feed My Starving Children (<https://www.fmsc.org/>). Meal kits which will be assembled to be distributed in Ukraine. There is no cost involved. However, volunteers are asked to bring items for their local food pantries: canned corn, green beans, chips, cookies, plain macaroni, Ramen noodles, canned sliced peaches, kool aid, lemonade or olive oil cooking spray. And any monetary donations received will increase the number of meals distributed to families. All donations go directly to purchase food supplies. Currently, funds have been raised for 200,000 meals to be packed.



CLAIR'S CALENDAR

September 10	Sharefest—Inter Serv 9:30 AM—3 PM	September 17	Men's Group (NO MEETING) Golf Fellowship Event: Copper Hill Golf 11 AM
September 11	Fellowship Luncheon	September 29	Serve at Open Door Food Kitchen
September 12	Starlite Group 5:30 PM		
September 16-17	Meal Packing at Civic Arena	October 9 October 26	Save the Date: HARVEST HOME! Family Fun Night!