

The Highlighter

Ebenezer United Methodist Church, Newark, Delaware

January/ February 2024

Then Samuel took a stone, set it up...and said, "The LORD has helped us all the way,"

and he named it Ebenezer [Stone of Help]. 1 Samuel 7:12 GNB

Greetings, Sisters & Brothers in Christ

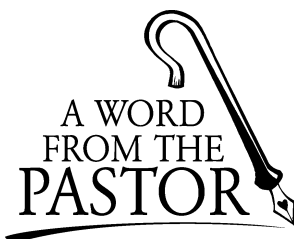
Happy New Year! I hope you had a blessed and joy-full Christmas. I want to thank you for your generosity in supporting the various mission outreach programs we supported through the Advent & Christmas seasons.

I want to begin with a deeply heartfelt Thank You for the many cards and greetings Rick and I received from you in the Christmas season. The notes of encouragement were greatly appreciated and heightened the joy of the season. I am also very thankful for the generosity to the staff that you showed through your gifts in response to the SPRC letter. Every day I give thanks to God for the privilege of serving among you and beside you.

The year 2024 will be an exciting one for us as the body of Christ called Ebenezer UMC. We will be celebrating the 200th Anniversary of the founding of the church. Our Anniversary Celebration will be in October 2024; we are hopeful that the episcopal leader of our Peninsula-Delaware Conference, Bishop LaTrelle Easterling, will be with us to bring the message. The 200th Anniversary Committee under the leadership of Michael and Helen Lynch has begun meeting and will be sharing lots of information about special activities, fund raising activities and the October Celebration throughout the year in future issues of "The Highlighter," e-mails, and bulletin announcements.

This issue of "The Highlighter" covers the months of January and February 2024. In the liturgical calendar, we will observe 2 seasons of worship emphasis – Epiphany (January 6-February 11) and Lent (February 14 – March 30).

The liturgical season of Epiphany is the celebration of how the light of Christ spreads to all the world. Epiphany begins with the journey of the Magi, who were Gentiles, not members of God's chosen people. They followed the light of a star to find and to worship Jesus as a new king. During the weeks of Epiphany, the Scripture lessons in the lectionary are stories of how Jesus' nature and identity are revealed to his followers through his words, miracles, and healings. Epiphany calls us to light and truth. It



reminds us that the true light has come into the world and has come to all people. We are not only recipients of the light; as those who follow Jesus as Lord, we are called to share the light with all the world, through our words and deeds that model Jesus' actions and mission.

Lent begins on February 14 with the observance of Ash Wednesday. Lent is a season marked by confession, repentance, reflection, fasting, almsgiving, as we journey toward the passion of Jesus in his suffering, crucifixion, and death, culminating in the glorious celebration of Easter when Jesus rose from the dead and vanquished the power of sin and death for all who accept God's gift of forgiveness through faith in Jesus. In a sense, Lent is the opposite of Epiphany in the sense that in the season of Epiphany, the light becomes clearer and more easily seen. In Lent, the light does not disappear, but becomes less of a focus as we reflect on the nature of our sin and the ways in which we have not walked in the footsteps of Jesus, have neglected keeping our love for God with all our heart, mind, mind, and strength (Mark 12:30) as the main thing, and failed to love each other as Jesus has loved us (John 13:34-35).

If you choose to engage in a spiritual discipline during the season of Lent, my byword for you in your choice, whatever it may be, is *intention, intentionality*. *Perhaps you decide that you will spend 10 minutes a day in intercessory prayer. May I suggest that you choose a particular spot where you will sit or kneel each day as you pray. Place a Bible, notepad, and pen by that spot so that you are able to read and record any insight that may come to you through the power of the Holy Spirit. Perhaps you decide to give up a food or an activity. May I suggest that you decide on a monetary amount and each time you make a choice not to eat that food or not to engage in that activity, put that monetary amount aside in cash or by a notation in a calendar or planner. When Easter arrives, donate the total you've accumulated to an organization that cares for the needs of people in our community or around the world (e.g. UMCOR).*

The season of Lent lasts for 40 days to reflect the 40 days that Jesus was in the wilderness, tempted by Satan, in preparation for his earthly ministry. It is difficult for us to relate to the level of sacrifice and commitment that

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Jesus displayed in this journey; yet, Lent provides us with an opportunity to deepen our spirituality and experience transformation in the journey toward Easter.

May the peace of Christ abide with you to strengthen and sustain you every day.

In Christ's Love,

Pastor Mary

ASH WEDNESDAY SERVICE February 14 - 7:00 p.m.

Ash Wednesday marks the beginning of the observance of the season of Lent. It is a service of contrition, confession, and repentance. Each person is invited to receive the symbolic mark of ashes, made by burning the palms from the previous year's Palm Sunday, and mixed with olive oil. The ashes are given in the shape of a cross as a sign of confessions, repentance, and a turning back to God through the practice of Christian spiritual discipline during the 40 days of Lent.



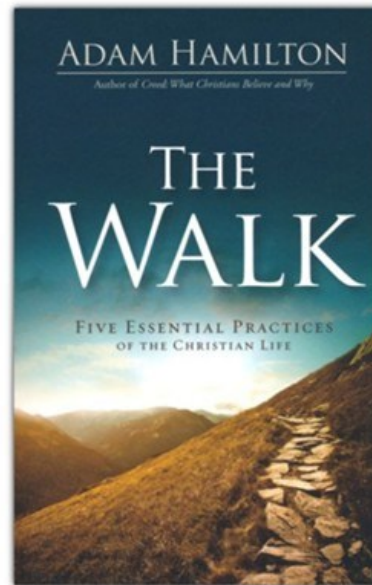
I wish to start by thanking everyone for their prayers, cards, and thoughts as I went through spinal surgery this past October. As you may know, I had to have four vertebrae fused during a 10-hour surgery. Recovery is slow but is being successful. Many thanks to those who planned and pulled everything together during my absence.

Please let us know if you would like to participate in the music ministry. In addition to the music that we provide, we also have a Worship and Arts committee that meets on Wednesdays. We can always use help with this ministry. We are responsible for preparing the sanctuary for the different liturgical seasons of the church year.

Again, thank you for your support and enthusiasm for our music ministry. My office is always open to discussing ways that may enhance your worship experience here at E.U.M.C.

Happy New Year.

Robert Rudolph
Director of Music



LENTEN BIBLE STUDY

**Tuesdays,
February 20 to
March 27
9:45 – 11:00 a.m.**

Our Lenten Bible Study in 2024 will be "The Walk" by Rev. Adam Hamilton. How do we walk with Christ—daily follow him, grow in him, and faithfully serve him?

In the Gospels, Jesus modeled for us the Christian spiritual life. The apostles taught it in their writings. And the Church has, through the last 2,000 years, sought to pursue this Christian spiritual life.

In *The Walk*, Adam Hamilton focuses 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 intended as part of our daily walk with Christ while also being an essential part of growing together in the church.

In each chapter, Hamilton explores one of these practices, its New Testament foundation, and what it looks like to pursue this practice daily in our personal life and together in the life of the church. Deepen your walk with Christ as we explore the five essential practices of worship, study, serving, giving, and bearing witness to our faith.

Please contact the church office if you are interested in being a part of this Study. We will contact you about picking up a copy of the book when they arrive. A \$13.00 donation is requested to help cover the cost of the book and other study materials. If you have any questions, please contact Pastor Mary Browne.



New Ebenezer Green Team Mission Begins!

"God saw everything that God has made and indeed, it was very good! (Genesis 1:10)

Yes, God created heaven and earth and all that is in it! Therefore, it is OUR responsibility as stewards of this great earth and as Christians to make sure we care **for** it! In fact, in the United Methodist Social (Principals # 160) it says,

"All creation is the Lord's and we are responsible for the ways in which we use **and** abuse it. Water, air, soil, minerals, energy **resources**, plants, animal life and space are to be values and conserved because they are God's creation and not solely because they are useful to human beings." So the United Methodist Church calls our advocacy to conserve and preserve this great good earth. Within the United Methodist Church, this is called "Creation Care Justice" and our Bishop Easterling has **asked** every Methodist Church to prayerfully consider forming a "Creation Care Justice" **or** "Green Team!"

So Ebenezer will be a part of a new "Newark Green Team" a coalition of congregations in the Newark area!!! YOU are invited to the first Newark Green Team event on January

30th from 7-8pm at the New Ark Church of Christ and the guest speaker from "Energize Delaware" a non-profit association will be a "Home Energy Conservation Workshop," about how you can improve your "Home Performance" through energy conservation both inside and outside your home!!

Please see the flyer in this newsletter and be sure to pick up a flyer for this informative event in the Narthex **at** church!

Ebenezer will announce an organizational New "Green Team" Mission, open to all ages in the Pike Creek Valley at Ebenezer soon! So if you care about the environment, want to learn more **about** what you can do to preserve God's great earth and learn how Ebenezer will be a leader that will energize and advocate to preserve and conserve Pike Creek Valley and beyond. Please consider joining us for the first "Ebenezer Green Team" meeting to learn more and be a part of this EXCITING new ministry!

Also, I want to thank the MANY volunteers that stepped up **in** November to be "Champions" and help volunteer for many missions that we do from Thanksgiving through December!! Thanks to all who led, contributed or served in any way to Salvation Army, Stockings for Soldiers, Angel Tree, St Stephen's Baby Food, **Friendship** House, Hope Dining Room, Family Promise, Samaritan's purse shoeboxes, Food baskets, Ebenezer Homebound visits and gifts, Transportation Ministry and more!! We made a fantastic difference in the lives of many people for Christmas!!! Thanks to one and all and Happy New Year!!!

Yours in Mission,
Linda Heller, Chair, EUMC MISSION TEAM

To Go Bag Collection

It's Newark's Friendship House "To Go Bag" collection time in January! Please start bringing to church the items listed in the flyer. Then put them in the Friendship House "To Go" Bag collection box in the Narthex!

A February date for a "To Go Box Party" date will be in February so you can bring in any of these items through the first week in February! Thank you for your support of this great ministry for homeless people in Newark and the Pike Creek area!!

Ready to eat meal for the homeless and hungry!

Go Bags provide a complete meal that our homeless and hungry friends can easily carry with them. The contents are easily obtained at any grocery store.

In a clear 1-gallon Zip Lock bag:

- 1 Chef Boyardee ready to eat microwavable meal
- 1 Snack cracker
- 1 granola type bar
- 1 fruit cup (any variety) or applesauce
- 1 juice box or juice pouch with straw
- 1 spoon and or fork with napkin



Greetings from your Health and Wellness Ministry

As promised, more about Type 2 Diabetes

Medication

If lifestyle changes don't get you to your target blood sugar levels, you may need medication. Some of the most common for type 2 diabetes include:

- **Metformin** (Fortamet, Glucophage, Glumetza, Riomet). This is usually the first medication used to treat type 2 diabetes. It lowers the amount of glucose your liver makes and helps your body respond better to the insulin it does make.
- **Sulfonylureas**. This group of drugs helps your body make more insulin. They include glimepiride (Amaryl), glipizide (Glucotrol), and glyburide (DiaBeta, Micronase). **Meglitinides**. They help your body make more insulin, and they work faster than sulfonylureas. You might take nateglinide (Starlix) or repaglinide (Prandin).
- **Thiazolidinediones**. Like metformin, they make you more sensitive to insulin. You could get pioglitazone (Actos) or rosiglitazone (Avandia). But they also raise your risk of heart problems, so they aren't usually a first choice for treatment.
- **DPP-4 inhibitors**. These medications -- linagliptin (Tradjenta), saxagliptin (Onglyza), and sitagliptin (Januvia) -- help lower your blood sugar levels, but they can also cause joint pain and could inflame your pancreas. They work by blocking DPP-4, which is an enzyme that affects the hormone incretin.
- **GLP-1 receptor agonists**. You take these medications with a needle to slow digestion and lower blood sugar levels. Some of the most common ones are exenatide (Byetta, Bydureon), liraglutide (Victoza), and semaglutide (Ozempic).
- **SGLT2 inhibitors**. These help your kidneys filter out more glucose. You might get bexagliflozin (Brenzavvy), canagliflozin (Invokana), dapagliflozin (Farxiga), or empagliflozin (Jardiance). Empagliflozin has also proven effective in reducing the risk of hospitalization or death from heart failure.
- **GIP and GLP-1 receptor agonist**. Tirzepatide (Mounjaro) is the first in its class and activates both the GLP-1 and GIP receptors, which leads to improved blood sugar control.
- **Insulin**. You might take long-lasting shots at night, such as insulin detemir (Levemir) or insulin glargine (Lantus).

Even if you change your lifestyle and take your medicine as directed, your blood sugar may still get worse over time. That doesn't mean you've done something wrong. Diabetes is progressive, and many people eventually need more than one drug.

When you take more than one drug to control your type 2 diabetes, that's called combination therapy. You and your doctor should work together to find the best mix for you.

Some drugs control blood sugar spikes (your doctor may call this hyperglycemia) that come right after meals, for instance. Others are more effective at stopping drops in blood sugar (hypoglycemia) between meals. Some may help with weight loss or cholesterol, as well as your diabetes.

You and your doctor should talk about any possible side effects. Cost may be an issue as well.

If you take medication for something else, that will need to be factored into any decision.

You'll need to see your doctor more often when you start taking a new combination of drugs.

You might find that adding a second drug doesn't bring your blood sugar under control. Or the combination of two drugs might work only for a short time. If that happens, your doctor might consider a third non-insulin drug, or you may start insulin therapy.

Type 2 Diabetes Complications

Over time, high blood sugar can damage and cause problems with your:

Heart and blood vessels. You're up to twice as likely to get heart disease or have a stroke, and at a younger age. You're also at high risk of blocked blood vessels (atherosclerosis) and chest pain (angina).

- **Kidneys.** If your kidneys are damaged or you have kidney failure, you could need dialysis or a kidney replacement.
- **Eyes.** High blood sugar can damage the tiny blood vessels in the backs of your eyes. If this isn't treated, it can cause blindness.
- **Nerves.** This can lead to trouble with digestion, the feeling in your feet, and your sexual response.
- **Skin.** Your blood doesn't circulate as well, so wounds heal slower and can become infected.
- **Pregnancy.** Parents with diabetes are more likely to have a miscarriage, a stillbirth, or a baby with a birth defect.
- **Sleep.** You might develop sleep apnea, a condition in which your breathing stops and starts while you sleep.
- **Hearing.** You're more likely to have hearing problems, but it's not clear why.
- **Brain.** High blood sugar can damage your brain and might put you at higher risk of Alzheimer's disease.
- **Depression.** People with the disease are twice as likely to get depressed as people who don't have it.

Living With Type 2 Diabetes

Managing diabetes is complicated. You'll need to adopt healthy lifestyle habits, check your blood sugar regularly, and keep up with doctor visits and treatments. But your efforts can have a big impact on your health and your quality of life.

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and keep up with doctor visits and treatments. But your efforts can have a big impact on your health and your quality of life.

Type 2 diabetes diet

A dietitian can help you create a personalized meal plan that takes your needs and preferences into account. A healthy diabetes diet should focus on:

- Limiting highly processed foods
- Reducing added sugars and low-fiber refined grains like white bread
- Boosting your intake of non-starchy vegetables like broccoli and green beans
- Type 2 diabetes costs

On average, people diagnosed with diabetes spend about 2.3 times more on medical care than those who don't have the condition. Their medical expenses average about \$16,750 a year, \$9,600 of which is due directly to diabetes.

These expenses include doctor visits, hospitalizations, and medication. You may have other costs as well, such as lost time and less productivity at work.

Managing type 2 diabetes

Managing your type 2 diabetes well helps you avoid complications and feel your best. Along with a healthy diet, regular exercise, and medication as prescribed:

- Keep your blood pressure and cholesterol levels in the healthy range. High levels of either could raise your risk of diabetes complications.
- Get regular eye exams, dentist visits, and physicals.
- Check your feet daily for sores, redness, or swelling and let your doctor know if you notice any issues.
- Get at least 7 hours of good-quality sleep each night, as sleep loss interferes with blood sugar control. Ask your doctor for help if you have a hard time sleeping.
- Be careful with alcohol. Limit alcoholic drinks to 1-2 drinks a day, depending on your size and gender. If you do drink alcohol, check your blood sugar afterward.
- Work with your doctor to come up with a sick day plan. Even a minor illness can interfere with your blood sugar and insulin levels. You may need to adjust your medications or check your blood sugar more often.
- A long-term health condition can take a toll on your mental health. People with diabetes are more than twice as likely to have depression, and 20% more likely to have anxiety, than those without the condition. Many don't get diagnosed or treated, even though therapy, medication, or a combination can work very well.
- Many people with diabetes sometimes get overwhelmed by the pressures of trying to manage the condition. This is called diabetes distress, and it can lead to you to neglect your health. A support group or counseling could help you overcome it.
- If you're worried about your emotional health, ask your doctor to recommend a mental health professional.

- Type 2 Diabetes Prognosis
- The long-term outlook for people with type 2 varies, depending on how effectively they manage the condition. At age 50, the average life expectancy (LE) for those with type 2 is 6 years shorter than those without the condition. But proper care and treatment can help you improve those odds.

Can type 2 diabetes be cured?

There's no cure for type 2. You may be able to get your blood sugar under control by losing weight and making healthy lifestyle changes, and might even be able to stop taking diabetes medications. But this isn't the case for everyone.

Type 2 is a serious condition that calls for a lifelong commitment to managing it. Over the long term, high blood sugar can lead to heart, vision, and kidney problems. But you can take steps to avoid these complications and extend your life. Several studies show that:

Reducing your A1c levels from 10% to under 8% can increase life expectancy by almost 3.5 years.

Quitting smoking can increase LE in women over 50 by almost a year, and by almost 2 years in men over 70.

Lowering LDL ("bad") cholesterol can improve LE by almost a year.

All these things also reduce your risk of developing other diseases.

Type 2 Diabetes Prevention

Adopting a healthy lifestyle can help you lower your risk of diabetes :

- **Lose weight.** Dropping just 7% to 10% of your weight can cut your risk of type 2 diabetes in half.
- **Get active.** 30 minutes of brisk walking a day will cut your risk by almost a third.
- **Eat right.** Avoid highly processed carbs, sugary drinks, and trans and saturated fats. Limit red and processed meats.
- **Quit smoking.** Work with your doctor to keep from gaining weight after you quit, so you don't create one problem by solving another.

Blessing for a Merry Christmas and A Healthy Happy New Year,
Your Health and Wellness Ministry





Stewardship Report

I am going to thank each and everyone of you that filled out and submitted their commitment card's. It is very important and greatly appreciated to know what to expect financially in 2024. This is my first time attempting to run The Stewardship Campaign. I am learning things as I go but I do have the luxury having the previous chairman Bill Clark to provide me with information and advice on all things stewardship. When I look at the comparison spread sheet for commitments it looks like we are doing a little bit better than last year. Anyone that has not filled out a commitment card, it is never to late, you can still do so and put it in the offering plate, hand it to an usher, myself, or put in the stewardship mail slot.

Michael Lynch
Chairman Trustees

Trustee Report

The brand new heated sidewalk had its first test a few weeks ago when we had our first snow flurries. Part of the heating system did not operate properly. This was corrected immediately and it works perfectly now. The heating system in the sidewalk does not have to be turned on and off in order to work. The sensors monitor the temperature of the ground and when it reaches a preset temperature it turns the heating elements on. There should be no need for salt, ice melt or shoveling, the sidewalk to the entrance of the Narthex.

Michael Lynch
Chairman Trustees



200th Anniversary

The year 2024 will be the 200th year that Ebenezer United Methodist Church has been in existence. We are planning a celebration of this event probably in October of 2024. Helen Lynch and Michael Lynch have volunteered to be co-chairmen of this committee. The first meeting of The 200th Anniversary Committee is scheduled for Wednesday December 27th, 2023 and will have already taken place by the time you read this article. We will need a lot of help so anyone that is interested in helping can contact Carol Coney in the church office, Helen or Michael Lynch or Pastor Mary. We basically have ten months to get this done and we would like to incorporate as much history of this church as possible. So we will be asking those that know the history for their help and knowledge of this church. Fundraising including a budget will be important. This should be a perfect time to reach out to the community around us and let them know who and what we are. We will be letting everyone know what the progress is on planning this celebration.

Helen Lynch and Michael Lynch
Co-chairmen 200th Anniversary Celebration



FINANCE COMMITTEE

Finance Committee Report


Happy New Year to each of you. It's hard to believe it will be 2024 shortly. It is also a new year for Ebenezer church and its finances. As you all know, we have been struggling with finances for years.

For 2024 we have worked very hard to trim the budget again. Finance committee is working on ways to cover the projected \$54,000 deficit.

We thank you for your help in the past, both thru giving, prayers, and suggestions. I hope 2024 is a good year for each one of you and for our church on the hill, Ebenezer. Thank you

Ann Varey
Finance chairperson


Announcements



Did you know that your tithes, offerings, and donations to Ebenezer can be made online? Yes you can!

Online Giving is a web-based solution that allows parishioners and visitors the opportunity to make donations electronically to Ebenezer. There is no hassle with checks or cash. Your donation can be a one-time donation or set up as a recurring donation. You may specify whether the donation should go to the general budget and/or to a particular category. The process is secure and confidential.

If you would like more information about online giving, please contact the church office.



Souper Bowl of Caring is transforming the Big Game into a nation-wide movement inspiring people to give locally and make a collective impact on hunger. Mobilizing grassroots resources including churches, schools, civic groups and caring individuals, the Souper Bowl of Caring movement has created over \$160 million worth of support since its inception in 1990, that stays completely local.

We will be collecting cans/boxes of soup until Sunday, February 11, the day of the Super Bowl. Look for the box in the narthex.

The LVIII Super Bowl will be played on Sunday, February 11, 2024; the teams who will be vying for the Vince Lombardy trophy are yet to be determined as this issue of “The Highlighter” is being published. Even so, we will begin our mission project for Souper Bowl of Caring on January 7.

The Souper Bowl of Caring was create3d in 1990, inspired by a prayer shared in a youth group gathered in Columbia, South Carolina to watch the 1990 Souper Bowl – “Lord, even as we enjoy the Super Bowl football game, hep us be mindful of those who are without a bowl of soup to eat.” Since then, over \$193 million in food and monetary donations has been raised to support programs to relieve food insecurity.

The cans of soup we receive from January 7 through February 11 will be donated to Neighborhood House in Wilmington.



Homemade Soup Sale

The United Methodist Women will be selling homemade soups in January and February.

Sign up sheet will be in the Narthex.



Need a ride?

Driving Ministry If you need **transportation** to doctor appointments, the drug store, etc., please contact the church office at 302-731-9495 Ext 10.



A Route — January

- 1 Sharon Keeler & Gail Donaldson
- 8 Paul & Beverly Shunta
- 15 Sharon Keeler & Gail Donaldson
- 22 Donna Sperow and Belita Duncan
- 29 Sharon Keeler & Gail Donaldson

B Route — January

- 1 Paul Kelley
- 8 Paul Kelley
- 15 Paul Kelley
- 22 Kathy and Doug Gibney
- 29 Paul Kelley

Substitutes

Mary Anne Menghi	302-234-1544
Newark Senior Center	302-737-5747
Paul & Beverly Shunta	302-239-7765
Adele Madden	302-540-2313
Mary Minker	302-593-2982
(Coordinators)	



Thank you to all of my Ebenezer family for the prayers, visits, flowers, cards, calls and food after my crazy

fall that resulted in a shattered shoulder. I had the surgical repair on November 8 that left me with a plate and 15 screws. My recovery is painful and slow but I am like that Little Engine That Could - I think I can, I think I can, I know I can! I am so blessed to be surrounded by such an awesome church family. God is Good!

Carolyn Wilhelm

Mist

I wish to write to you
 This little xmas note
 You must be willing
 To have read thus far
 How can we meet
 I know, dreams to share
 Although much is overwhelm-
 ing
 I am not overwhelmed
 I believe in kindness
 You must too to still be here
 I believe in...
 What is that special word
 Come out of hiding Help me
 with your daring
 Oh yes, thank you
 I believe in love

....Through the mist ...

Fred J Dawson



We want to offer our most sincere gratitude for your generosity through the staff Christmas gifts this year. We are humbled by your thoughtfulness and the love and support you offer to us not only at Christmas, but throughout the year. We pray that you will be blessed by the loving hand of God as we journey together in 2024.

Pastor Mary Browne | Calvin Keeler | Kevin & Carol Coney | Robert Rudolph | Bill Clark | Michael & Megan Jones | Al Sowden Adele Madden | Jackie Scott

Cemetery Association requests lot owners to remove Christmas Decorations by the end of January.

Thank you for your cooperation and assistance.



SPECIAL THANK YOU

Sending a special thank you to Sharon Bey on the amazing event on December 4th at Friendly's for Ebenezer United Methodist Church. All were excited and thrilled to see everyone, the smiles and laughter filled the room. The food and the SUNDAES were excellent, even take-outs were enjoyed. Again, thank you Sharon for your time and effort in making this such a great success.

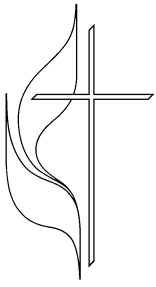
Thank you, Your Ebenezer Family

January 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 New Years Day 10:00am AA 7:00pm NA	2 9:30am Bible Study 10:00am AA 12:30pm UMW Exec Board 7:00pm COM	3 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2 x 4 Class	4 11:45am Health & Wellness 6:30pm Al-Anon 7:00pm BSA50 7:00pm NA	5 10:00am AA	6 6:30pm NA
7 Epiphany Sunday 9:00am Sunday School 10:00am Worship 11:00am Social Hour 1:00pm Youth Group 5:30pm BSA50	8 10:00am AA 10:30am Naomi Circle/S&S 11:30am Social Seniors 5:00pm Soccer Shots 7:00pm 2 X 4 Class 7:00pm Eagle Scout Boards 7:00pm NA	9 9:30am Bible Study 11:00am Stephen Ministry 12:00pm AA 6:30pm Priscilla Circle 7:00pm Endow. Comm. 7:00pm Trustees	10 10:00am AA 10:00am Chancel Choir 4:00pm Project Linus 6:30pm Good Chimes 7:00pm 2 x 4 Class	11 9:30am BSFT 6:30pm AL Anon 7:00pm BSA50 7:00pm NA 7:00pm Cub Scouts	12 10:00am AA 7:00pm 2 x 4 Dance	13 9:00am PEO 6:30pm NA
14 1st Sunday after the Epiphany 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	15 10:00am AA 5:00pm Soccer Shots 7:00pm 2 x 4 Class 7:00pm NA	16 9:30am Bible Study 12:00pm AA	17 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2 x 4 Class 7:00pm Admin. Board	18 9:30am BSFT 6:30pm Al Anon 7:00pm BSA50 7:00pm NA	19 10:00am AA	20 6:30pm NA
21 2nd Sunday after Epiphany 9:00am Sunday School 10:00am Worship 11:00 Social Hour 1:00pm Youth Group	22 10:00am AA 5:00pm Soccer Shots 7:00pm 2 x 4 Class 7:00pm NA	23 9:30am Bible Study 12:00pm AA	24 10:00 Hope Dining Room 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2 x 4 Class	25 9:00am BSFT 6:30pm Al Anon 7:00pm BSA50 7:00pm NA	26 10:00am AA 7:00pm 2 x 4 Dance	27 6:30pm NA
28 4rd Sunday after Epiphany 9:00 Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	29 10:00am AA 5:00pm Soccer Shots 7:00pm 2 x 4 Class 7:00pm NA	30 9:30am Bible Study 12:00pm AA	31 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2 x 4 Class			

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 9:30am BSFT 11:45am Heath & Wellness 6:30pm Al-Anon 7:00pm NA 7:00pm BSA50	2 10:00am AA	3 6:30pm NA
4 4th Sunday after Epiphany 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group 5:00pm BSA50	5 10:00am AA 11:30am Social Seniors 5:00 Soccer Shots 7:00pm 2x4 Class 7:00pm NA	6 9:30am Bible Study 12:00pm AA 12:30pm UMW Board	7 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2x4 Class	8 9:30am Bible Study 6:30pm Al-Anon 7:00pm BSA50 7:00pm Cub Scouts 7:00pm NA	9 10:00am AA 7:00pm 2 x 4 Dance	10 6:30pm NA
11 Transfiguration Sunday 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	12 10:00am AA 10:30am Naomi/S&S Circle 5:00pm Soccer Shots 7:00pm 2 X 4 Class 7:00pm Eagle Scout Board 7:00pm NA	13 9:30am Bible Study 11:00am Stephen Ministry 12:00pm AA 6:30pm Priscilla Circle	14 10:00am AA 10:00am Chancel Choir 4:00pm Project Linus 6:30pm Good Chimes 7:00pm 2 x 4 Class	15 9:30am Bible Study 6:30pm Al-Anon 7:00pm NA 7:00pm BSA50	16 10:00am AA	17 6:30pm NA
18 1st Sunday in Lent 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	19 10:00am AA 5:00pm Soccer Shots 7:00pm 2 x 4 Class 7:00pm NA	20 9:30am Advent Study 12:00pm AA	21 10:00am AA 10:00am Chancel Choir 6:30pm Good Chimes 7:00pm 2 x 4 Class	22 9:30am Bible Study 6:30pm Al-Anon 7:00pm BSA50 7:00pm NA	23 10:00am AA 7:00pm 2 x 4 Dance	24 6:30pm NA
25 2nd Sunday in Lent 9:00am Sunday School 10:00am Worship 11:00am Social Hour 3:00pm Youth Group	26 10:00am AA 7:00pm 2 x 4 Class 7:00pm NA	27 9:30am Advent Study 12:00pm AA	28 10:00am Hope Dining Room 10:00am AA 1-:00am Chance; Choir 6:30am Good Chimes 7:00pm 2 x 4 Class	29 9:30am Bible Study 6:30pm Al-Anon 7:00pm BSA50 7:00pm NA		



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