Dear Friends,

February is upon us and so is cold weather. As I write this the weather experts are saying that on Tuesday we may have a low of 4 degrees and a high of only 30! Then, on Wednesday a low of 10 and a high of only 11!! Oh, I can’t wait. Cold weather is one of those things we really can’t control….well, the weather in general we can’t control, but we would like to. The only way we can control the cold weather is to go south or somewhere else in a tropical climate. Some of our “snow bird” friends have already done that. As for the rest of us, we will stay here and endure the painfully cold weather that may come our way. We just have to deal with it.

There are a lot of things in life that way. When we have these things come across our path we have a choice to make; are we going to let a situation or event ruin our whole attitude about life in general or are we just going to deal with it. We can kick and scream and make our life and those around us miserable or we can just deal with it. Now, there is this feeling in us that says to kick and scream and let everyone know about how we feel. When we do this we may feel better for a second or two and then we realize we have made our lives and the lives of those around us miserable.

What I have learned about myself is, when I have a situation that I can’t fix, if I just stay with it and push my way through I am happier than if I get angry. The reason is that I don’t have to fix a relationship that may have been damaged by my being angry and expressing my anger in a less than productive way. As a matter of fact, there are times when I am a little “cranky” as some would say (especially my spouse and children) and if I think about it the reason often is that I have let something anger me because I couldn’t fix it. This may be a situation or a person that I can’t fix, but my attitude about everything else is affected. I have to tell myself that it isn’t someone else’s fault I am disagreeable, it is a choice I made to let a situation get to me. As most of us have heard over and over, “You can’t always control things in life, but you can control how you deal with them.” This is true, isn’t it.

So, these next few days I will get out my heavier coat, maybe even try and find my sock cap, and just deal with the cold weather without getting angry. Remind me I said this if you find me a little “cranky,” will you?

See You Sunday,

Alan
In Church This Week

**February**

1. **Friday**
   - 9:30 Golden Yoga, Room 404

2. **Saturday**
   - 5:30 Saturday Night Live, Bandana’s

3. **Sunday**
   - **Communion Sunday**
     - 8:15 Worship Service
     - 9:30 Sunday School
     - 10:45 Worship Service

4. **Monday**
   - 5-8:00 Good News Sing, Atrium

5. **Tuesday**
   - 8:30 Men’s Group, Heritage Room
   - 9:00 Daniel Plan Essentials, Room 403
   - 10:15 Golden Yoga, Room 404

6. **Wednesday**
   - 9:00-3 Healing Touch (by apt. only), Rm 403
   - 10:00 Children’s Story Time, Diane Neill Dorsey Memorial Children’s Library, Room 413
   - 4:45 Handbells Rehearsal, Rm 418
   - 6:00 Scout Committee
   - 6:00 Grateful Hearts, Room 308
   - 6:00 Youth Group, Chapel

7. **Thursday**
   - 1:00 Priscilla Circle
   - 4:00 Chimes Rehearsal, Rm. 415
   - 5:45 Gentle Toning, Stretch and Yoga, Rm 404
   - 6:00 Education Committee
   - 7:00 Choir Rehearsal, Sanctuary

8. **Friday**
   - 9:30 Golden Yoga, Room 404

9. **Saturday**
   - **Scouting Sunday**

10. **Sunday**
    - **Blood Pressure Sunday**
      - 8:15 Worship Service
      - 9:30 Sunday School
      - 10:45 Worship Service

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**Call for Volunteers:** We need volunteers to be Usher Captains for May/November 2019. Regular Ushers needed at 8:15 a.m. for February/August and June/December. **There are no Volunteers at this time for the 8:15 a.m. services in February and August.** Please call the Church Office to volunteer.

**Call for a Volunteer:** Volunteer needed to update the Church bulletin boards on the Sanctuary level on a regular basis.

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**CONCERNS**

If you would like yourself or a family member removed from or placed on the Concerns List, please notify the office (457-2416). The information on this sheet is printed on Thursday mornings.

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**SATTURDAY NIGHT LIVE**
February 2, 2019
5:30 p.m. at Bandana’s

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**Disciples for Sunday, February 3, 2019**

**Coffee Hosts:** 8:15 Deanna & Ron Diel; 10:45 Sara & John Hinde

**February Nametags:** Linda Meredith

**Outside Greeters:** Mike & Joyce Vancil

**Van Drivers:** Dan Anderson III

**Welcome Center:** 8:15 Deanna Diel; 10:45 Elaine Crain

**February Ushers:** 8:15 Volunteers Needed; 10:45 Ron Browning, Joe Lenzini, Lori Palmer, Krishna Balasubramanian, Will Stephens

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**STORYTIME**
Parents and children are invited to join us

WEDNESDAYS 10:00 - 12:00 A.M.

Diane Dorsey Memorial Children's Library

Join Ms. Jane for stories, music, games, and crafts as we learn about the Bible and how Jesus taught us to live and love.
**Event:** Opening to God 2019: A Retreat  
**Purpose:** Providing immersion experiences to explore spiritual disciplines that people don’t often practice, such as Dayenu, praying in color, Taize prayer, Ignatian meditation and so on  
**Date:** 2/15 (Friday, beginning from 4pm) and 2/16 (Saturday, ending at 5:30pm)  
**Place:** Little Grassy Camp  
**Cost:** $75, or $50 for commuters (includes Saturday breakfast and lunch); if plus Friday sack supper, $84, or $59 for commuters  
**Registration:** [www.igrc.org/openingtoGod](http://www.igrc.org/openingtoGod), by 2/1  
**Note:** If youths, young adults or young families are interested and need financial support, please contact Yiwen

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**CALENDAR OF UPCOMING EVENTS**

Morning Circle will not meet in January or February.  
Feb. 7—Priscilla Circle, 1 p.m.  
March 7—Priscilla Circle, 1 p.m.  
March 19—Morning Circle, 10 a.m.  
April 4—Priscilla Circle, 1 p.m.  
April 16—Morning Circle, 10 a.m.  
April 27—UMW Cache River District Meeting  
  Location: Grace United Methodist Church

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**SUNDAY, FEBRUARY 10, 2019**

Boy Scout Sunday marks the founding of the Scouts in the United States. February 8, 1910 was the founding of the Boy Scouts of America by W.D. Boyce. The first Scout Sunday was in 1914. The Scout Law says that a “Scout is Reverent” and Scouts of all ages promise to do their “Duty to God.” These values strengthen youth character in their family, community, and faith. FUMC recognizes the value of scouting today, and throughout the year.
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.

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: “Family Wisdom” — February 3 Sunday School— “Families Remember God”

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 Room 414 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 - Renew is a group of women seeking deeper meaning in their lives through Bible study, reflection and prayer. Currently, they are studying Unshakable Hope, Building Our Lives on the Promises of God by Max Lucado. They meet in Room 402. Women of all ages are welcome.

The Investors Class - The Investors Class will resume THE STORY CONTINUES in Room 404, the Chapel. Everyone welcome!

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
The Daniel Plan Essentials meets in Room 403 at 9:00 a.m. on Tuesdays. Join us on Feb. 5 and Feb. 12 for a viewing and discussion of Bishop Frank Beard’s Briefing on the General Conference 2019 to be held in St. Louis, Feb. 23-26. Everyone welcome.

Grateful Hearts meets on Wednesdays at 6 p.m. in Room 308. They are studying Anxious for Nothing by Max Lucado.

Youth Group meets on Wednesdays at 6 p.m. in the Chapel.

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.

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

Golden Yoga meets on Tuesdays at 10:15 a.m. and on Fridays at 9:30 a.m., Room 404, the Chapel.

Get Connected...to great opportunities for spiritual growth and fellowship on your Christian journey.