



2613 8th Avenue
Monroe, WI 53566
608-325-3966
office@monroebiblechurch.org
www.monroebiblechurch.org

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Newsletter September 2023

Breath Prayer



Jennifer made a little booklet of “breath prayers” for our youngest daughter Meghann for her birthday. It’s made of folded paper with Jennifer’s paintings, slots and slips of decorative paper, blank pages to write in, and breath prayers. Meghann loved it and asked for some to be made for some friends in her book club. What are breath prayers? They’re short prayers taken from Scripture in which the first part is said as you inhale, and the second part as you exhale. It’s intentionally slow breathing. It’s a simple way to “pray without ceasing” (1 Thessalonians 5:17) that has been around for a long time. Breath prayers are often used for certain circumstances.

When Jennifer told me about breath prayers from the book she was reading, I thought, that’s nice. Then when I looked at the booklet she made for Meghann, I had to say, “That’s really nice!” I started looking at a couple pages and found that I had to thumb through the whole thing. A few days later I was reading, “A Praying Life,” by Paul E. Miller, and, you guessed it, he mentioned breath prayers. Ok Lord, you have my attention. Miller notes that these kinds of prayer were used in the Greek Orthodox Church as far back as the 5th century. Shortly after I started reading the book, I found out Paul Miller will be our Forest Lakes Districts Fall Conference speaker!

Breath prayers combine the health benefits of controlled breathing and the spiritual benefit of meditating on God’s Word. Here’s a few examples.

Fearful? Inhale saying, “When I am afraid” exhale saying, I will put my trust in You.” (Psalm 4:8).

Tempted to judge? Inhale, “There is only one Lawgiver and Judge,” exhale, “Who am I to judge my neighbor” (James 4:12).

Need wisdom? Inhale, “Lord, I need wisdom,” exhale, “The Lord gives wisdom and understanding” (Proverbs 2:6).

I was talking with someone the other day who said they really wanted to do better at staying connected to the Lord all day, all throughout the day. Don’t we all really wish we did better at that? Hmm, maybe learning to pray breath prayers would be helpful. I’m going to give it a try. Would you like to join me?

This Pastor’s Pen article is short this month on purpose. Take the few minutes you would have used to read a longer article and try a breath prayer, or two, or three.

Growing in Prayer,
Pastor Dan





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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>MBC Office Hours: Monday—Thursday 8:00 AM—4:00 PM, & Fridays 8:00 AM—Noon</p>					<p>1 Homeschool Co-op— 8:45 am-3:30 pm, LL/ K/NC Iglesia Biblica Worship Practice—5:30 pm, S</p>	<p>2 Vigil—7pm-12 am, All Church</p>
<p>3 Lord's Table Worship Services: The Gathering 9:00 am & Café 10:30 am Iglesia Biblica—2:00 pm, S</p>	<p>4 Labor Day MBC Office Closed No Prayer Meeting</p>	<p>5 Primetimers Lunch & Games—10 am–1 pm, NC/K Worship Circle Prac- tice—7-9 pm, S</p>	<p>6 Sr. Life Group—1 pm, NC</p>	<p>7 Iglesia Biblica Prayer Meeting—6 pm, NC No MBC Worship Practice</p>	<p>8 Homeschool Co-op— 8:45 am-3:30 pm, LL/ K/NC Iglesia Biblica Worship Practice—5:30 pm, S</p>	<p>9 CareNet Walk for Life— 9 am, Hope Church Set-up & Team meal— 3-5:30 pm, NC/K Iglesia Biblica Youth Group—6-7:30 pm, NC Worship Circle 7-8 pm, S</p>
<p>10 Worship Services: The Gathering 9:00 am & Café 10:30 am Women's Ministry Launch—Noon-2 pm, NC Iglesia Biblica—2:00 pm, S</p>	<p>11 Prayer Meeting—6 pm, LL #102 Elder Meeting—6 pm, LL #106 Deacon Meeting—6 pm, NC</p>	<p>12 Missions Meeting—5 pm, LL #106</p>	<p>13 Sr. Life Group—1 pm, NC</p>	<p>14 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Prac- tice—7 pm, S</p>	<p>15 Homeschool Co-op— 8:45 am-3:30 pm, LL/ K/NC Iglesia Biblica Worship Practice—5:30 pm, S Art of Marriage—7-9 pm, at 18 & 8th</p>	<p>16 AA Mtg.—8-11 am, NC Art of Marriage—9 am- 4 pm, at 18 & 8th NC in use, Shower—11 am-4 pm Iglesia Biblica Women's Study—4-6 pm, LL #102 Iglesia Biblica Youth Group—6-7:30 pm, NC</p>
<p>17 Worship Services: The Gathering 9:00 am & Café 10:30 am AWANA Pre-registration after each worship service SUNDAY SCHOOL & PIPELINE begin—9:00 am Next Steps-Step 4 (s.1) —9:00 am, LL #100 Iglesia Biblica—2:00 pm, S</p>	<p>18 Prayer Meeting—6 pm, LL #102 Iglesia Biblica Men's Study—7 pm, S</p>	<p>19</p>	<p>20 Sr. Life Group—1 pm, NC AWANA BEGINS: Trek & Journey, 5:30 pm All Clubbers at 6:15 pm, Hotdog supper provided</p>	<p>21 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Prac- tice—6:30 pm, S</p>	<p>22 Homeschool Co-op— 8:45 am-3:30 pm, LL/ K/NC Iglesia Biblica Worship Practice—5:30 pm, S</p>	<p>23 Harvest Weekend Men's Breakfast—8 am, NC Ladies' Lunch—12:30 pm, NC  Iglesia Biblica Youth Group—6-7:30 pm, NC</p>
<p>24 Harvest Weekend Worship Services: The Gathering 9:00 am & Café 10:30 am Pipeline—9:00 am, NC Sunday School—9:00 am Iglesia Biblica—2:00 pm, S</p>	<p>25 Prayer Meeting—6 pm, LL #102</p>	<p>26</p>	<p>27 See You at the Pole: Breakfast—6 am, NC School Poles—7:15 am Sr. Life Group—1 pm, NC Awana: Trek/Journey—5:30 pm Cubbies-T&T—6:15 pm</p>	<p>29 Iglesia Biblica Prayer Meeting—6 pm, NC MBC Worship Prac- tice—7 pm, S</p>	<p>29 Homeschool Co-op— 8:45 am-3:30 pm, LL/ K/NC Iglesia Biblica Worship Practice—5:30 pm, S Hearts of Fire—Voice of the Martyrs Virtual Event—6:30 pm, S</p>	<p>30 Iglesia Biblica Women's Study—4-6 pm, LL #102 Iglesia Biblica Youth Group—6-7:30 pm, NC</p>



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happy birthday



- 1 Indy Garchie
- 2 Charles Champlin
Lila Kamer
- 3 Ramona Johnson
Gladdy Scheppele
- 5 Nancy Larson
Anna Ritschard
- 6 Nate Ackerman
Levi Erdmann
Rick Hartwig
Madeline Pals
- 7 Russell Meyer
Scarlett Reed
- 8 Josh Montgomery
Ezekiel Ritschard
Samuel Roidt
Tom Skoumal
- 10 Austin Kramer
- 11 Isaiah Ritschard
- 12 Oscar E. Chiquito
Maggie Holverson
Aiden Pleindoux

- 13 Caden Montgomery
- 14 Caleb Schmitz
- 15 Keziah Reed
- 16 Robin Nafzger
- 17 Ophelia Hardacre
- 19 Andrea Brunner
Greg Dyer
- 20 Anne Keegan
Shannon Long
Peter Rische
- 21 Abigail Rhoe
- 22 Deb Hauri
- 23 Nathan Botteron
Bob Hauri
- 26 Cree Schadewaldt
- 27 Joe Thoman
- 28 Ellie Rische
Violet Schwindt
- 29 Chris Morris
- 30 Roman Dechtiarenko



Happy Anniversary

- 9 Chris & Laura Holverson
- 13 Steven & Gritley McNett
- 14 Brian & Lexi Baer
- 18 Jeff & Marie Wunschel
- 19 Steve & Shannon Allbaugh
- 21 Jesse & Gracie Petersen
- 22 Jeff & Ann Italiano
- 22 Darryl & Kim Wheeler
- 25 Rich & Anita Peach
- 27 Bill & Deb Westphal
- 28 Daniel & Deb Hendrickson

Pipeline Classes begin
 Sunday, Sep. 17
 at 9 AM
 Nehemiah Center



Fall Kick-Offs!

JOIN
 ★ us at ★
**Sunday
 school**

Begins Sunday, Sep. 17 at 9 AM



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Newsletter—September 2023



**Congregational
Worship
Circle**

All Church
Worship Night
Saturday,
September 9th
7:00-8:00 PM
in the Sanctuary
Everyone is Invited
Join Us!



Launch Party
**WOMEN'S
MINISTRY**

Calling All Ladies from ages 11-99!!
We are starting something new and
would love your input!
Join us Sunday September 10th
from NOON-2pm
to share your ideas, eat, and have a
little fun too!

Contact Mia Kelley 608.449.8578, Chelsey
Simler 608.636.0428, or Amanda Ohlrich
719.339.5366 if you have any questions

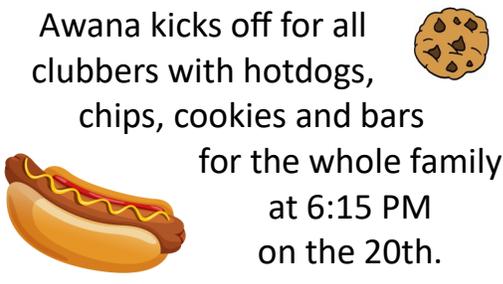


Awana pre-registration will take place **Sunday, September 17th** after each of the worship services.

**Awana begins
Wednesday, September 20th!**

3-year-olds through sixth grade are from 6:15-7:45 PM.
7th grade through High School are from 5:30-6:15 PM.

Awana kicks off for all clubbers with hotdogs, chips, cookies and bars for the whole family at 6:15 PM on the 20th.



Join Us for AWANA this year!



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Summer is flying by. Vacations are coming to an end. School is resuming. Have you grown spiritually this summer? I trust you have been reading God's Word and praying daily.

There are many, many things to take to God in prayer. Pray for unsaved relatives, friends, neighbors. Remember to pray for our pastors and ministry leaders. AWANA and Sunday School, Fusion and Ignite will all begin soon. Please pray for our leaders in all these important ministries.

Pray for our federal, state, county, and local government leaders. Let them know you are praying for them. We probably don't agree with them all the time, but they always need our prayers, especially that they will come to know Jesus Christ as Savior. I recently attended a concert put on by the Brodhead 1st Brigade Band. An ordained minister in the group explained the significance of blood in the Old Testament. He also explained the importance of blood in the New Testament. Jesus gave His life on the cross to pay the penalty for our sins. The minister also read the words to the hymn "There is a Fountain". By the manner in which he read the hymn I could tell he believed the words. Pray for opportunities to tell someone about the Gospel.

Dan Keen, Prayer Ministry Leader



Step 4—Our Equipping



Ever wonder what spiritual gifts are and how they work in the church? In these two sessions you will learn about serving together in the church, spiritual gifts, and explore how God has gifted you to serve!

Offered Sunday mornings at 9 am, lower level room #100.

Session 1: Sunday, September 17th & Session 2: Sunday, October 1st.

Sign up for all Next Steps classes on our Website, contact the church office, or use the Chromebook at the Welcome Center.



Games & Lunch!

Tuesday, September 5th

10 AM—1 PM

Nehemiah Center

Contact Carol Hasselmann
 with questions at 815-505-3324





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Newsletter—August 2023



Thank you for the enthusiastic support MBC recently gave David Hurlbert, Charles and Julie Champlin, Rylan Kelley, and the 2023 team to Guatemala as each shared their mission experiences. What a church body supports reveals where people's hearts are and yours are surely full of the desire to see the Great Commission carried out. Not everyone is asked to serve somewhere away from home, but we all can support mission work with what we have. From the youngsters who joyfully sang for Julie at Children's Church, to the ground beef donated by the Simler's for BBQ, to those who prepared food and cleaned up, to all who generously donated funds so others could go when they were called--all are part of missions. Thank you MBC for your heart! The Champlins gifted us with a copy of the Book of John which Charles helped translate into Wai Wai. It starts with a brief history of how the project came about and ends with several pages describing the laborious translation process. It is in the library for those who would like to see it.

Harvest Weekend

One of our most exciting events of the year--Harvest Weekend--is coming September 23-24th. Sign up at the Welcome Center for the Men's Breakfast or Ladies' Luncheon on Saturday. All ages are welcome and consider inviting a guest who might be interested. Daniel Jezowski will talk about his work with Wycliffe Bible Translators as an avionics supervisor in New Guinea. He keeps helicopters and airplanes flying so others can get where they need to be! Hunter and Brittany Hancock will also be there to tell about pioneering the Navigators ministry at UW-River Falls. Working with college students has challenged and stretched them, but also taught them that God's plan is always better than ours and He is faithful even when others are not. On Sunday, Daniel will preach at both services while the Hancocks meet with Sunday School classes. Don't miss this opportunity to become acquainted with three of the missionaries MBC supports (and Hancock's new baby, too!). See you there!

Crystal Zimmerman,
 Missions Ministry Leader





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Activities Page

THE LORD'S SUPPER

Color the Picture

Luke 22:19

"And he took bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.'"



Family Devotional



UNLOCK
CODE
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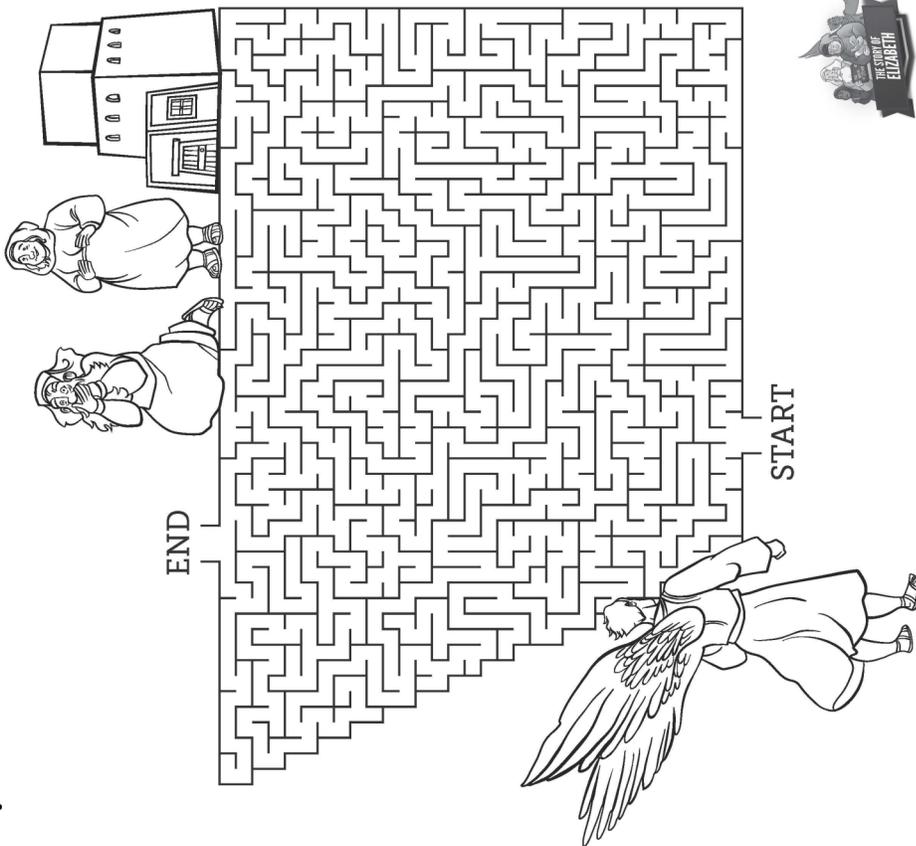
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THE STORY OF ELIZABETH



Guide the angel Gabriel to Zechariah.



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