Dear Friends,

Well, we have started going through things and deciding what we want to take with us when we move. For me, one of the worst parts about retiring is packing and the physical moving. You have to go through everything and decide what will be kept and what will go. Have you ever come across something, studied it, and wondered why in the world you kept it? I told Connie, let’s keep some of those things and let our children, when we are dead and gone, find it, study it, and ask why in the world we kept it. I told her, I would do it with some of my stuff if she wanted. She was not amused. So, here we go, keep this, get rid of that. We told ourselves ten years ago that we would not keep much “junk” as we had in the past. Well, it has turned out not to be true. I don’t think we lied, I just think we forgot we said it or maybe things just accumulate on their own. Either way, the task has begun to go through our possessions. I often think about the possibility that I might find something I forgot I had that is worth a fortune, but, alas, it probably won’t happen. Ten years ago, when we moved here, I promised Connie that I would get rid of a bunch of stuff I had kept for several years. I did that and since then there are some of these things that Connie asks me where such and such is and I tell her I got rid of it when we moved here. She then asks me, “Why did you do that?” I tell her, as lovingly as I can, “Well, you told me to get rid of things and so I did.” As you can guess, that turned out to be the wrong answer. “I didn’t tell you to get rid of that” is her response. Then, we move on….

It is hard to get rid of things we have had for a while isn’t it. We may have some sentimental attachment to it or we have had it a long time. We may have even forgotten we had it, whatever it is, but we have kept it. Whatever the reason, we struggle getting rid of it. This can be true of the emotional and spiritual parts of life as well. We may have an experience that was not pleasant and we pack it away and carry it with us wherever we go. For example, we may have a feeling of ill will for another person and when we see them we may feel the same old feelings creep back again. We may even feel as strongly about it remembering it as we did when it occurred. There may be a time in our life when we hurt someone else by our actions or words. Then, something happens that causes us to remember the incident and the guilt and uneasiness hit us again. We all experience these and other feelings like them from time to time.

We may even have the same or similar feelings in our relationship with God. We may have been angry with God sometime in our past. We may even feel as though we have failed God sometime. Something happens and we remember the trouble in our past with the same intensity as when the event occurred. Here is the beauty of our faith. Through God’s grace we can know that these things are long gone if we have asked forgiveness for them. They are not even a part of our history, they are as if they never occurred in the first place. What a beautiful thing God’s grace is! Maybe it is time for us to go through the “junk” that we have been carrying with us and just let it go. And maybe it is time to let God’s grace take those negative things that are a part of our relationship with God and throw them away. No one will ever ask, “Why did you get rid of that?”

We may even have the same or similar feelings in our relationship with God. We may have been angry with God sometime in our past. We may even feel as though we have failed God sometime. Something happens and we remember the trouble in our past with the same intensity as when the event occurred. Here is the beauty of our faith. Through God’s grace we can know that these things are long gone if we have asked forgiveness for them. They are not even a part of our history, they are as if they never occurred in the first place. What a beautiful thing God’s grace is! Maybe it is time for us to go through the “junk” that we have been carrying with us and just let it go. And maybe it is time to let God’s grace take those negative things that are a part of our relationship with God and throw them away. No one will ever ask, “Why did you get rid of that?”

See You Sunday,

Alan
**In Church This Week**

**February**

- **Thursday, February 21**
  - 4:00 Chimes Rehearsal, Rm. 415
  - 5:45 Gentle Toning, Stretch and Yoga, Rm 404
  - 7:00 Choir Rehearsal, Sanctuary

- **Friday, February 22**
  - 9:30 Golden Yoga, Room 404

- **Saturday, February 23**
  - 8:30 Worship Service
  - 9:30 Sunday School
  - 10:45 Worship Service
  - 10:45 Super Church, Chapel

- **Monday, February 25**
  - 5:00 Mission Committee, Heritage Room

- **Tuesday, February 26**
  - 8:30 Men’s Group, Heritage Room
  - 9:00 Daniel Plan Essentials, Room 403- NOT MEETING
  - 10:15 Golden Yoga, Room 404- NOT MEETING

- **Wednesday, February 27**
  - 9:00-3 Healing Touch - NOT AVAILABLE
  - 10:00 Children’s Story Time, Diane Neill Dorsey
  - 10:00 Memorial Children’s Library, Room 413
  - 4:45 Handbells Rehearsal, Rm 418
  - 6:00 Grateful Hearts, Room 308
  - 6:00 Youth Group, Chapel

- **Thursday, February 28**
  - 4:00 Chimes Rehearsal, Rm. 415
  - 5:45 Gentle Toning, Stretch and Yoga, Rm 404
  - 7:00 Choir Rehearsal, Sanctuary

**March**

- **Friday, March 1**
  - 9:30 Golden Yoga, Room 404 - NOT MEETING

- **Saturday, March 2**
  - 10:00 Memorial Service for Bob Buser
  - 5:30 Saturday Night Live at Hunan’s, hosted by Don and Jean Boehne

- **Sunday, March 3**
  - 8:15 Worship Service
  - 9:30 Sunday School
  - 10:45 Worship Service

**General Conference:**

The special session of the General Conference is coming up, and will be held on February 23-26, Sat.-Tues. 2019 in St. Louis. You may find details online at [https://www.umc.org/topics/general-conference-2019-special-session](https://www.umc.org/topics/general-conference-2019-special-session).

Live video stream is also available during the session, and you can check that out here at [https://www.umc.org/who-we-are/general-conference-2019-live-video-stream-english](https://www.umc.org/who-we-are/general-conference-2019-live-video-stream-english) (start’s on Feb. 23rd, 9 AM with the opening worship.) Some have shown interest in visiting the site during the session to volunteer or to pray. You may do so by visiting [https://www.iep.org](https://www.iep.org) and click on the banner “VOLUNTEER GC2019.” I also invite you to pray, at your pace, for the conference, delegates, and our church - daily, if you may, for 4 minutes from 2:23 through 2:26 AM or PM (reflecting the dates of the conference.)

You can join [https://UMCPray.org](https://UMCPray.org) for prayer guides, meditations, and even to pray over names of our 864 delegates!

**Call for Volunteers:**

We need volunteers to be Usher Captains for May/November 2019. Regular Ushers needed at 8:15 a.m. for August and June/December. Please call the Church Office to volunteer.

**Saturday Night Live:**

Join us at Hunan’s for Saturday Night Live, March 2, 2019, at 5:30 p.m. Your hosts for the evening will be Don and Jean Boehne.

**Help the Sanctuary Choir Sit Down:**

When we move back into the renovated choir room, we need new chairs which better support good posture for singing. The choir members (and a few other friends) have contributed enough money for about three-fourths of what we need. If you would like to buy a chair, or part of a chair, the cost is $80 per chair. Donations in any amount would be welcome.

**Thank You:**

Our thanks to Jody Christopher for bringing the beautiful flowers from the Church to the residents of Liberty Village. Melva Holbrook

**Thank You:**

Dear Pastor Alan and First United Family, Thank you so much for allowing me the opportunity to use your beautiful church for my Master of Music recital. I appreciate your generosity and I have loved singing in the sanctuary choir. Sincerely, Rachel Alessio

**First United Methodist Church welcomes you to Ash Wednesday Service**

**March 6, 2019 • 7:00 p.m.**

**Blood Drive**

**SIGN UP TODAY! AMERICAN RED CROSS BLOOD DRIVE at FUMC**

Monday, March 4

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](http://www.redcrossblood.org)
CAMP OUT 2019: Getting Smore of Jesus

An afternoon outdoorsy camping adventure! Bible learning experiences, team-building games, cool camping songs, and Bible adventures are just a few of the activities that help faith flow into real life.

When: Friday, April 5 Noon-6:00 pm
Where: Little Grassy United Methodist Camp
Who: Kindergarten—5th Grades

A number of the local schools will be dismissing on that afternoon. Transportation to the camp is provided, leaving the church parking lot at noon. We will have lunch and a fun afternoon of activities. Parents and families are asked to join us at the camp, 5:00-6:00 p.m. for a wiener roast and a closing family time.

Pick up is at the camp. Watch the mail for registration information.

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.

Parents and children are invited to join us
Wednesdays 10:00 - 11:00 a.m.

CALENDAR OF UPCOMING EVENTS

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

Lenten Devotionals

The Sanctuary for Lent—Journey...from Ash Wednesday to Easter Day, considering the dimensions of Christian discipleship that lead us into deeper relationship with Christ and our hurting world.

Available in the narthex

Love Life, Live Lent

A unique booklet that helps children change the world for the better during Lent by undertaking one small action at a time. Youth version also available.

February is heart month – both Valentine’s-type hearts and the heart that lives in your body. Taking care of the heart that lives in your body is a full-time job, not just a once-a-year thing. Heart health is good health for our entire being. We have a poster in the nurse’s office that reflects Healthy Habits for Life. The main points are to:

Move more
Be active every day
Walk when you can
Find time to play

Rest & Reflect
Enjoy quality time
Relieve stress
Make time for hobbies
Have a positive attitude

Eat Healthy, Choose Wisely

Eat according to your hunger
Plan family meals
Drink plenty of water
Eat a variety of foods

LOVE YOUR HEART – LIVE A HEALTHY LIFESTYLE

Did you know that Carbondale has a winter farmer’s market? If you miss going to the west side of town and shopping in the parking lot, try going to the high school on the east side of town for an indoor experience during the winter months. Some of the same vendors that you are used to seeing will be there. Also, what doesn’t sell goes to the coop in the Murdale Strip Mall. You can find these goods on sale there at a reasonable price. Shop local. Shop fresh. Shop healthy.
Be sure to wish the following members of our Church family, best wishes for a happy birthday in March 2019.

March 1  J.D. Caldwell  March 11  Candee Carbaugh  March 20  Sean Henry
March 2  Aspen Cook  March 12  Phil Gilbert  March 20  Craig Keller
March 3  Phoebe Steinmetz  March 13  Meredith Brown  March 21  Linda Lucas
March 4  Luke Winters  March 14  Zinnia Byford  March 21  Laura Hatcher
March 5  Phil Eberle  March 15  Sidney Smith  March 22  Susan Grots
March 6  Vern Koch  March 16  Barb Bedient  March 23  Jackie Intravaia
March 7  Barbara Stotler  March 17  Ellen Bell  March 23  Brian Matzenbacher
March 8  Toni Ledbetter  March 18  Neil McCain  March 24  Ella Vancil
March 9  Sue Stucky  March 19  Sally Wright  March 25  Debbie Asaturian
March 10  Glenn Brown  March 20  Andrew Young  March 25  John Dosier
March 11  Norah Flyger  March 21  Aubrey Hefferman  March 25  Samantha Galloway
March 12  Debra Goodwin  March 22  Naomi Maili  March 25  Joyce Hesketh
March 13  Melva Hoffbrook  March 23  Trey Rush  March 25  Jeff Ledbetter
March 14  Armen Asaturian  March 24  Brendan Gallegly  March 26  Duane Stucky
March 15  Jacob Cook  March 25  Garrett Rodgers  March 26  Mike Neill
March 16  Susan Frey  March 26  Cindy Bertsch  March 26  Rachel Wallace-Tigaron
March 17  Simone Prozesky  March 27  Bonnie Lewis  March 27  Kara Benyas
March 18  Quincy Scott Jr  March 28  Sarah Glasser  March 28  Nevaeh Wright
March 19  Linda Bivens  March 29  Mary Jane Phelps  March 29  Bettye Doerr
March 20  Lorraine Stadt  March 30  Christine Rice  March 29  Julia Oberg
March 21  Kathy Booziotis  March 31  Phyllis Wallace  March 30  Don Bryant Jr
March 22  Kristen Flyger  March 31  Hannah Baker  March 30  John Gilbert
March 23  Wilson Gofron  March 31  Ben Jones  March 30  Justin Vancil
March 24  Larry Meyer  March 31  Ethel Watson  March 31  Molly Stephens
March 25  Maggie Byford

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 24 Sunday School—“Family Proverbs”

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 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. The group will not meet on Feb 26. Everyone welcome.

Grateful Hearts meets on Wednesdays at 6 p.m. in Room 308. They are studying Bad Girls of the Bible by Liz Curtis Higgs.

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.