

From: **Program Coordinator** <ProgramCoordinator@columbusfumc.com>
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First UMC / Email Blast

This Weekend in Worship: While winter weather lingers, warm your hearts & souls through worship and fellowship this weekend.

Peanut & Stretch Offering / At all of our worship services, we will be collecting coins (and dollars and checks) for the **Backpack Program!** This program provides much needed food for families in our community addressing food insecurity.

Sat @ 6 PM (OC) and Sun @ 8 AM & 10:30 AM (Church) – This weekend, our **Love > Fear** (*Love is Greater Than Fear*) sermon series continues. This weekend, join Rev. Cindi as we will focus on Luke 6:27-36, ***Love the Hard to Love***. Jesus calls us to love deeply...does that *really* include the hard to love?

Ignite on Sun @ 6 PM (OC) / - This weekend join @ Ignite as Pastor Joe talks about “See All The People, The Expectant Crowd” through Luke 6:17-26 and Psalm 1:1-3. **After the Alternative Service, join in fellowship and a light meal.**

*****Lunch & Learn***** / Have you checked out “Lunch & Learn” yet? **Lunch will be provided starting at 11:45 AM followed by the sessions at 12:15 PM. We will adjourn no later than 1:45 PM.** Sponsored by Christian Social Witness Group. Please join us in these last two important conversations!

- **Feb. 17** (Meal TBA)— **Topic: An LGBTQ Pastor’s Journey.** Rod and Jean Supencheck will lead the discussion. **Please RSVP for the lunch & conversation!**
- **Feb. 24** (Meal: Youth Baked Potato Fundraiser) – **Topic: Sexual Violence.** As parents, grandparents, aunts and uncles we need to know what to look for with our youth as well as how to support them when they face sexual violence.

Walk to Jerusalem Has Begun / Did you know....a number of studies have found that exercise helps depression? Increased fitness may improve your sleep patterns and life your mood. Exercising with others provides an opportunity for increased social contact. Exercise may change levels of chemicals in your brain such as stress hormones and endorphins which boosts your mood and sense of well-being. *(it's not too late to sign up)* If you are limited on your ability to walk, you can track your miles with 20 minutes of an activity equaling one mile. We also have a Facebook group that you can join to track your miles! Check out "First UMC Heart & Sole!"

Prayer & Healing Service / The next **Prayer & Healing Service** will be held on **Monday, February 18 at 6:30 PM** at our Outreach Center (Meditation Room). The Prayer & Healing Service offers scripture & reflection, time for personal & community prayer. An anointing of oil is offered for those who desire it. *You are invited & welcome to contact Martha Davidson and/or Rev. Cindi with prayer requests to take to the service as well.*

United Methodist Church: Commission on a Way Forward / With Special General Conference coming Feb. 23-26 in St. Louis, we invite our church members & friends to be informed. **Overview of Proposals for General Conference** sheets are available in the Church Office and will be located near the nametags downtown (and on the information table at our Outreach Center). **Great Plains Delegates** may be emailed at: gcdelegates@greatplainsumc.org **Additional resources** are available: www.greatplainsumc.org/cowf

Care Team's Chat & Chew / First UMC Care Team and Healthy Congregations are sponsoring the following events, all of them will be at **4:30 PM at our Outreach Center:**

- **March 10 or 17** (watch for specific date) – "Home Safety Awareness"
- **April 14** – "Healthcare Decisions"

CALENDAR:

<https://www.mychurchevents.com/calendar/74025457/month/2019->

[02-01](#)

Mark Your Calendars:

February 15 – *Circuit Rider information Due!*

February 17 – Sunday School Teacher Appreciation / Lunch & Learn: LGBTQ Issues

February 18 – First UMC Blood Drive @ OC / Prayer & Healing Service

February 19 – Admin. Meetings @ Church: Board of Trustees & Finance

February 24 – Youth Potato Bar Fundraiser / Lunch & Learn: Sexual Violence

March 6 – Ash Wednesday / Food & Fellowship Soup Supper Served @ OC / Service @ OC

Community Connection! – Please check-out the Community Bulletin Board located outside of the Church Office! Click on the hyperlinks to go to learn more about the events listed below.

- [Short Stacks for a Tall Cause](#) – Feb. 16
- [Walk With a Doc](#) – Feb. 19
- [Food, Fitness & Fun](#) – Feb. 21

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