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.”

Camping

Summer Church camps are a great way for children and youth to accelerate their growth in faith and have a great time. My own kids have had some great experiences at Summer camps, and I value the great experiences our Conference offers. We are especially blessed to have two of the camping locations very near to us, with Little Grassy Camp just minutes away. This year, the Conference has decided not to print a camping guide, but to put the details online. IGRC.ORG/Camping.

From the IGRC Website:

“Camp is a place where fun things happen, but it is so much more than that. Camp impacts lives in significant ways. That impact follows campers home and continues to grow and shape lives long after the camp experience has ended. Parents report that after camp their children are seeing increased self-esteem, independence, and new interests in sharing their faith, reading the Bible, and going to Church. This summer don’t miss an opportunity to change the lives of the children and youth in your community. Your encouragement and support to get young people to camp has never been more important and has the potential to change everything in the life of a child. Join us this summer as we continue our mission to Connect People, Nature, and Christ for the transformation of the world!”

New Office Staff and Hours

Joy Spangler started this week as our new church secretary. We hope you will make her welcome. Joy recently moved to the area when her husband received a calling to serve as a pastor in Murphysboro. Most of the time, it will be her voice that answers the phone. She will perform many of the same duties that Sharon did, however our new Finance Staff person, Sandy Lanzi, will take over payroll and bill paying.

With the transition of office staff, we are changing the church office hours. The office will be open Monday through Thursday, 8 a.m. - Noon and 1 - 5 p.m.

Pray That We Double On Easter

Easter is Sunday, April 12. God blesses Easter Sunday. Even people who don’t go to church are thinking about doing so on Easter. It’s the Sunday of the year when they are most likely to say “yes” if you invite them to come with you. By cooperating with the blessing God has already given to this special day, it is very possible for churches to double their average attendance on Easter Sunday. This isn’t something you do for bragging rights, but because it represents an opportunity to connect with people who don’t have a church home. In your prayer time, consider asking God if there is anyone you should invite this year. Think about Friends, Relatives, Associates, and Neighbors. You might make a list and start praying for them.

God Bless, Pastor Howard
Feb. 13 to Mar. 1

**In Church This Week**

**PARISH Pulse**
As of February 12, 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 February 16 and April 26. Altar Flowers cost $49. Flowers should be paid for in the Church Office prior to the designated Sunday.

**Church Linens:** If you have taken the church linens home to launder, please return them.

**Asburian Deadlines:** Just a reminder that Monday's by Noon is the deadline for submitting articles and other revisions to that week's Asburian. Please send submissions/revisions to barbm@fumccdale.org.

**Commmunion 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:** 25th Annual Taste of Blackness Soul Food Sampler, New Zion Missionary Baptist Church 803 N. Robert A. Stalls Ave., Carbondale, IL, Feb. 29, 2020 at 11:30 a.m., Donation: $10, for tickets or further info, call 457-7075

**SUNDAY - SEVENTH SUNDAY AFTER EPIPHANY**

13 Thursday
5:00 Golden Yoga
5-6:00 Young Adults Group, Youth Room
5:45 Gentle Toning, Stretch and Yoga
6:00 Financial Peace University, Heritage Room
7:00 Choir Rehearsal

14 Friday

15 Saturday
16 Sunday, Sixth Sunday after Epiphany
8:15 Worship Service
9:30 Sunday School
10:45 Worship Service
11:00 Confirmation Class, Rm. 409-Not Meeting
2:00 Youth Ski Trip, departs FUMC
3:00-5 Scouts Girl Troop 66, Fellowship Hall

17 Monday
President's Day — Church Office Closed

18 Tuesday
8:30 Men's Group, Heritage Room
9:00 Golden Yoga, Room 404 *

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

20 Thursday
9:00 Golden Yoga
5:45 Gentle Toning, Stretch and Yoga
6:00 Financial Peace University, Heritage Room
7:00 Choir Rehearsal, Sanctuary
5-6:00 Young Adults Group, Youth Room

21 Friday

22 Saturday

**SUNDAY - SEVENTH SUNDAY AFTER EPIPHANY**

23 Sunday - Seventh Sunday after Epiphany
6:15 Worship Service
9:30 Sunday School
10:45 Worship Service (Chimes will play)
12-2:00 Confirmation Class, Rm. 409
3:00-5 Scouts Girl Troop 66, Fellowship Hall

24 Monday
7-8:30 Scouts Boy Troop 66, Fellowship Hall

25 Tuesday
8:30 Men's Group, Heritage Room
9:00 Golden Yoga, Room 404 *

26 Wednesday
9:00-3 Healing Touch (by Appointment), Room 403
4:45 Handbells
6:00 Grateful Hearts, Room 308
6-7:00 Young Group
8:00 Choir Rehearsal, Sanctuary

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

28 Friday

29 Saturday

1 Sunday - First Sunday in 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

2020 FLOWER CHART
Our 2020 flower chart is ready for sign-ups. It is in the same location: on the wall at the incline, leading to the church office.

**Luncheon & Program, THURS., FEB. 27**
Time: 11:30 a.m.
Location: Heritage Room
Cost: $8

Program: "Sanctuary Choir at Carnegie Hall"
By Bob Weiss

**SAVE THE DATE:** 25th Annual Taste of Blackness Soul Food Sampler, New Zion Missionary Baptist Church 803 N. Robert A. Stalls Ave., Carbondale, IL, Feb. 29, 2020 at 11:30 a.m., Donation: $10, for tickets or further info, call 457-7075

**SATURDAY NIGHT LIVE**
March 7, 2020
5:30 p.m.
Hosts: Gary Hill And Judy & Henry Dillinger
Location: To Be Determined

* A fee is charged.
Disciples for Sunday, February 16, 2020

Altar Flowers are given in honor of our Congregation and Choir.

Acolytes: 10:45: Logan & Lexi Frick
Indoor Greeters: Matt & Laura Bishop & Family
Liturgists: 8:15: Scott Wright
10:45: Bruce Wallace
Sound System Operators: 8:15: Joyce Crippen
10:45: Mike Hanes
February Ushers: 8:15: Sue & Duane Stucky;
10:45: Ron Browning, Joe Lenzini, Lori Palmer, Will Stephens

Coffee Hosts: 8:15: Lyn Christy & Jeff Anderer
10:45: Linda & Rob Lucas
Outside Greeters: The Hinde Family
Van Driver: Dan Anderson, III
Welcome Center: 8:15: Judy Dillinger
10:45: Betty Bishop
February Nametags: Linda Meredith
Children’s Church: Jennifer Woolridge
Children’s Church Regis.: JoVonna Noble
Youth Helpers: Reese Funk, Julie Oberg

Disciples for Sunday, February 23, 2020

Altar Flowers are given by Frances Shiplett in honor of family.

Acolytes: 8:15: Anne Marie Simonds, Margo Simonds
Indoor Greeters: Bud & Vern Koch
Liturgists: 8:15: Ted Pilger
10:45: Janet Earnest
Sound System Operators: 8:15: Joyce Crippen
10:45: Keven Mitchell
February Ushers: 8:15: Sue & Duane Stucky;
10:45: Ron Browning, Joe Lenzini, Lori Palmer, Will Stephens
Parish Nurses: 11:45: Dana Oberg

Coffee Hosts: 8:15: Sue & Duane Stucky
10:45: Lynette & Barry Beaupre
Outside Greeters: Mike & Joyce Vancil
Van Driver: Don Bryant, Jr.
Welcome Center: 8:15: Judy Dillinger
10:45: Jim & Mari Ann Oberg
February Nametags: Linda Meredith
Children’s Church: Necia Jannings
Children’s Church Regis.: George & Shirley Everingham
Youth Helpers: SUPER CHURCH

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

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

Acolytes: 8:15: Reese Matzenbacher, Madison Voss
Indoor Greeters: Leah White & Family
Liturgists: 8:15: Deanna Diel
10:45: Dan Anderson, III
Sound System Operators: 8:15: Joe Swindell
10:45: Keven Mitchell
March Communion Ushers: George Everingham, Jan Waggoner, Bill Shanks

Coffee Hosts: 8:15: Jean Hoagland
10:45: Shelby Seegers
Outside Greeters: Jan & Gary Austin
Van Driver: Brian Gorecki
Welcome Center: 8:15: Sara Pilger
10:45: Judy McNeill
March Nametags: Sue Stucky
March Ushers: 8:15: Ron Diel, Sue Stucky,
Co-Captains, Jean Hoagland;
10:45: Dan Kimmel, Will Stephens, Bruce Wallace, Dan Anderson, Gary Hill

Due to the President’s Day Holiday, No Asburian will be published during the week of February 17, 2020. Sorry for the inconvenience.

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 means deeper relationships with God and one another.

February is heart month
Love your heart – live a healthy lifestyle

Part of the healthy lifestyle is to de-clutter our homes as well as our lives. Here it is, the middle of winter and we need something to do inside. Where to start!!!!

The experts recommend we start with something small, like a drawer or closet. There are things that we know we want to keep – they go back into the room, closet or drawer. Things that we know we don’t want or need go to recycle, trash or give away – sooner rather than later. Don’t forget the medicine cabinet! Stay on top of clutter by dealing with “things” as they occur.

There! Mission accomplished. Now we can allow in more positive energy that will benefit us mentally as well as physically.
First United Methodist Church
And
Wesley Foundation
WELCOME YOU TO
ASH WEDNESDAY SERVICE
FEBRUARY 26, 2020 • 7:00 p.m.

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.

Sock Sunday!!!

Bethel AME Church in Carbondale is asking for help in providing socks for those in need. The Missions Committee is collecting NEW men's socks, such as crew socks, to furnish to Bethel AME Church. We will have "Sock Sunday" on February 16, 2020, and have a goal to fill the Mission Committee wagon that will be in the Narthex. Think of it as a challenge to fill the wagon with new men's socks to benefit those who are served by the Bethel AME Feed My Sheep program and are in need of socks.

Thank you, Missions Committee