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.”

February 2nd
Fourth Sunday after the Epiphany
The Sermon: “God’s Promise of Blessing”  
Rev. Howard White
Scripture: Matthew 5:1-12
Anthem:  
8:15 Trumpet Tune on “Coronation”  
Joe Walczyk, trumpet
10:45 The Morning Trumpet  
Sanctuary Choir, Joe Walczyk, trumpet
Hymns:  
87 What Gift Can We Bring  
206 I Want to Walk as a Child of the Light

February 9th
Fifth Sunday after Epiphany
The Sermon: “God’s Promise of Guidance”  
Rev. Howard White
Scripture: Matthew 5:12-20
Anthem:  
8:15 Thy Word  
Paula McNally, soprano
10:45 Let Your Light Shine!  
Sanctuary Choir
Hymns:  
166 All Praise to thee, for Thou, O King Devine  
585 This Little Light of Mine  
596 Blessed Jesus, at Thy Word  
206 I Want to Walk as a Child of the Light

FIRST Thoughts

It is necessary now and then for a man to go away by himself and experience loneliness; to sit on a rock in the forest and to ask of himself, ‘Who am I, and where have I been, and where am I going?’…If one is not careful, one allows diversions to take up one’s time – the stuff of life.”  
– Carl Sandburg as quoted from a letter to his friend, Ralph McGill

I love this quote for its reminder that we need to take stock of our lives sometimes and be intentional about what we are doing; to ask if “where we have been” fits who we are. Are course corrections in order? Three hundred years ago, John Wesley and the members of “The Holy Club,” a group of students at Oxford University, used to examine themselves every day with a set of 22 questions. It was one of the disciplines that earned them the nickname “Methodists.” I don’t know any modern day Methodists who go through this set of questions every single day, but these questions are a great tool to use at least once a year (some of them more often). Here are the questions:

- Am I consciously or unconsciously creating the impression that I am better than I really am? In other words, am I a hypocrite?
- Am I honest in all my acts and words, or do I exaggerate?
- Do I confidentially pass on to others what was told to me in confidence?
- Can I be trusted?
- Am I a slave to dress, friends, work, or habits?
- Am I self-conscious, self-pitying, or self-justifying?
- Did the Bible live in me today?
- Do I give the Bible time to speak to me everyday?
- Am I enjoying prayer?
- When did I last speak to someone else about my faith?
- Do I pray about the money I spend?
- Do I get to bed on time and get up on time?
- Do I disobey God in anything?
- Do I insist upon doing something about which my conscience is uneasy?
- Am I defeated in any part of my life?
- Am I jealous, impure, critical, irritable, touchy, or distrustful?
- How do I spend my spare time?
- Am I proud?
- Do I thank God that I am not as other people, especially as the Pharisees who despised the publican?
- Is there anyone who I fear, dislike, disown, criticize, hold resentment toward or disregard? If so, what am I doing about it?
- Do I grumble or complain constantly?
- Is Christ real to me?

Scan through these questions. Do you think they might serve you as they have almost three centuries of Methodists? Perhaps they won’t be an everyday discipline, but could they be a way to set yourself up for a year of personal and spiritual growth in 2020? Sandburg is right in saying that if we aren’t intentional about how we live, the stuff of life will take up the available time.

God Bless, Pastor Howard
In Church This Week

As of January 29, 2020

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.

Calendar Dates for 2020: PLEASE come in to the Church Office and write in or call in your church-related events held in February 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.

Paul and Evangeline Chugh
Outstanding High School Graduate Award

To recognize outstanding high school performance of youth associated with Carbondale 1st United Methodist Church who intend to pursue further education by providing financial assistance in the amount of a $500 scholarship

2020 high school graduates may contact church office for the application form, or any questions/concerns: 618-457-2416, fumc@fumc-cdale.org All materials submissions due 3/31/20

CALENDAR OF UPCOMING EVENTS

Feb. 6 Priscilla Circle, 1 p.m.
FINANCIAL PEACE UNIVERSITY
Begins THURSDAY, JANUARY 30
6:00-7:30 p.m.

Join us as we learn about the basics of budgeting, dumping debt, planning for the future, and much more.
This 9 week course includes workbook, lessons, access to website and online community, budgeting tools and much more.
1/30, 2/6, 2/13, 2/20, 2/27, 3/5, 3/12—no class, 3/19, 3/26, 4/2
Childcare will be available if needed.
Cost is $80/family
To register or for more information, contact Necia 457-2416

New Year, Same Promises

Our new sermon series started on January 12th!

"New Year, new you!" This is the message we get from pop culture, year after year. We vow to make changes to our diet, exercise habits or lifestyle, but instead of those resolutions, most things stay the same. This may be cause for disappointment, but there is some consistency we can celebrate. God’s promises to us do not change with the calendar or the latest fitness trend. Rather than focusing our energy and attention on making (an in all likelihood breaking) promises to ourselves, come to Crossroads for our "New Year, Same Promises" series, and let’s spend the first part of the new

Disciples for Sunday, February 2, 2020—Communion Sunday
Altar Flowers are given in honor of our Congregation and Choir.

Acolytes: 8:15: Madison Voss, Rayna Lucas
Indoor Greeters: Alison & Trent Funk & Family
Liturgyists: 8:15: Steve Mitchell
10:45: Debbie Asaturian
Sound System Operators: 8:15: Scott Wright
10:45: Keven Mitchell
February Communion Ushers (10:45) George Everingham,
Jan Waggoner, Bill Shanky
February Communion Committee: 8:15: Sue Stucky;
Kathy Hollister; 10:45: Setup-Jan Weiss & Betty Busbee;
Cleanup-Pat Cuerdt, Elaine Crain, Luan Neal

Coffee Hosts: 8:15: Deanna & Ron Diel
10:45: Alison & Trent Funk
Outside Greeters: John & Sally Washburn
Van Driver: Don Bryant, Jr.
Welcome Center: 8:15: Barb Bedient
10:45: Elaine Crain
February Nametags: Linda Meredith
February Ushers: 8:15: Sue & Duane Stucky; 10:45: Ron Browning, Joe Lenzini, Krishna Balasubramanian, Lori Palmer, Will Stephens

Disciples for Sunday, February 9, 2020—Scouting Sunday
Altar Flowers are given by Kathy Hollister in memory of her sister Janese and nephew Christopher.

Acolytes: 8:15: Paige Hefferman
Olivia Bishop
Indoor Greeters: Ed & Sue Tresnak
Liturgyists: 8:15: John Brocato
10:45: Guy Inderante
Sound System Operators: 8:15: Scott Wright
10:45: Dow White
February Ushers: 8:15: Sue & Duane Stucky;
10:45: Ron Browning, Joe Lenzini, Krishna Balasubramanian, Lori Palmer, Will Stephens

Coffee Hosts: 8:15: Kathy Hollister
10:45: Lane & Joe Hudgins
Outside Greeters: The Hinde Family
Van Driver: Brian Goreski
Welcome Center: 8:15: Deanna Diel
10:45: Mary Lou Goodman
February Nametags: Linda Meredith
Parish Nurses: 9:15 Betty Craig
Children’s Church: Tabitha Koch
Children’s Church Regis.: Sharon Sims
Youth Helpers: Michael & Abby Koch

A New Young Adults And
College Students Group

THURSDAYS, BEGINNING 2/6, 5-6PM,
FUMC CARBONDALE

Relax and share spiritual life and experiences in the week
Seek rich fellowship and mutual accountability
Spiritual conversation and prayer!
Other fun activities

Please help spread the news and pray for it, and contact Yiwen for any question/interest: yiwenb@fumc-edale.org, 618-457-2416

New Year, Same Promises

Our new sermon series started on January 12th!
Congratulations!!!

Your generous offering to the 2019 March to the Manger totaled $30,155.50! Thank you for your giving, and for supporting the many varied missions carried out by the agencies on our agency list and those not on the list that you designated. Numerous local, regional, national, United Methodist Great Rivers Conference and United Methodist Global Mission programs and activities were supported by your offering.

Thank you, Missions Committee

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. Main Topic: “Leaders of the Community” - Feb. 9 Sunday School—”David”

Feb. 2 Sunday School—”Deborah”

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.

Youth Ski Trip

2/16-17, Paoli Peaks, IN

Register by 2/10: ylwenbit@yahoo.com. 979-422-0108

$30 (including meals, transportation, lodging, and skiing cost)