ASBURIAN

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

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.”

Pastor: The Rev. Dr. Howard L. White
Associate Pastor: Yiwen Bi
Dir. of Christian Education: Necia Jannings
Prayer Chain: Email: Sara Hinde at sjhinde04@gmail.com
Broadcast: 10:45 service is heard live on WCIL-AM (1020)
For van rides: Call the church office (457-2416)
Email: fumc@fumc-cdale.org
Website: www.fumc-cdale.org
Facebook: www.facebook.com/FirstUnitedMethodistCdale
Twitter: @FUMCCarbondale
Instagram: FUMC_Carbondale

MARCH 4, 2020 ISSUE
IN CHURCH ON SUNDAY
8:15 and 10:45 a.m. Worship Service
9:30 a.m. Sunday School

MARCH 8, 2020
Second Sunday of Lent
Daylight Savings Time Begins
The Sermon: Series: Boot Camp for the Soul
Title: “Reset”
Yiwen Bi
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
564 How Blest Are They Who Trust in Christ

MARCH 15, 2020
Third Sunday of Lent
The Sermon: Series: Boot Camp for the Soul
Title: “Hydrate”
Rev. Howard White
Scripture: John 4: 5-42
Anthem: 8:15 He Never Said a Mumbalin’ Word
Howard White, soloist
10:45 He Never Said a Mumbalin’ Word
Sanctuary Choir; Paula McNally, soloist
Hymns: 127 Guide Me, O Thou Great Jehovah
479 Jesus, Lover of My Soul
298 When I Survey the Woundrous Cross

FIRST Thoughts

REFOCUSING FAITH

I passed the vision test to get a drivers license, so my mother didn’t understand why I couldn’t read the road sign telling me how far it would be to our exit. She asked me about a billboard. I could tell you that a man and woman were pictured, but couldn’t quite make out the name of the product. We scheduled a visit with an ophthalmologist, and much to everyone’s surprise, including mine, discovered that I was pretty significantly far-sighted and also had astigmatism. I could see those signs far away, but the letters weren’t clear enough to read. This began a season of adjusting to a new way of seeing the world.

Something similar happens in our life with God. When we begin a faith relationship, we might see the big picture and broad outlines but miss the details. There may be nuances to our faith experience that can add clarity or maybe even open a whole new universe of meaning.

One of my pastor friends recently shared with me five small shifts many people, in his experience, find to be truly helpful as they deepen their walk with God. You can think of them as five small shifts to REFOCUS your faith.

GOD: From a distant deity to GOD WITH US.
How can you REFOCUS on the God who is with you wherever you are?

GOSPEL: From a plan to a PERSON.
How can you REFOCUS on Jesus who saves you rather than on the concept of salvation?

SALVATION: From us going home to God to God COMING TO US now.
How can you REFOCUS on the life in the Kingdom here on earth more than on a future heavenly home? Eternal life doesn’t begin after we die. It starts the moment we start a relationship with Jesus as our savior.

FAITH: From what I learn to WHO I LEAN ON.
How can you REFOCUS on a faith that actively trusts God more than just on what you think about God?

HOLINESS: From merely “separated from” to positively DEVOTED TO.
How can you REFOCUS on what you are made for more than what you are against? Instead of focusing on a negative behavior you are trying to stop, look to the positive behavior you want to replace it with. I love this quote from “The Secret Garden.” Two things cannot be in one place. “Where you tend a rose, my lad, A thistle cannot grow.”

God Bless, Pastor Howard
In Church This Week

Mar. 5 to Mar 19

5 Thursday
9:30 Golden Yoga
4:00 Chimes
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
7 Saturday
5:30 Saturday Night Live, Location: Prairie Living West (This is a location change)

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 SIUC Spring Break Starts
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-NOT MEETING

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

13 Friday
14 Saturday

15 Sunday - Third Sunday of Lent
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

16 Monday
1:30-5:45 Red Cross Blood Drive, Heritage Room
7-8:30 Scouts Boy Troop 66, Fellowship Hall

17 Tuesday
8:30 Men’s Group, Heritage Room
9:30 Golden Yoga, Room 404 *
10:00 UMW, Morning Circle, Heritage Room
11:30-12:30 Jackson County Retired Teachers, H.R.
4:45 Handbells
6:00 Grateful Hearts, Room 308
6:00 Youth Group, Youth Room

18 Wednesday
9:00-3 Healing Touch (by Appointment), Room 403
4:45 Handbells
6:00 Grateful Hearts, Room 308
6:00 Youth Group, Youth Room

19 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.

* A fee is charged.
Disciples for Sunday, March 6, 2020

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

Disciples for Sunday, March 15, 2020

Altar Flowers are given by Barbara Stotler in memory of beloved husband, Ray Stotler.

The children of Sunday School 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 a IGRC camp and half for one friend who attends with them.

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

SAVE THE DATE
July 26—30, 2020

VACATION BIBLE SCHOOL
March 17        Morning Circle, 10 a.m.
Hostess:  Sue Stucky
Location:  Heritage Room

CALENDAR OF UPCOMING EVENTS

Mission Committee News...

Jesus es el Senor was the designated agency for February food dona-
tions. Three full bags and two tote bags of food were delivered on 3/2/20. A
good assortment of canned veggies, soups, chili, mac and cheese, and break-
fast cereals were contributed. Good news. The trip along old US 51 showed
that the fruit trees are showing buds. No blossoms yet! But another sign of spring. We will be col-
lecting food for Feed My Sheep in March. Thanks for your contributions and support of our ongo-
ing food drive. Let’s fill up the box in March.

Need an idea to recognize someone for their work or support? Midwest Mission Distribution
Center will provide a child with a School Kit at home or abroad for $12. A donation of $45 brings
the Gift of PEACE by giving a Layette Kit to a mother and child in Latin America or Africa. A donation
of $140 gives the gift of PEACE by providing ten Personal Dignity Kits to help those around the world
and around the corner who have been affected by natural or man-made disasters.

Our Conference Our Kids (OCOK) (Sustaining Love’s Embracing Arms) reports that the generosity
of churches and individuals in 2019 propelled OCOK to exceed expectations by raising
$1,300,000. OCOK is well on its way to celebrating $2,000,000 by the end of 2020. Currently 470
of Illinois Great Rivers Conference churches responded to this call. That leaves 339 still being asked
to partner for the future of the Spiritual Life Ministries at The Baby Fold, Chaddock, Cunningham,
Spero and Lessie Bates Neighborhood House.

Wesley Foundation at SIUC sent thanks for the $1,500 donation from the March to the Manger.
Those funds will benefit students through continued ministry and programs.

SPERO FAMILY SERVICES sent thanks for the $1,000 contribution from the March to the Manger.
Our unwavering support allows staff to provide the same support system to clients. For many,
the support and stability they receive from Spero is life changing. Unlike their previous situations,
it can guide them on the path to becoming a successful adult and living a successful life. Thank you
for your generous support of mission activities locally and across the country and the world.

Thanks for your support, Missions Committee

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 ar-
ea. 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 means deeper relationships with God and one another.

Sunday
March 15th
Hydrate

Sunday
March 22nd
RedefinED

Sunday
March 29th
DEAD END

The flu isn’t over yet!!

Most people with the flu have a mild illness and do not need
medical care or antiviral drugs. If you get sick with flu symp-
toms, you should stay home and avoid contact with others
except to get medical care.

If you have flu symptoms AND are in a high risk group, or
are very worried about your illness, contact your health care
provider. Those at high risk include young children, people
65 and older, pregnant women and people with certain medical conditions. In this is the
case, it is better to contact your doctor early in the illness and remind them about your
high risk status. The benefit of antiviral treatment is greatest if started within 2 days after
the onset of illness.

Common signs and symptoms of the flu include fever or feeling of fever/chills, cough, sore
throat, runny or stuffy nose, muscle/body aches, headaches, fatigue, and sometimes vom-
iting/diarrhea. Not everyone with the flu may have a fever.

Remember, to WASH YOUR HANDS often and keep them away from your face. With the
threat of the flu and the coronavirus scare, it is prudent to greet each other in
church with an elbow bump, nod, or wave, rather than a handshake or hug.
To order tulips and place a memorial/honor listing in the bulletin, return this form to the church office no later than WEDNESDAY, March 25. (You may order a pot of Tulips for $12.00. All dedication information must be turned in to the office by March 25.) There are several plants in each pot. The tulips will be in pink, orange, purple, yellow and red. No choice of color will be given. Please take your flower home on Easter morning after the late service.

Your Name______________________________________________________________

In Memory / Honor of (circle one) ___________________________________________
_______________________________________________________________________

Qty: _______ Enclosed is $12.00 for each flower arrangement. Total $__________

DEADLINE - WEDNESDAY, MARCH 25TH