

# ASBURIAN



Newsletter of:

The First United Methodist Church

214 W. Main St.  
Carbondale, IL 62901

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."

**Pastor:** The Rev. Alan R. Rhein  
**Associate:** Tom Byford  
**Dir. of Christian Education:** Necia Jannings  
**Prayer Chain:** Emma Jean Durr (618-924-5506)  
**Phone:** 618-457-2416  
**Broadcast:** 10:45 service is heard live on WCIL-AM (1020)  
**For van rides:** Call the church office (457-2416)  
**Email:** [fumc@fumc-cdale.org](mailto:fumc@fumc-cdale.org)  
**Website:** [www.fumc-cdale.org](http://www.fumc-cdale.org)  
**Facebook:** [www.facebook.com/FirstUnitedMethodistCdale](http://www.facebook.com/FirstUnitedMethodistCdale)  
**Twitter:** @FUMCCarbondale



## IN CHURCH THIS SUNDAY FEBRUARY 16, 2014

8:15 and 10:45 a.m. Worship Services  
9:30 a.m. Sunday School

**Sermon:** "What's In Your Heart"  
Rev. Alan Rhein

**Scripture:** Matthew 5:21-30

**Anthem:**  
8:15 "Arm, Arm Ye Brave"  
from Judas Maccabeus  
Ellis Henley, soloist

10:45 Zion, Sing Your Joyful Song  
Sanctuary Choir; Suzanne Grzych, flute

**Hymns:**  
568 Christ for the World We Sing  
408 The Gift of Love  
420 Breathe on Me, Breath of God  
557 Blest Be the Tie That Binds



**Altar flowers this week** are given by Kathy Hollister in memory of her sister and nephew, Janese and Christopher Rugg

**Greeters:** Sam & Su Cox

**Acolytes:** 10:45 Jackson Beaupre, Sam Baker

**Sound System Operators:**  
8:15 Joe Swindell  
10:45 Mike Hanes

**Liturgists:** 8:15 Nancy Keenan  
10:45 Gene Morgan

**February Ushers:** Capt., Mike Neill, Capt.;  
8:15 - Ron Browning, Don Frey, Susan Frey,  
Gary Austin, Jan Austin; 10:45 - Kent Bishop,  
Joe Lenzini, Mike Neill, Pam Reno



## FEBRUARY

### 13 Thursday

9:00 Daniel Plan, 402  
5:45 Gentle Toning Stretch and Yoga, 402  
5:00 Priscilla Circle, 210  
6:00 Education Committee, 410  
7:00 Choir Rehearsal, Sanctuary  
Scouts, Fellowship Hall & 410

### 14 Friday

### 15 Saturday

9:00 Visitation for Ruth Wood  
11:00 Funeral

### 16 Sunday

8:15 Worship Service  
9:30 Sunday School for all ages  
Daniel Plan, 308  
10:45 Worship Service & Children's Church

### 17 Monday

*President's Day  
Church Office closed*

### 18 Tuesday

10:00 Memorial Service for Marie Smithco,  
Prairie Living at Chautauqua  
5:30 - 7:30 Girl Scouts, Fellowship Hall  
6:30 New Member's Class, Heritage Room  
Gum Drops, Carterville

### 19 Wednesday

1:30 Wednesday Women's Fellowship,  
Heritage Room  
4:15 M'boro Women's Disciple Group, 308  
4:45 Handbell Rehearsal, 206  
5:00 Memorial's Committee, Heritage Room  
6:00 Disciples, 410/411  
Daniel Plan, 402  
Children's Choir, 415

### 20 Thursday

9:00 Daniel Plan, 402  
1:30 UMW Executive Board Mtg, Heritage  
5:45 Gentle Toning Stretch and Yoga, 402  
6:00 Trustees, 308  
7:00 Choir Rehearsal, Sanctuary  
Scouts, Fellowship Hall & 410

### 21 Friday

5:30 Singles to Pleasant Hollow

### 22 Saturday

## Families



In Progress

## HOMBUILDER'S SUNDAY SCHOOL LESSONS

"I Am Second"

Room 402, 9:30 - 10:30 a.m.

Tuesday, February 18, Volunteer at Gumdrops Organization, 6:30 p.m.

Sunday, February 23, FIP will do a dinner at The Wesley Foundation.



We are singing again every Wednesday evening at 6:00 in Room 415. Join Ellis Henley and the rest of the kids for fun and music!



*Masings*

Dear Friends,

As I was sitting at home on Saturday night pondering the three sermon manuscripts I had been working on for Sunday (I hope to just preach one of them), I received a call from my son. He called to share that his son, Oliver, had been taken to the hospital after eating something with nuts in it. Oliver was diagnosed with a nut allergy three or four years ago, when he was very small. He had never eaten anything with nuts in it, but at a birthday party he took a bite of a granola bar with nuts. He had a serious reaction. Then, he told his mother that he believed he needed a shot from his “epi-pen” because he was having trouble breathing. This was the first time he had taken an injection. She gave him the injection and took him to an emergency room. He was doing better and by nine o’clock he had fallen asleep and his mother was preparing to take him home.

As many of you know, it is a frustrating and frightening time when one of your children or grandchildren has an illness and you are not able to be there. Connie and I said a prayer for him and for the rest of our son’s family and the rest of our family in general. In times such as these, which often are very intense, whatever else you were doing ceases to be important. For that period of time your senses are heightened and you can’t really focus on anything other than the situation and it takes awhile to “come down” and relax. These are things we all face at one time or another.

There are those who depend on other things to get them through these times besides prayer. We know that, in our country today, heroin is one of those choices. It is always tragic to see a persons life end because of a drug overdose, but it happens again and again. It is especially sad when the person is a parent and leaves behind children. This is not being critical of recent events but rather to think about how we have come to this point as a nation.

In doing some reading I found that the average age for persons to “try” heroin is 21 as opposed to 26, which was the age in the past. Also, heroin has become the drug that many use the first time they take drugs. It used to be that heroin was a drug that was taken “down the line” after a person had used other drugs. I wonder “why” this change has taken place? Why is it that in a nation that has much to offer its citizens, not to mention the rest of the world, drug use among younger persons is on the rise? Being a person, as many of you, that was raised in a time when this was not the case, I find that I am puzzled and deeply troubled.

I believe we, as followers of Christ, are called by God to be a stabilizing force in our world. Naturally, we cannot save the whole world but we can keep our eyes and ears open for persons who are struggling with life and offer our love and support. We may even have the opportunity to share our faith with them. Maybe, perhaps, one less person will choose drugs, like heroin, to deal with life and find the strength they need in God. I am not encouraging that we “beat” people over the head with our Bible, but rather to surround them with the knowledge that we are pulling for them and we are willing to do what we can to help them in their hour of need. I don’t know of anything else that is the example of “Christ-likeness” than that.

See you Sunday,

*Alax*

**Reminder: Pastor’s New Member Class, Tuesday, February 18, 6:30pm, Heritage Room. There is a sign-up sheet in the Narthex.**



## Faith Community Nurse New

February – Valentine’s Day – Heart Month!

*“Guard your heart above all else, for it determines the course of your life.”*  
Proverbs 4:23 NLT

We used to think of heart disease and heart attack as a man’s ailment, but in truth, heart disease is more deadly to women than cancer. Heart disease is displayed differently in women than in men, so it becomes difficult to recognize if one doesn’t know the difference in symptoms.

The **classic symptoms** for heart attack are severe chest pain, a squeezing sensation in the chest lasting 5-10 minutes, pain radiating down the left arm or profuse sweating. **Half of the women who suffer heart attack have symptoms that are not typical or classic.**

- These include:
- shortness of breath
  - indigestion
  - pain in the jaw, shoulder or back
  - sudden nausea or vomiting
  - unexplained fatigue
  - fainting or even dizziness

Anytime a woman experiences these symptoms, she should seek medical attention immediately.

Even plaque buildup in the blood vessels is different in men and women. Men may respond better to angioplasty and stents while women may benefit more from medication. The most important thing for anyone to do is to talk to his/her physician. Discuss your health history to see if you are at risk for heart disease. If so, create a plan to change or impact those risks and follow the doctor’s instructions.

Love your heart! Take care of yourself!

Also check out the bulletin board this month to get acquainted with the Health Cabinet.



### YEAR-TO DATE FINANCIAL REPORT

As of January 31, 2014



#### GENERAL FUND

Income \$ 52,630.06  
Expenses \$ 47,171.45

#### BUILDING FUND

Income  
Contributions \$ 16,223.89  
Promissory Notes \$ -  
\$ 16,223.89

#### INDEBTEDNESS

Promissory Notes \$ 696,167.00

#### Expenses

Promissory Notes \$ -0-  
PN Interest \$ -0-  
\$ -0-



United  
Methodist  
Women

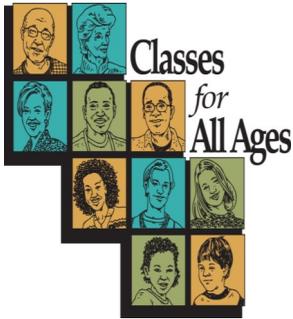
**FEBRUARY UMW CALENDAR:**

W 19 Wednesday Afternoon Fellowship 1:30, HR

**Save this Date: SATURDAY, APRIL 12** —Our church will be hosting the UMW Cache River District Meeting and we need everyone to help provide a warm welcome as well as a warm lunch for 75! Please save the date—we'll need your hands that day!

**SUNDAY CHRISTIAN EDUCATION**

*Children's Opportunities*



**Sundays at 9:30 a.m. Children's Sunday School** - K-5th grade uses *Grow Proclaim Serve* from Cokesbury. The morning begins with music at 9:30 in Room 415.

**February Lesson:** I know that God sent Jesus to teach me how to live.

**February 16 Lesson:** Jesus Teaches the Beatitudes, Matt. 5:3-12

**Sundays at 10:45 a.m. Children's Church** (Kindergarten through 5th grade). All children are invited to Children's Church following the Children's Time at the 10:45 a.m. worship service.

**February Lessons: *Jesus is Baptized***

*Youth Opportunities, 9:30 a.m.*

**6th & 7th Grade** - meets in Room 410

**8th Grade - High School Class** meets in Room 409 and uses "Talk Points."

*Adult Opportunities, 9:30 a.m.*

**Renew**, a group of women seeking deeper meaning in their lives through Bible study, reflection, and prayer, meets in Room 201. Women of all ages are welcome to join us. We are doing a study of "The Purpose Driven Life."

**Home Builders Class** meets in room 402. This week we are continuing our study of "I Am Second." Join us in a casual setting for thought-provoking discussion, spiritual growth and fellowship.

**The Investors Class**, an intergenerational class for all adults, meets in Room 404 (The Chapel). The current study for the Investors Class is "God Was Here, I Was Out to Lunch".

**The Elective Class**, meets in the Parlor. This coming Sunday we will continue discussing Max Lucado's, "John 3:16".

**The Challengers Class**, a class for special needs adults, meets in Room 212 on the second level. They use the Adult Friendship Curriculum. This class is led by Susan Watson and Dan Anderson.

**The Hospitality Class**, uses the International Lesson Series (Adult Bible Studies.) Adults, of all ages, are invited to join us in room 403.

**Small Group Opportunities**

Wednesdays

**Disciples Bible Study**, meets at 6:00 p.m. in Room 410, led by Rev. Jim Grant.

**Children's Choir**, meets in Room 415 at 6:00 p.m. led by Ellis Henley.

Thursdays

**Gentle Toning, Stretch and Yoga Techniques:** Room 402. Most Thursdays. See church calendar.

**PARISH PULSE**

*As of 2/11/14*

**Health Concerns:** Charles Hines is at Helia Health Care. Alice Winters is recovering at home.

**Sympathy to** family and friends on the death of, Ruth Wood, who passed away on Saturday, February 8 in Springfield, IL.

**Sympathy to** Steve, Crystal and Catherine Mitchell on the death of Steve's mother, Betty Jo Williams, on Thursday, February 6 in Scottsdale, AZ.

**Sympathy to** Hazel and Jim Grant and family on the death of Hazel's mother, Marie Smithco, on Wednesday, February 5 in Carbondale.

**Thank You:** "Julieta and I want to thank the First United Methodist Church FAMILY for all the thoughts and prayers we have felt the past three weeks – from Pastor Alan's visit on the day of knee surgery in Mt. Vernon to all the cards and food deliveries. These prayers are speeding me through my rehab and soon I'll transition from a walker to a cane, so you may be seeing me around church soon. Again, thanks for bringing God's healing to me." *Dennis and Julieta*

**"NEW MEMBER CLASS", TUESDAY, FEBRUARY 18, AT 6:30 P.M., IN THE HERITAGE ROOM.** If you or someone you know has an interest in inquiring about becoming a member of the Church there will be a sign-up sheet in the Narthex after both services this Sunday, or you may call the Church office at 457-2416.

**Disciples for Sunday, February 16, 2014:**

**Outside Greeters:** Koch Family      **Van Drivers:** Don Bryant, Jr., David Caldwell

**Welcome Center:** 8:15 Sue Stucky; 10:45 Sara Hinde

**Coffee Hosts:** 8:15 Jean & Don Boehne; 10:45 Dan Anderson

**Nursery:** Linda Lucas - *Info*; Jaden Lucas - *Youth*

**Children's Church:** K-2<sup>nd</sup> Trina Thomas; 3<sup>rd</sup>-5<sup>th</sup> Necia Jannings

**February Nametags:** Ron & Sharon Benton



**The Singles Ministry of First United Methodist Church** is dedicated to enriching the single life for young singles and single parents. The mission of this ministry is to offer a safe and comfortable environment where singles, age 55 and under, can grow spiritually and relationally, taking time to develop meaningful relationships with friends who are supportive and encouraging. We believe that through serving others, we share our faith in Jesus Christ and in return find purpose and fulfillment in our own lives.

**9 Mile Creek**

Friday, February 21

**Third Friday at Pheasant Hollow**

We will leave the church parking lot at 5:30 p.m.  
Contact Necia to reserve a place on the van.