

ROBINSON FIRST UNITED METHODIST CHURCH • FEBRUARY 2020

The Herald

Listening to God's Heart from the heart of the city.



BE HEART HEALTHY!

When it comes to the idea of being “heart healthy,” we tend to think of physical health. However, this term can also relate to spiritual health. Look inside for details!

From the Pastor's Desk

During the month of February, we tend to think about the heart more than we do during other months. Obviously, we think about it because of Valentine's Day, so love is in the air. I also think we're still in the mindset of following our New Year's resolutions, which usually involves changes to diet and exercise. All of us want to be heart healthy - but we usually think of that in terms of our physical health. If we're astute, we think of heart healthiness for our emotions.

Rarely, though, do we think about heart health in terms of our spirit. We measure spiritual health in terms of how we love God and our neighbors. In order for our spirits to be heart healthy, we need to exercise them, just as we do our physical heart (think about cardiovascular exercise). We need to flex our spiritual muscles in order for them to be in tip-top shape, but how do we do that?

Over the next few months, *The Herald* will look at five different spiritual muscles that we need to exercise - I won't tell you exactly what they are now, because everyone likes to be surprised, but I will tell you that they have something to do with Wesley and the means of grace. The means of grace are things that we do to strengthen our relationship with God (works of piety) and with our neighbors (works of mercy). If you want to know more about these means of grace, you'll be able to read them in chapter six of our study *Living as United Methodist Christians*, or you can join us for Sunday School in Asbury Hall on February 9 to discuss them.

My hope for First UMC in 2020 is that we work together to exercise our spiritual muscles, and see what God's Spirit can do!

I will see you in worship (incidentally, that's one of the ways that you can exercise your spirit!)

A handwritten signature in black ink, reading "Jay Regan", enclosed in a thin black rectangular border.

Pastor Jay



NOW Soup Supper Fundraiser

- Kirbie Ackman

February is all about love and the heart! I like to think that we take care of several students hearts when they open that weekend meal bag. These students see what the hearts of so many volunteers and members of the community that donate has given to them. When it comes to being heart healthy I honestly cannot think of anything better for a person's heart than a warm bowl of soup, fellowship with friends and loved ones and helping support the children of our amazing community. I hope you join us on Wednesday, March 4th for our third annual Fundraising Soup Supper! The meal will begin at 6:00 pm and go until 8:00 pm. The meal will be free will donation. I will have a signup sheet in the narthex for anyone that would like to donate a soup, a dessert, etc. Scherrie Chamblin will be back selling Pampered Chef items, another fundraising effort for NOW! She will be set up in Asbury ready to help with all your purchases.

Come out and eat some yummy soup and help support this awesome program!

Just One Item

The Just-One Item for February will be a hair brush and/or a comb. If you would like to make a donation, please place the item in the box located outside of the church office.

Scout Sunday & Brunch

We will be celebrating Scout's Duty to God and thanking YOU, our home church, on Sunday February 16th. We will again have our World Famous (well almost) Brunch starting at 10:00 am after Service. All food will be provided and any monetary donations will go towards our Boy Scout Troop and Venturing Crew that Robinson FUMC supports.

A "Heart Healthy" thought from the Finance Committee

Have you ever saved money in order to purchase something you really wanted? How did you treat it after you bought it? Chances are you took steps to make sure you took care of it. When you invest your own money into something, your heart is in it. This is how the things of God work, too. Jesus said in Matthew 6:21, "For where your treasure is, there your heart will be also." Be a good steward of your finances. Treat your relationship with God & your church family like a treasure. It will bring you lasting rewards.that you read it for more details!

Care News From Stephen Ministry

Stephen Ministry began the new year with not only two additional training sessions, but also additional “homework”. The Stephen Ministry team was tasked with contacting local care programs and agencies to learn more about the services offered to our community. This information is being compiled into a folder for use by those involved in Stephen Ministry. Additional services will be added to this on-going resource. On January 8, Janelle taught Module 11: Using Other Resources, and Pastor Jay taught Module 12: Ministering to Grieving on January 22. All of our training is helping us prepare to help people heal their hearts emotionally and spiritually after going through difficult life situations.

The February 2nd Wednesday dinner will be sponsored and hosted by Stephen Ministry. Please join in on the fun and good food on Wednesday, February 12 at 5:30PM. The theme for the dinner is heart-healthy love, the menu is Italian: traditional lasagna, vegetable lasagna, chicken tetrazzini, tossed salad, bread, and a variety of desserts. A free-will donation would be appreciated for the on-going work of Stephen Ministry. Share some time with loved ones while supporting our ongoing efforts and preparation to walk with people one-on-one.

Stephen Ministry has a display in the narthex. Please check it periodically for up-to-date information on this ministry. Please remember, the Stephen Ministry team is available to pray with, for and beside anyone requesting prayer. Please contact us personally or fill out a prayer card at the display if you would like prayers. You can also join us for prayer each Sunday at 10:00AM, immediately following the Sunday morning service in the chapel just inside the northwest entrance. Stephen Ministry is active at FUMC, and we are available for everyone.

February Training Modules:

February 12: Module 13 - Depression: SM's Role
presented by Janis Daughtery

February 26: Module 14 - Helping Suicidal Persons
presented by Marcia Schmidlin

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let our hearts be troubled and do not be afraid. John 14:27



Employee of the Month

The SPRC would like to recognize Brenda Graham as Employee of the Month for January, and Danielle Stuller for February! Congratulations!



Guard Your Heart

- Dennis Inboden

We only have one heart, and we can not live without it.
You would think that we would take better care of it.
You would think that we would make it our top priority.
Maybe we all need a check up from time to time.
We often think that we are doing just fine, when actually we are not doing so well at all.
Maybe we all need a come to Jesus moment.
That happens here at FUMC every Week!

We often think that it is the big things that make the most difference, when actually it is the vast sum of smaller things that add up and make the biggest difference. That's what is called discipline.

The things that we do each and every day are what matter the most.
The things that we eat, or don't .
The things that we drink, or don't.
The walk that we take, or not.
The rest that we get, or not.
The way we treat people.
The compassion that we have for others.
What we put into our bodies makes a big difference, physically, spiritually, and mentally.
It is important that we put good things into our body.
What kind of fuel are you running on these days?
Tired of fake news (you choose the channel), turn off the TV, and pick up the Bible for a change.
It's true, cover to cover.

Proverbs 4:23 New International Version (NIV)

*Above all else, guard your heart,
for everything you do flows from it.*

The wording that King Solomon uses in this passage is very powerful.
When he says "Guard" you heart above all else, he is saying that Nothing is more important.
This is a matter of life and death.
The word Guard refers to the body Guard of the King.
The most fierce of all warriors!
Someone who is always focused on the task assigned to him.
Someone that is not to be messed with.
We must be on our Guard!
Look inward, look onward, and look upward!
Keep your eyes upon the task assigned to you.
Take care of yourself.
Take care of others.
Be an active part of the Body of Christ.
You are the "Heart of the Church"!

February Birthdays

2/1	Tabitha Seaney, Katie Hartke
2/2	Mary Jane Parker, Nicholas Ramos
2/4	Lenzi Ippolito
2/5	Allie Oxford, Nadene Keene
2/7	Taya Harmon
2/8	Brenda Graham
2/9	Krystal Damron
2/10	Jack Frakes
2/11	Rodney Frakes, Dalton Davis
2/12	Dan Inboden, Lori Treadway
2/14	Dorcas Sills, Martin Williamson
2/15	Linda Hutchens
2/16	Ruth Parrott
2/18	Walt Conner
2/20	Katelin Veenstra
2/22	Greg Catt
2/24	Connie Carter
2/25	Jane Elliott
2/26	Trevor Carter

February Anniversaries

2/1	Walt & Margaret Conner
2/14	David & Mary Correll
2/16	Guy & Shirley Treadway
2/28	Larry & Kay Bonnell

Prayer Requests

John, Jeremy, and Greg Markello; Carol Wolf; Carl and Helen Blanton; Michael Brady; Patty Steele; Cathy Thomas; Judson Richardson; Jennifer Newlin; Julie Zhang; Bill Thompson; Michael Keene; John Larrabee; Nicole Young; Evan Prah; Margie Moore McNamara; Richard Youngs; Kay Young; Joan Fulling; Nancy & Charlie Young; Fred White; Vonnetta Shipman; Becky Goodwin; Caius Bell; Ray & Nelda Dotson; Kim Collins; Claudette Mejean; Ava Seaney; Demmie Long; Jaycie Hoagland; Emma Bodine; Charles Hough; Charley Clark; Sheltyn James Henry; Coleen Roach; Layton Roy; Susan Rodgers; Norris Adams; Rick Pritchard; Helen Larrabee; Laurie Vaughn; Bill Jones; Kay Bonnell; Rhonda Murphy; Wally Leggit; Joe Schmidlin; Cathy Frakes, Maxine Rodgers; Debbie Nichols; Judy Eckert; Bernice Kibler; Lisa Schaefer; Shirley Wakefield; Cindy Beard; Matthew Williams; DJ Fouts; Debbie Summerfield; Kasey Harbin; Madelyn Storckman; Rhea Hayden; Austin Brasfield, Bob Callier; Jessica Collins; Larry Potts; Shirley Treadway; Eloise Jewell Hoagland; Rick Richardson; Patricia Hodgson; Pamela Hart; Sue Goebel; June Watson; Mike Bell; Maria Reis; Paul Davis; Marlene Bowen Benson; Craig Waggoner



FEBRUARY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>2</p> <p>8 & 11 am</p> <ul style="list-style-type: none"> - Chancel Choir Rehearsal <p>9:00 am</p> <ul style="list-style-type: none"> - Worship <p>10:00 am</p> <ul style="list-style-type: none"> - Sunday School <p>6:00 pm</p> <ul style="list-style-type: none"> - Evening Worship 	<p>3</p> <p>6:00 pm</p> <ul style="list-style-type: none"> - Couples Small Group 	<p>4</p> <p>11:00 am</p> <ul style="list-style-type: none"> - MATS <p>6:00 pm</p> <ul style="list-style-type: none"> - Christian Believer 	<p>5</p> <p>6:30 am</p> <ul style="list-style-type: none"> - Refresh Breakfast & Bible Study <p>3:00 pm</p> <ul style="list-style-type: none"> - Kids' Club <p>5:30 pm</p> <ul style="list-style-type: none"> - LTC Softball <p>Appreciation Meal</p>	<p>6</p> <p>9:30 am</p> <ul style="list-style-type: none"> - Christian Believer <p>4:00 pm</p> <ul style="list-style-type: none"> - NOW Weekend Bagging <p>6:00 pm</p> <ul style="list-style-type: none"> - Jail Ministry 	7	8
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<p>9</p> <p>8 & 11 am</p> <ul style="list-style-type: none"> - Chancel Choir Rehearsal <p>9:00 am</p> <ul style="list-style-type: none"> - Worship <p>10:00 am</p> <ul style="list-style-type: none"> - Sunday School <p>6:00 pm</p> <ul style="list-style-type: none"> - Evening Worship 	<p>10</p> <p>6:00 pm</p> <ul style="list-style-type: none"> - Couples Small Group 	<p>11</p> <p>11:00 am</p> <ul style="list-style-type: none"> - MATS <p>6:00 pm</p> <ul style="list-style-type: none"> - Christian Believer 	<p>12</p> <p>6:30 am</p> <ul style="list-style-type: none"> - Refresh Breakfast & Bible Study <p>3:00 pm</p> <ul style="list-style-type: none"> - Kids' Club <p>4:00 pm</p> <ul style="list-style-type: none"> - NOW Weekend Bagging <p>5:30 pm</p> <ul style="list-style-type: none"> - Second Wednesday Dinner <p>6:30 pm</p> <ul style="list-style-type: none"> - Stephen Ministry Training 	<p>13</p> <p>9:30 am</p> <ul style="list-style-type: none"> - Christian Believer <p>6:00 pm</p> <ul style="list-style-type: none"> - Jail Ministry - Glory Handbell Rehearsal 	14	15
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<p>16</p> <p>8 & 11 am</p> <ul style="list-style-type: none"> - Chancel Choir Rehearsal <p>9:00 am</p> <ul style="list-style-type: none"> - Worship <p>10:00 am</p> <ul style="list-style-type: none"> - Sunday School <p>6:00 pm</p> <ul style="list-style-type: none"> - Evening Worship 	<p>17</p> <p>6:00 pm</p> <ul style="list-style-type: none"> - Couples Small Group 	<p>18</p> <p>11:00 am</p> <ul style="list-style-type: none"> - MATS <p>6:00 pm</p> <ul style="list-style-type: none"> - Christian Believer 	<p>19</p> <p>6:30 am</p> <ul style="list-style-type: none"> - Refresh Breakfast & Bible Study <p>3:00 pm</p> <ul style="list-style-type: none"> - Kids' Club <p>6:00 pm</p> <ul style="list-style-type: none"> - Committee Meeting <p>7:00 pm</p> <ul style="list-style-type: none"> - Church Council 	<p>20</p> <p>9:30 am</p> <ul style="list-style-type: none"> - Christian Believer <p>4:00 pm</p> <ul style="list-style-type: none"> - NOW Weekend Bagging <p>6:00 pm</p> <ul style="list-style-type: none"> - Jail Ministry 	21	22
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<p>23</p> <p>8 & 11 am</p> <ul style="list-style-type: none"> - Chancel Choir Rehearsal <p>9:00 am</p> <ul style="list-style-type: none"> - Worship <p>10:00 am</p> <ul style="list-style-type: none"> - Sunday School - Boy Scout Brunch <p>6:00 pm</p> <ul style="list-style-type: none"> - Evening Worship 	<p>24</p> <p>6:00 pm</p> <ul style="list-style-type: none"> - Couples Small Group 	<p>25</p> <p>11:00 am</p> <ul style="list-style-type: none"> - MATS <p>6:00 pm</p> <ul style="list-style-type: none"> - Christian Believer 	<p>26</p> <p>6:30 am</p> <ul style="list-style-type: none"> - Refresh Breakfast & Bible Study <p>3:00 pm</p> <ul style="list-style-type: none"> - Kids' Club <p>6:00 pm</p> <ul style="list-style-type: none"> - Ash Wednesday Service <p>6:30 pm</p> <ul style="list-style-type: none"> - Stephen Ministry Training 	<p>27</p> <p>9:30 am</p> <ul style="list-style-type: none"> - Christian Believer <p>4:00 pm</p> <ul style="list-style-type: none"> - NOW Weekend Bagging <p>6:00 pm</p> <ul style="list-style-type: none"> - Jail Ministry - Glory Handbell Rehearsal 	28	29
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