March 1, 2020
First Sunday of Lent & Communion Sunday

The Sermon: Series: Boot Camp for the Soul
Title: “The Need for Change”
Rev. Howard White

Scripture: Matthew 4: 1-11

Anthem: 8:15 Nearer My God to Thee with I Need Thee Every Hour
10:45 When I Survey the Wondrous Cross, Sanctuary Choir

Hymns: 269 Lord, Who Throughout These Forty Days
620 One Bread, One Body
534 Be Still, My Soul

March 8, 2020
Second Sunday of Lent

The Sermon: Series: Boot Camp for the Soul
Title: “Reset”
Rev. Howard White

Scripture: Genesis 12: 1-4a; John 3: 1-17

Anthem: 8:15 What Wondrous Love Is This?
Nina Morwell, bassoon
10:45 Come to the Water
Sanctuary Choir

Hymns: 98 To God Be the Glory
142 If Thou But Suffer God to Guide Thee
369 Blessed Assurance
654 How Best Are They Who Trust in Christ

Our Mission Statement: “Called together by the Holy Spirit, we proclaim God’s presence and love in the world through prayer, worship, education and service. We invite children, youth and adults to become disciples of Jesus Christ, live fully in the Holy Spirit, and embrace God’s love.”

Newsletter of:
The First United Methodist Church
214 W. Main St.
Carbondale, IL 62901

FIRST Thoughts

You’ve probably heard a phrase like “Exercise your self-control” or “Exercise your willpower.” There’s a truth built into those statements that people have only recently begun to realize. Using our willpower burns calories like using a muscle. Using self-control is exercise! But like a muscle, our willpower gets worn out and sometimes needs rest before it will work again. It’s like a car that starts every day with a full tank. The more we have to use it, the faster we run out of self-control fuel.

In “The One Thing,” authors Keller and Papasan suggest we “think of willpower like the power bar on your cell phone. Every morning you start out with a full charge. As the day goes on, every time you draw on it, you’re using it up. So as your green bar shrinks, so does your resolve, and when it eventually goes red, you’re done. Willpower has a limited battery life but can be recharged with some downtime. It’s a limited but renewable resource.”

This concept is worth considering when building new spiritual disciplines into your life - something we will be talking about at First UMC on the Sundays of Lent. It takes willpower to step up our spiritual disciplines, so there is wisdom in learning to cooperate with the way God made us and ask the most of our self-control when our battery is full.

If you are starting a new discipline of daily prayer and Bible reading, make it a morning event. Try “The First Fifteen” minutes of the day. It might be easier to carve out this time early. What about giving up something in Lent? One ancient tradition is a 24 hour fast - giving up food for a day? John Wesley, the founding father of the Methodist church, was convinced that the best way to fast for a day was to start after the evening meal one day and end with the evening meal the next day while only drinking liquids in between. He did this two days every week. He had science on his side without realizing it. Not only did he invent the “intermittent fast” without knowing it, by eating at night and going without in the morning, he was fighting temptation when his battery was full.

How about inviting people to church? People are more likely to say “yes” to something new early in the day and early in the week when they feel most rested. And we are more likely to have the courage to ask that person to come to church, so plan to do it when you are most likely to have your willpower kick in.

Another lesson of this research is that we should try to automate as many things as we can. Making things automatic bypasses the need to use up willpower. Setting up automated giving makes the discipline of generosity easier. Using a daily devotional or a Bible reading plan, possibly one that shows up in your email inbox, saves the energy of “deciding what to do” every day and lets you simply “follow through” every day.

Join us every Sunday that you are in town through Lent, March 1 through April 5. The Lent sermon series is, “Bootcamp For The Soul.” Some of the individual messages are: “The need for change,” “Reset,” “Hydrate,” “Redefined,” “Dead End,” “Celebrate and Wait.” We will also be hearing from some ministries our Easter Offering will support.

God Bless, Pastor Howard
In Church This Week
Feb. 27 to Mar. 12

27 Thursday
9:30 Golden Yoga
11:30 PrimeTimers Luncheon/Program, Heritage Room, $8
Program: “Sanctuary Choir in N.Y.” Speakers: Bob Weiss
4:00 Chimes
5:45 Gentle Toning, Stretch and Yoga
6:00 Financial Peace University, Heritage Room

28 Friday
6:30 Young Adults Group, Youth Room, Marion CCC
3:00 Confirmation Class, Rm. 409
2:00 Boy Scouts, PLC, Rm 212
1:30 Scouts Girl Troop 66, Fellowship Hall

2 Saturday
6:00 Financial Peace University, Heritage Room
6:00 Education Committee
5:45 Gentle Toning, Stretch and Yoga
5:00 Chimes

3 Sunday - First Sunday of Lent
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
12-2:00 Confirmation Class, Rm. 409
2:00-4 Boy Scouts, PLC, Rm 212
3:00-5 Scouts Girl Troop 66, Fellowship Hall

5 Tuesday
9:30 Golden Yoga
4:00 Chimes
5-6:00 Young Adults Group, Youth Room
5:45 Gentle Toning, Stretch and Yoga
6:00 Education Committee
6:00 Financial Peace University, Heritage Room
7:00 Choir Rehearsal, Sanctuary

6 Friday
9:30 Sunday School
8:15 Worship Service
7:00 Choir Rehearsal, Sanctuary

7 Saturday
8 Sunday Second Sunday of Lent
Daylight Savings Time Begins
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
12-2:00 Confirmation Class, Rm. 409
3:00-5 Scouts Girl Troop 66, Fellowship Hall

9 Monday
7-8:30 Scouts Boy Troop 66, Fellowship Hall - NOT MEETING

10 Tuesday
8:30 Men’s Group, Heritage Room
9:30 Golden Yoga, Room 404 *

11 Wednesday
9:00-3 Healing Touch (by Appointment), Room 403
11:30-12:30 Jackson County Retired Teachers, H.R.
4:45 Handbells
6:00 Grateful Hearts, Room 308
6-7:00 Youth Group

12 Thursday
9:30 Golden Yoga
4:00 Chimes
5-6:00 Young Adults Group, Youth Room
5:45 Gentle Toning, Stretch and Yoga
6:00 Financial Peace University, H.R. - NOT MEETING
7:00 Sanctuary Choir, Rehearsal

* A fee is charged.

In Sympathy: Sympathy to family & friends of Bill Crippen who passed away on Feb. 15, 2020.

Calendar Dates for 2020: PLEASE come in to the Church Office and write in or call in your church-related events held in March 2020 on the Office Calendar as soon as possible.

Volunteer Opportunity: A volunteer is needed for Nametags for the month of August. Please contact the Church Office if you are interested.

Altar Flowers: The next available dates for Altar Flowers are April 26 and May 17. Altar Flowers cost $49. Flowers should be paid for in the Church Office prior to the designated Sunday.

Asburian Deadlines: Just a reminder that Mondays by Noon is the deadline for submitting articles and other revisions to that week’s Asburian. Please send submissions/revisions to barbm@fumc-cdale.org.

Communion Coordinator, Set Up and Clean Up Volunteer Opportunity—Sunday, March 1, 2020. A few good ladies and/or gentlemen to volunteer would be so appreciated. Please notify Barb at the Church Office with the date and position you are volunteering to serve.

NEW CHURCH OFFICE HOURS: The Church Office will be open Monday through Thursday, 8 a.m. to Noon and 1 to 5 p.m. The Church Office will be closed on Fridays.

Save the Date: RED CROSS Blood Drive, Monday, March 16th, 1:30 to 5:45 p.m. Narthex, register on-line at www.redcrossblood.org

Thanks to our church family for loving us. Joyce Crippen
Betty Crippen
Erik, Debbie and Chloe Crippen
Jay, Billie, Taylor and Jordyn Crippen
And the entire Crippen family
Disciples Corner

Disciples for Sunday, March 1, 2020- (Communion Sunday)

Altar Flowers are given by Joan Hart in honor of family.

<table>
<thead>
<tr>
<th>Role</th>
<th>Time</th>
<th>Names</th>
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</thead>
<tbody>
<tr>
<td>Acolytes</td>
<td>8:15</td>
<td>Reese Matzenbacher, Madison Voss</td>
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<tr>
<td>Indoor Greeters</td>
<td>8:15</td>
<td>Leah White &amp; Family</td>
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<tr>
<td>Liturgists</td>
<td>8:15</td>
<td>Deanna Diel</td>
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<tr>
<td>Sound System Operators</td>
<td>8:15</td>
<td>Joe Swindell, Dan Anderson, III</td>
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<tr>
<td>Welcome Center</td>
<td>8:15</td>
<td>Sara Pliger, Judy McNeill</td>
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<tr>
<td>March Communion Ushers</td>
<td>8:15</td>
<td>George Everingham, Jan Waggoner, Bill Shanks</td>
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<tr>
<td>March Communion Committee</td>
<td>8:15</td>
<td>Gail &amp; Linda White, 10:45 Setup &amp; Cleanup</td>
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<thead>
<tr>
<th>Role</th>
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<th>Names</th>
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<tbody>
<tr>
<td>Coffee Hosts</td>
<td>10:45</td>
<td>Jean Hoagland, Shelby Seegers</td>
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<tr>
<td>Outside Greeters</td>
<td>10:45</td>
<td>Jan &amp; Gary Austin</td>
</tr>
<tr>
<td>Van Driver</td>
<td>10:45</td>
<td>Brian Goroski</td>
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<tr>
<td>March Nametags</td>
<td>8:15</td>
<td>Sue Stucky</td>
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<tr>
<td>March Ushers</td>
<td>8:15</td>
<td>Ron Diel, Sue Stucky, 10:45 Dan Kimmel, Will Stephens, Bruce Wallace, Dan Anderson, Gary Hill</td>
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Disciples for Sunday, March 8, 2020

Altar Flowers are given by Judi Rossiter in memory of her mother and husband.

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<tr>
<td>Acolytes</td>
<td>8:15</td>
<td>Rayna Lucas, Olivia Bishop</td>
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<tr>
<td>Indoor Greeters</td>
<td>8:15</td>
<td>Darren &amp; Lindsey Bailey &amp; Family</td>
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<tr>
<td>Liturgists</td>
<td>8:15</td>
<td>Duane Stucky, Kate Indorante</td>
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<tr>
<td>Sound System Operators</td>
<td>8:15</td>
<td>Scott Wright, Keven Mitchell</td>
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<tr>
<td>March Nametags</td>
<td>8:15</td>
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<td>Ron Diel, Sue Stucky, 10:45 Dan Kimmel, Will Stephens, Bruce Wallace, Dan Anderson, Gary Hill</td>
</tr>
</tbody>
</table>

Coffee Hosts: 8:15 Kathy Hollister, 10:45 Phil & Gail Gilbert

Outside Greeters: The Koch Family
Van Driver: Dan Anderson, III
Welcome Center: 8:15 Kathy Swindell, 10:45 JoVonna Noble
Children’s Church: Cayden & Carlisle Hinde, Joan Hart
Children’s Church Regis.: Sharon Sims
Parish Nurses: 9:15 Sharon Meyer, 11:45 Leann Watson

“Hosanna in the Highest”

Palm Sunday, April 5

The children of School Sunday and Children’s Church will be joining the Sanctuary Choir for the singing of the anthem, “Hosanna in the Highest” on Palm Sunday, April 5, at the 10:45 a.m. worship service. The children will be practicing during Children’s Church beginning March 8.

Pick up a copy of the song in the narthex to practice at home.

On Palm Sunday, April 5, the children will rehearse with the sanctuary choir in the sanctuary at 10:00 a.m. At the 10:45 worship service, the children will join Necia for Children’s Time and remain for the anthem. They will be dismissed to Children’s church following the anthem.

SUMMER CHURCH CAMP

is just around the corner! Camps are available for Kindergarten to Adults.

Please check out www.igrc.org/camping to see this year’s full camping guide. If you have any question on camping information or registration, please contact Yiwen: yiwenbi@yahoo.com, 618-457-2416

Carbondale First UMC will pay half of the registration cost for students from our church who wish to attend an IGRC camp and half for one friend who attends with them.

SAVE THE DATE

July 26—30, 2020

VACATION BIBLE SCHOOL

Lenten Devotions for Youth and Young Adults

The season of Lent starts where most other journeys end: where X marks the spot. But this dark ashen cross that is placed on our foreheads is not the treasure we seek. Our great prize is the one our Savior made, a most difficult journey to claim for us. These brief daily devotions provide a simple roadmap for youth and young adults as they follow where Jesus leads. Our Savior skillfully navigates the pitfalls of sin and temptation that trip us up, and he brings us at last to his cross, and then, a-maze-ingly, on to the open tomb.

Available in the Narthex
Mission Committee News...

Victory Dream Center in Carbondale expresses thanks for your generous support in 2019. The Victory Dream Center distributed 1,118,706 pounds of food, and offered love, prayer, and encouragement to individuals and families in 2019.

CCHS Life Savers - offers thanks for your March to the Manger offering in the amount of $1,571.50. The organization is a major part of the school's crisis response team and its main focus is to help the student population through personal problems and crises. The organization also teaches necessary life skills to build healthy relationships.

Specialized Training for Adult Rehabilitation (S.T.A.R.T.) - offers thanks for your $1,500 March to the Manger offering.

Thanks for your support, Missions Committee

Blood Drive

SIGN UP TODAY!
AMERICAN RED CROSS BLOOD DRIVE at FUMC
Monday, March 16
1:30 - 5:45 p.m., Narthex

Please sign up in the Narthex for an appointment or plan to drop in that day to give. Blood supplies are also low and your help is needed. You can also register online prior to the event.

www.redcrossblood.org

Lenten Devotions for Children

Discover the hidden wonder of the Lenten season in a whole new way with this ink-credible daily activity. Each day in Lent, read a Bible verse about our Savior and uncover a hidden image by rubbing the edge of a pencil across the page. The pictures that appear will open children’s eyes to the love and mercy of our Savior, Jesus, in ways that they may never have seen before.

Available in the narthex.

Birthdays of the Month

Be sure to wish the following members of our Church family, best wishes for a happy birthday in

March 2020

March 1
J.D. Caldwell
Aspen Cook
March 11
Candee Carbaugh
Phil Gilbert
March 22
Susan Grotts
Jackie Intravaia
March 2
Phoebe Steinmetz
March 12
Meredith Brown
March 23
Brian Matzenbacher
March 4
Phil Eberle
Vern Koch
March 13
Zinnie Byford
March 24
Tom North
March 4
Barbara Stotler
March 14
Sidney Smith
March 25
Ella Vancil
March 5
Toni Ledbetter
Sue Stucky
March 15
Ellen Bell
March 16
Debbie Asaturian
March 17
Glenn Brown
Norah Flyger
March 18
Sally Wright
March 18
John Dosier
March 19
Debra Goodwin
Melva Holbrook
March 19
Aubrey Hefferman
March 25
Samantha Galloway
March 20
Armen Asaturian
March 20
Naomi Miali
Joyce Heseketh
March 21
Jacob Cook
March 20
Trey Rush
Jeff Ledbetter
March 22
Sarah Frey
March 21
Duane Stucky
March 23
Karol Phelps
March 21
Mike Neill
March 24
Simone Prozesky
March 22
Rachel Wallace-Taigans
March 25
Quincy Scott Jr
March 23
Kara Benyas
March 26
Linda Bivens
March 24
Nevaeh Wright
March 26
Debra Goodwin
March 25
Bettye Doerr
March 27
Melva Holbrook
March 25
Julia Oberg
March 27
Armen Asaturian
March 26
Don Bryant Jr
March 27
Jacob Cook
March 28
Sarah Frey
March 28
John Gilbert
March 28
Karol Phelps
March 28
Justin Vancil
March 29
Simone Prozesky
March 29
Molly Stephens
March 30
Quincy Scott Jr
March 30
William Tally
March 31
Linda Bivens
March 31

CALENDAR OF UPCOMING EVENTS

March 17
Morning Circle, 10 a.m.
Hostess: Sue Stucky

March 18
Morning Circle, 10 a.m.
Hostess: Sue Stucky

March 19
Morning Circle, 10 a.m.
Hostess: Sue Stucky
New Year, Same Promises

Our current worship series, New Year, Same Promises runs through the rest of Epiphany. Lent starts on Ash Wednesday (Feb. 26th) when we will partner with the Wesley Foundation Campus Ministry to offer a shared service at FUMC. Our Lenten Sermon Series is called “Boot Camp for the Soul.” Reflection and change take work, hard work. Lent can be like a boot camp for the soul, a restart in a focused area. We walk this season together, demanding the best of ourselves, ready to support one another, and prepared to see truths that shatter our self-understanding. After that, our Easter series is “Closer and Closer” – the resurrection.

SUNDAY CHRISTIAN EDUCATION

Children’s Opportunities, Sundays

Sundays at 9:30 a.m. Children’s Sunday School (K-5th grade) uses the Deep Blue from Cokesbury.
Sundays at 10:45 a.m. Children’s Church (K-5th grade). All children are invited to Children’s Church following the Children’s Time at the 10:45 a.m. worship service.

Youth Opportunities, Sundays at 9:30 a.m.

9:30 a.m. Junior/Senior High Class meets in the Youth Room and uses a variety of materials connecting the lessons of the Bible with issues relevant to today’s youth.

Adult Opportunities, Sundays at 9:30 a.m.

Renew Class - Renew is a multi-generational Women’s Study Group that focuses both on the Bible and devotional books enhancing scriptural study. All women are welcome!! We meet in the Chapel, Room 404. On January 12th, we will begin a six-session study using Adam Hamilton’s book: The Walk: Five Essential Practices of the Christian Life. This is a 6-week study focusing on “five essential spiritual practices that are rooted in Jesus’ own walk with God and taught throughout the New Testament. Each of these practices is a part of our daily walk with Christ and an essential part of growing together in the church.”

The Electives Class - Scripture studies following the lectionary led by Rev. John Sims. They meet in the Heritage Room. All are welcome!

Small Group Opportunities

FUMCNext-Carbondale meets in the Heritage Room. Help us explore ways we can share the love of Christ with all people? Come share your ideas. Looking forward to seeing you!

Gentle Toning, Stretch, and Yoga Techniques meets on Thursdays at 5:45 p.m., Rm 404, the Chapel.

Golden Yoga meets on Tuesdays at 10:15 a.m. and on Fridays at 9:30 a.m., Rm 404, the Chapel. A fee is charged for this class.

Grateful Hearts is a group of women who meet to strengthen their faith through Bible study, fellowship, and prayer. The group is studying How Happiness Happens by Max Lucado on Wednesdays, at 6 p.m. in room 308. All women are welcome.

Men’s Group All men of the church are invited to coffee and refreshments on Tuesday mornings at 8:30 a.m. in the Heritage Room. We discuss anything and everything from the perspective of our relationship with God.

Saturday Night Live is a group of “mature” or “maturing” adults who meet monthly for dinner and fellowship. The group usually meets the first Saturday of the month at 5:30 p.m. Watch the Asburian calendar for dates and location information. Everyone is welcome.

Youth Group meets on Wednesdays at 6 p.m. in the Youth Room. Time and location to be determined each week.