

The Pastor's Pen

Overcoming Painful Memories



Have you ever been badly hurt? I'm not talking about the broken arm you got riding your bike as a kid. I'm talking about the kind of pain that comes from emotional wounds: from an untimely or tragic

death; from abuse or victimization or some secret sin or addiction; from disappointment or betrayal in a trusted relationship; from a relationship meltdown; or from something said to you – perhaps repeatedly – that settled into the soul and cast a pall over your life. Our memories can be full of unresolved pain, even decades later. When that happens, we may need a healing of the emotions and memories. God can heal these!

All of us go through painful experiences. Some pains we get over quickly. And some people are especially good at working through painful feelings. Italians, for instance. That's a joke, but only partially: Italians are known for expressing – loudly if necessary – exactly what they feel when they are hurt. Processing it immediately, they may get over the hurt and move on.

But many of us are not wired that way, or our culture has taught us to manage our emotions differently. Some of us have been taught that "good Christians" should never feel or express "bad" emotions. (This, by the way, is bad teaching!) Or our experience may be so awful that numbing ourselves seems easier. Many are afraid to think about their painful memories, much less talk about them, from shame or guilt. Some bury the pain from the past as deeply as possible. As a result, these memories submerge into the subconscious where they are forgotten. But their effects don't go away. They are like icebergs floating under the surface of the sea, leaving life cold and strained, and waiting to crash into the ship of life when least expected.

Some symptoms that may indicate the presence of emotional wounds include persistent feelings of rejection, worthlessness, failure, depression or despair; perpetual anger that flashes out unexpectedly or uncontrollably; irrational fears and crippling guilt or shame; lingering bitterness and resentment, projected onto people in the present; difficulty trusting others, including God; being too assertive or controlling, or not assertive enough; and impulse or control problems, addictions and OCD behaviors that serve to mask or "self-medicate" the pain. All these

may indicate emotional wounds from painful memories that need healing. People may go to years of therapy for these kinds of things, but sometimes there is no true healing until they are brought to the Great Physician. God can heal the pain.

In his book *Healing* (Ave Maria Press, 1999), Francis MacNutt offers many testimonies of people the Lord has healed of emotional wounds. Some were living with painful secrets they had never told anyone. Others suffered from childhood abuse and neglect. Still others were victims in adulthood of injustice and oppression. Healing began when they started to talk about what happened and why it hurt: telling their story. Then the Lord Jesus was invited to come into those painful memories and heal them, including helping the person see the truth about themselves and the situation in the light of God's love. In many cases, further healing came when they extended forgiveness to someone who had hurt them. In other cases, simply asking Jesus to heal their broken hearts brought dramatic results. The healing would sometimes even flow down onto other family members. One woman named Flor saw her daughter healed of a terrible case of eczema when Flor extended forgiveness to those who had hurt her when she was younger ("Flor's story" – 237ff).

The Lord Jesus is called 'the Great Physician' for a good reason: not just because he healed people in ancient times, but because he is still today healing those who come to him with wounded hearts. He has given us wonderful gifts to help in the healing process, including the healing principles contained in the Holy Scriptures, those with gifts of healing in the Body of Christ, and the power of his Holy Spirit.

Many Christians today are stuck in their spiritual lives because of wounded emotions. In the coming "Lent-Easter" worship season, we will be seeking more healing from the Great Physician. Please pray that God will move in a mighty way in our Church, and that we will be equipped to share His healing grace with others. May Jesus' name be lifted higher!

If I was badly sick and I knew there was a wonderful doctor with power to heal me, I would do whatever it took to find that doctor! There is such a doctor for the sin-sick soul, the wounded spirit, the broken heart. Let's go to Him to find that healing! "You will seek me and find me when you seek me with all your heart." -Jer.29:13
- In Christ, Dr. Chris Fisher



UM Denominational News Update: General Conference 2020

General Conference 2020 will be held in Minneapolis from May 3-16. For those who haven't been following UM news, a plan called the 'Protocol for Reconciliation and Grace through Separation' is being touted as the best way for the denomination to resolve its differences by formally separating. Details can be found at: <https://www.umnews.org/en/news/protocol-of-reconciliation-and-grace-through-separation-faq>.

If the "Protocol" passes, it will potentially create two or more daughter denominations, including a new traditional Methodist Church. After the close of General Conference, the governing board of the Wesley Covenant Association will meet in Minneapolis to respond to the General Conference's actions. The WCA holds a traditional understanding of the authority of the Bible as God's word and the transforming power of the gospel and supports biblical standards for marriage. First United Methodist Church of Schuylkill Haven is a member church of the WCA.

If a version of the "Protocol" passes, each Annual conference will likely need to decide which daughter denomination it will align with; and each local church will also need to decide how it will align, particularly if it does not agree with the choice of the Annual Conference it is part of. Pastors will also have to decide individually how they will align. Please pray for the whole Church and our local congregation for God's will to be done and his Kingdom to prevail in these matters, and for courage, discernment and the will to trust and follow him come what may. To God be the glory!



Worship & Preaching Schedule March – April 2020

Sunday Worship: 9:00 AM

Saturday Worship: 6:00 PM

Events and Themes

Theme:

**"Seeking the Great Physician:
Overcoming the Pain of the Past"**

Dr. Fisher preaching unless otherwise noted

March 1: 1st Sunday in Lent with Holy Communion
Message: "Breaking the Chains of Oppression"

March 8: 2nd Sunday Lent –
Message: "Telling your Story"

March 15: 3rd Sunday in Lent
Message: "You've Got to Say the Hard Things!"

March 22: 4th Sunday in Lent
Special Guest Speaker: Mrs. Lisi Fisher
Message: "Freedom Thru Forgiveness"
FELLOWSHIP LUNCH THIS MORNING

March 29: 5th Sunday in Lent
Message: "Surrendering the Will"

April 5: Palm Sunday with Holy Communion
Message: "Surely He has Carried our Grievs"

April 9: Holy Thursday/ The Lord's Supper
7:00 pm Special Choir Cantata

April 9-10: 24H Prayer Vigil Thursday 8:00 pm
Thru Good Friday at 8:00 pm.

April 12: Easter Sunday –
Message: "The Healing Presence"
6:45 Sunrise Service
9:00 Traditional Worship

April 19: 2nd Sunday after Easter
Special Guest Speaker: Mr. Al Machamer

April 26: 3rd Sunday after Easter
Message: "The Soul-Cleansing Fire"



March-April Communion Offering

March 1: To help buy a chair lift for the
parsonage of St. John's UMC, Shamokin

April 5: Pastor's Discretionary Fund



2020 LENT COMMUNITY SERIES

6:00 PM Supper

7:00 PM Worship

Theme: Freedom in Christ
Reflections on Galatians

	COMMUNITY	LENT SERIES	
Date	Location	Preacher	Theme
2/26	First UMC Schuyl. Haven	Rev. Dr. Chris Fisher	Ash Wed.
3/4	St. John's UCC Orwigsburg	Rev. Dr. Chris Fisher	Gal 2
3/11	Welcome UMC Landingville	Rev. Bill Parish	Gal 3
3/18	Covenant UMC Schuyl. Haven	Mrs. Kay Jones	Gal 4

3/25	First UMC Schuyl. Haven	Rev. Steward Warner	Gal 5
4/1	Salem UMC Orwigsburg	Rev. Mike Petresky	Gal 6
	HOLY WEEK	AT FIRST UMC	
4/5	First UMC	PALM Sunday	9 am
4/9	First UMC	Maundy Thursday	7 pm
4/9- 4/10	First UMC	Good Friday Prayer Vigil	8 pm - 8 pm
4/12	First UMC	EASTER Sunday	6:45am 9:00am



Introducing Our 2020 SPRC: "Staff-Parish Relations Committee"

Allow us to introduce the 2020 SPRC. The SPRC serves as the human resources committee of the church overseeing paid staff, and acts as liaison between the congregation and staff, including the pastor(s). Mrs. Linda Olsen is the new chair. Members include Dr. Wesley Rhodes, Mr. Al Machamer, Mr. Tom Reed, Mrs. Gerri Inama, Mrs. Dolores Morgan, and Mr. Gary Daum, Lay Leader. If you have any matters concerning staff you wish to discuss, please contact Mrs. Olsen or one of the members of the SPRC. They will relay your message to the committee. Please lift the SPRC in prayer that they may do their work effectively and to the glory of God. Let's thank God for them.



Good Friday 24 Hour Prayer Vigil April 9-10 from 8pm to 8 pm

First UMC is holding a 24-hour prayer vigil beginning on Thursday, April 9 at 8:00 pm, immediately after the Maundy Thursday Cantata & Holy Communion Service. The prayer vigil will continue through the night and following day until 8:00 pm on Good Friday. Come when you can and leave when you must. You are welcome to stay all night.



CHURCH PRAYER MINISTRY UPDATES

See the bulletin for details of who is praying each week

During the season of Lent, the Wednesday Night Prayer Meeting is moved to Thursday nights at 6:00 PM in the Prayer Chapel. We will resume Wednesday prayer meeting after Easter.

Prayer Focus for March and April 2020

- 1) Please continue praying for our church-wide study on Healing. The focus for these two months is on healing of the memories and healing for damaged emotions.
- 2) Pray that many in our church will find healing for broken hearts and the wounds of the past. Pray that God's love will pour out through us in healing to many others outside the Church.
- 3) Pray for the small groups that they will discern together what the Lord wants them to study next.
- 4) Pray for more of the God's presence in our Church.
- 5) Pray for the lost, the hurting, those who do not know the Lord, and the poor and oppressed.
- 6) Pray for the 2020 General Conference of the United Methodist Church held May 3-16 in Minneapolis.
- 7) Pray for the GenZ worship service on Sundays.
- 8) Please pray for the middle and high school youth ministries and for new youth ministry staff for First UMC.

Weekly prayer team ministry continues. Please sign up in pairs to pray for one hour a day during your week, for the Kingdom of God to come more fully in our church and our community and beyond. We will continue to promote the prayer team ministry on Sunday mornings, with the prayer clipboard circulated periodically.

Do you have a testimony to share with the congregation? Has the Lord done something special in your life recently? Your testimony might really bless someone in the congregation. Please let the pastor or a member of the Worship Committee know. Worship Committee members are Julie Saunders, Cindy McClelland, Ruth Noecker and Dwight Dros. We will make room for your testimony in an upcoming worship service.





March 2020 Youth Group Update

By Raquel Fisher, President of the Youth Council

The Youth Council is working to revitalize the Youth Ministry at First Church, and we are excited about the new things on the horizon. In January, we met and finalized a split between high school and middle school youth. Now we have two separate groups: A Senior High Club meeting Sunday night, and a Middle School "Ignite" Youth Ministry meeting on Wednesday afternoon. This fulfills a longtime request of the senior high students, who are dealing with very different things from the middle school students, and who want their own time and space together. The two groups will do things together periodically, but not every week. The groups also have two different sets of adult leaders. Pastor Fisher leads the Senior High students with a team of adults including Mr. Dave Williams, Mrs. Kristy Kraft, Mrs. Lisa Daukaus, Ms. Michele Daukaus and Mrs. Cindy Dros. The Middle School "Ignite" group is led by Mrs. April and Mr. Don Bergen, Mr. Matheau Bridges, Mr. Dwight Dros, and Mrs. Rene Williams.

The Youth Council now focuses most of its work on the Senior High Club, since the adult leaders take care of the Ignite Middle-school ministry. This year, Senior Club will meet most Sunday nights for a fun-filled "party with a purpose," designed for gospel outreach attractive to both our church's youth and their non-Christian friends. We are planning many activities, special-events, fund-raisers, and family-friendly outings this Spring and Summer. [See the Youth Calendar in this newsletter.] We will meet with several sister churches for a joint middle & high school youth NERF Night on March 22. We also plan to do more fundraisers so we can go on different activities like a youth group Christian camping week this summer. Our two big fund-raisers coming up are the Easter Candy sale and "Servant-for-a-Day" Spring Clean-Up day on May 9, the day before Mother's Day. We kindly ask the congregation to support us in these efforts.

One big need we've been working on is our youth ministry staff replacement. At the Youth and Parents planning meeting in January, the whole group analyzed different possibilities. After much discussion, we voted to ask SPRC to work on hiring a full-time Senior High Youth Ministry Director and a separate part-time Middle School Youth Ministry Director. This would be instead of a full-time associate pastor. It was felt this would best meet youth ministry needs without changing the church budget. This request has been referred to SPRC. Please pray for us that the Lord will provide good leaders to lead our youth ministry successfully forward in the years ahead.

Thank you for your support and encouragement as a congregation. Thank you for supporting the Methodist Women's pie-making fundraiser, which helped the youth go on WinterBlast this year. To show our gratitude, we plan on helping to clean the outside church walls where the dirt had built up behind the old rhododendrons.

We hope you will join us for the family-friendly events we have planned in the summer. These include a "Rail-to-Trail" bike and hike day on June 14 at Kernsville Dam in Hamburg, and a Family Day at Dorney Park on August 16. Please keep us in your prayers. Thank you and God bless you!






First UMC, Schuylkill Haven

Senior High Youth Group

Spring-Summer 2020 Calendar

 =for youth
 =youth club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	17	18	19 7 pm Youth Council	20	21	22
23 6-8 pm SRH Club Night	24 7 pm SPRC	25	26 6 pm supper 7 pm Worship Ash Wednesday	27	28	29
March 1 SRH Club Night	2	3 7:30 pm Missions Com.	4 6 pm supper 7 pm worship @ St. John's UCC, Or	5	6	7
8 6-8 pm SRH Club Night	9 7 pm Finance Com.	10	11 6 pm supper 7 pm worship @ Welcome UMC	12	13 Blue Mtn Musical	14 Community Lunch; Blue Mtn Musical
15 6-8 pm Games Night (Blue Mtn Musical)	16	17 7 pm Health & Welfare Com.	18 6 pm supper 7 pm worship @ Covenant UMC	19 7 pm Wyld/Young Life Prayer Nite	20	21 9 am Outreach UK Training Pottsvl
22 6-8 pm Joint Youth Grp Multi-Church NERF WAR	23 Ad Board	24	25 6 pm supper 7 pm worship @ First UMC, SH	26 Minersville Musical (thru March 28)	27 6pm Youth Lock-In (Candy Fndrs) Pottsvl Musical	28 Lock-In Ends at 6 pm Pottsvl Musical
29 NO CLUB	30 7 pm Small Group Leaders	31 7 pm Comm. Rel & Outreach	April 1 6 pm supper; 7 pm Worship @ Salem	2	3 Sch Haven Musical	4 Sch Haven Musical
5 April Palm Sunday (SchH Musical) SRH Club Night	6 HOLY WEEK	7 HOLY WEEK	8 HOLY WEEK	9 7 pm Maundy Thurs Worship; 8 pm: 24h Prayer Vigil	10 Easter Break Good Friday Prayer Vigil until 8 pm	11 Easter Break Holy Saturday
12 Easter!! NO CLUB	13 Easter Break	14 Easter Break	15	16	17	18 Sch Haven Prom
19 6-8 pm SRH Club Night	20	21 7 pm Trustees	22 7 pm Youth Council	23	24	25
26 Youth @ Ozzies Time: TBD	27 7 pm Discipleship Council	28	29	30	May 1	2 Pottsville Prom
3 May 6-8 pm SRH Club Night	4	5	6	7	8	9 9 am- 3 pm Servant-for-a- Day Fundrser
10 6-8 pm MOTHERS DAY NO CLUB	11 6 pm Worship 7 pm Lay Ldrsh	12	13	14	15	16 Blue Mtn Prom

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 6-8 pm  SRH Club Night	18 7 pm SPRC	19 7 pm Com, Media & Tech	20	21	22	23
24 Memorial Day NO CLUB	25 Memorial Day	26	27	28	29	30
31 End of School Youth Family Picnic	June 1 Pottsville Last Day of School	2 7 pm Missions	3 Sch Haven Last Day of School & Graduation!	4	5 Blue Mtn Last Day of School & Graduation!	6
7 June	8 7 pm Finance	9	10	11	12	13 Community Lunch
14 Noon-3 pm Youth & Family Rail2Trail @ Hamburg	15 7 pm Ad Board	16 7 pm Health & Welfare	17	18 EPA Annual Conference	19 EPA Annual Conference	20 EPA Annual Conference
21 FATHERS DAY	22	23	24	25	26	27 WCA Regional Conference
28	29	30	July 1	2	3	4
5 July	6	7 7 pm Comm. Rel & Outreach	8	9	10	11 Community Lunch
12	13 7 pm Trustees	14	15	16	17	18
19	20 YOUTH CAMPING TRIP	21 YOUTH CAMPING TRIP	22 YOUTH CAMPING TRIP	23 YOUTH CAMPING TRIP	24 YOUTH CAMPING TRIP	25 YOUTH RETURN
26	27 7 pm Discipleship Council	28	29	30	31	August 1
2 August	3	4	5	6	7	8 Community Lunch
9	10	11 6 pm Worship 7 pm Lay Ldrsh	12 7 pm Youth Council	13	14	15 TBA: Youth & Family Event
16 Rain Date: TBA Youth & Family Event	17	18 7 pm Com, Media & Tech	19	20	21	22
23	24 7 pm SPRC	25	26 SH & BM First Day of School	27	28	29

FUMC Youth Group Fundraiser

Choc Covered Easter Egg Candy Sale

Orders must be received by March 23
Pick-up- 3/29 or 4/5 after the morning service
11B BOX - \$10.00 per box

Honeycomb Sponge Candy # _____
Milk Choc Butter Cream Eggs # _____
Dark Choc Butter Cream Eggs # _____
Milk Choc Peanut Butter Eggs # _____
Dark Choc Peanut Butter Eggs # _____

(The Dark Choc Eggs are by special order only with this form)

Donation for supplies to make candy \$ _____

Mark the quantity per box that you would like. Enclose your order with your payment and place it in the offering plate. If using an envelope, mark the envelope "Candy Sale". Checks should be made out to FUMC (First United Methodist Church) with Youth Group Fundraiser on the memo line.

Name - _____

Phone number - _____

Total Amount - _____ Amt Paid _____

Thank you for supporting Youth Group

FUMC Youth Group Fundraiser Choc

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Name - _____

Phone number - _____

Total Amount - _____ Amt Paid _____

Thank you for supporting Youth Group

SPRC Report

SPRC met in February to consider staff issues and needs. We welcomed several new members to the committee, including myself as the new chair. The members of the committee are: ...

Most of our February meeting's conversation revolved around Youth Ministry staff needs, in light of Rimi's departure. Currently, Pastor Fisher has been filling the Youth Director role with two teams of dedicated adults separately overseeing Senior high and Middle school youth groups.

SPRC received a report from the Youth Council with a request for new youth ministry staff. The Youth Council and youth parents met in January for a planning session, including planning about this issue. After much thought and discussion they have made the following proposal to the SPRC:

They asked us to prayerfully consider hiring a Senior High Full-time Youth Ministry Director and a separate part-time Middle School Youth Ministry Director in lieu of an Associate Pastor. The parents and youth feel that this would best serve their needs without changing the current church budget. I attended the meeting as a witness and new youth ministry volunteer. SPRC discussed their proposal at length and approved their request. We are in the midst of revising job descriptions and will be advertising for the full time position in respected seminaries for possible candidates with a proven passion for youth ministry. We will also advertise the part time position both locally and in other places. SPRC will present these matters to Administrative Board in March. Please keep our Youth, their leadership needs and potential new leaders, as well as the SPRC in your prayers. We want leaders prepared and equipped and sent by the Lord!

Respectfully submitted,

Linda Olsen, SPRC Chair

Tom Reed

Al Machamer

Wesley Rhodes

Dolores Morgan

Gerri Inama

Gary Daum

Pastor Chris Fisher



ANNOUNCING TWO BIG FUND RAISING EVENTS TO AID THE YOUTH WITH PROGRAMS AND ACTIVITIES

The Youth Council along with the Youth have decided on offering two big Fund Raising Events this Spring,

The First will be a homemade Easter Candy Sale in March. (see order form in this issue of the newsletter or Sunday's bulletin). They will taking orders from March 1-23. You may pick the candy up after worship services on Sunday March 29 or April5, 2020.

The second Fund Raiser will be held on Saturday, May 9th. The Youth are offering to be your "servant for the day". This is your opportunity to have one or more of the Youth come to your home to do light chores: cleaning, dusting, yard work, etc. then you will make a monetary donation to the Youth Group. This would be a great gift for Mom since Mother's Day is on Sunday, May 10th.

Thank you for your continued support of the Youth of First United Methodist Church.



Dates to Remember

March 22
Fellowship Sunday
No Sunday School

March 29
Children's Message

April 1
Faith, Family & Friends
6:00-7:30 PM
Haven Rec Center

April 12
Easter Sunday
No Sunday School
No Youth Group

April 26
Children's Message
Fellowship Sunday
No Sunday School

May 6
Faith, Family & Friends
6:00 - 7:30 PM
Haven Rec Center

May 17
Last Day of Sunday
School

If you recall during December, we did this very silly thing called Jingle Jam? Jingle Jam shared the gospel message of Jesus coming down into the world to save us with over 150 of our neighbors!

The Community Relations & Outreach (CRO) Team has since been coming to together to pray, plan, and proceed with how we can share the gospel message with members outside of our church family as a result. Our vision for 2020 is focused on "Faith, Family & Friends," which is the start of a monthly gathering somewhere in the Schuylkill Haven area to have fun, enjoy dinner together and share the gospel in a fun family friendly way! Members of the CRO team are bringing their talents together to Love God & Love Others by living out the Great Commission and sharing the good news of Jesus! If you are interested in serving on this team or would like more information, please contact April Bergen at (570) 739-1606.

faith family and friends
Since 1997

1st Wednesday of Every Month
6:00-7:30 PM
Free Dinner & Family Activity

BROUGHT TO YOU BY THE PARTNERSHIP OF
 FIRST UMC OF SCHUYLKILL HAVEN AND THE
 SCHUYLKILL HAVEN RECREATION COMMISSION
 Visit www.havenfirstumc.org or [Facebook](#) for more info!

April 1 * Haven Recreation Center
For Cogs & Barber Eggcrace

May 6 * Haven Recreation Center
Face Wednesday & Games

June 8 * Ruback Park
Popcorn in the Park Movie Night

July 1 * Chassona Pool
Pizza at the Pool

August 6 * Ruback Park
Picnic in the Park

September 2 * Ruback Park
Taco & "Gear Up for a Great Year"

October 7 * Haven Recreation Center
Soup, Sandwiches & Pumpkin Painting

November 4 * Ruback Park
Getting to Know Jesus & more Campfire

December 2 * Haven Recreation Center
Soup, Sandwiches & Gingerbread Houses

**IN THE EVENT OF BAD WEATHER,
PLEASE CHECK THE WEBSITE OR CALL
OUR OFFICE AT 570-363-8941 TO MAKE
SURE DATES & LOCATIONS HAVEN'T
CHANGED!**



Calendar of Events

March 4
Ignite Kicks Off
Wacky Wednesdays
4:30 - 5:45 PM
Haven Rec Center

EVERY WEDNESDAY

WACKY



WEDNESDAYS

March 11-May 27
Wacky Wednesdays
4:30 - 5:45 PM
Haven Rec Center

March 15
Ignite Youth Group to
Gretna Glen
Meet at church at
1:45 PM

March 29 @ 6 PM
Pizza Posse
Suglia's Pizza

April 26 @ 6 PM
Pizza Posse
Suglia's Pizza

May 17 @ 6 PM
Pizza Posse
Suglia's Pizza

The Middle School Youth Group (Ignite) helped to "TACKLE HUNGER" on Superbowl Sunday by hosting a food drive at Boyer's in Schuylkill Haven and Redner's Markets. While the group is small, they are working mightily for Jesus! With just two locations and two hours, the group was able to collect over 500 items to be dispersed and donated to The Haven Food Pantry, Servants to All Ministries in Pottsville and Christ Church in McKeesburg's Soup Kitchen. A huge thank you to everyone who helped make this event a success as many will be blessed by our service and generosity!



During the January planning session, the middle school youth group "Ignite", came together and did some awesome planning as youth ambassadors for Christ! As you see above, they hosted a food drive, bonded together through teambuilding and worship at Gretna Glen and helped to make lots of meat pies. Now, they are about to kick-off Wacky Wednesdays! Wacky Wednesdays are designed to be a fun, energetic, and wacky way to share the message of Jesus with their peers! Each week, our youth will assist with the "behind the scenes" stuff as we play games, share snacks, build relationships and present parables to share the life and love of Jesus Christ with our friends.

Youth in grades 5-8 are invited to participate as well as loving leaders who want to make a difference in our church, community & world! If you are interested in learning more about this awesome adventure, please contact April Bergen at (570) 739-1606 or by email at

abergen@havenfirstumc.org.



Faith Community Nurse's Notes

By: Ann Moyer RN, FCN

Healthy Eating

Choosing healthy foods is important for your overall health. Eating a variety of nutritious foods including: whole grains, fruits and vegetables, skinless poultry and fish, nuts and legumes, low-fat dairy products and non-tropical vegetable oils, is best.

Read nutrition labels for information on fat content, carbohydrates, sugars, calories, sodium, fiber and protein. Avoid foods high in saturated fats and that contain trans fats. Sodium content should also be monitored closely, especially if you struggle with hypertension or heart disease.

Serving size is a big factor in managing proper nutrition. A true serving is a measured amount of food or drink. People are many times consuming multiple servings when eating packaged foods or beverages such as chips or soda. This also happens at home because of lack of knowledge of proper serving sizes. Some easy guides for servings:

- A baseball is = to about one cup a deck of cards is = to about 3 ounces
- A half of a baseball is = to about ½ cup

One serving size of fruit = size of a baseball one pancake= size of compact disc
One serving size of meat = 3 oz = deck of cards 3oz of fish = size of checkbook
One serving size of peanut butter = 2 tbsp = ping pong ball
One serving of margarine or spread = 1 tsp = 1 dice
One serving of cereal flakes = 1 cup = size of a fist
One serving of baked potato = size of a fist
One serving of cooked rice, pasta, or potato = ½ cup = ½ baseball

Instead of frying foods opt to roast, grill, bake, or steam them. Package your own healthy snacks by cutting up veggies and fruits into portion-sized containers or baggies. Your family is more likely to grab them if they are all ready to go.

Fresh or dried herbs and spices are great for seasoning instead of salt. Adding a little lemon or lime juice to foods may also enhance their flavor. Select fat free or low fat dairy products. Avoid or limit sweetened beverages.

Our bodies have been beautifully crafted by our loving Creator, God. Every day is another chance to get stronger, to eat better, to live healthier and to be the best version of you.

Information adapted from www.heart.org/healthy_eating



Invitation to Join the Choir:

Sung to the tune of "Give Me Three Steps" by Lynyrd Skynyrd (Words by Ralph and Julie Saunders)

I was singing a song
When a friend came along
with a gal named Cindy Lu
when she sat on the bench
placed her hands on the keys
she began to play a tune

She said, "Hey! There Julie
This could be really cool!
I like whatcha tryin to do.
You ain't got 'nough voices
And the choir lofts empty
To make this music come true.

"I said, "Excuse me!"

So - Hear my plea
as I'm callin' out
I really need all of you
I need people who sing
and wanna praise the Lord
So you can sing along with us,
too!

Hey There all you Christians
Sittin' in your pews
I don't wanna be blue
"And I know you don't owe me
But I wish you'd let me
ask one favor from you"

Oh won't you
Give me 3 months, Give me
three months Brother, Give me
three months, maybe four
Give me 3 months, Give me
three months Sister, and you
won't hear me beg no more

- for sure.

**The Choir is a great fellowship of people that meet together each week and leave feeling refreshed with joy and hope to continue through the week. Please consider joining this group: 8th grade to adult. See you next Wednesday night at 7 PM!



CALLING ALL VOICES!!!

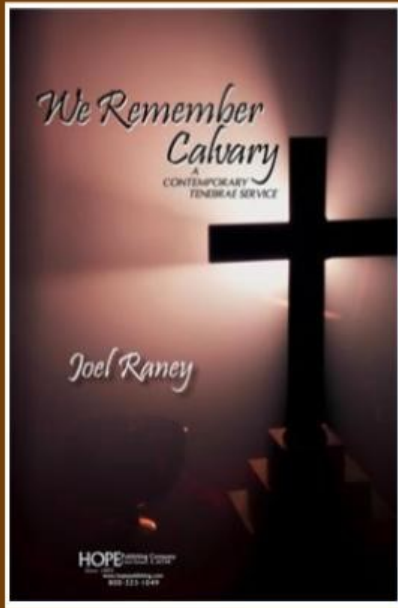
Your voice - whether high or low, squeaky or strong - is needed in our worship service.
Many opportunities exist throughout the year for you to use your heart and voice to Praise and
Glorify the Lord with song.

- ★ Small group ensembles
 - Female, male, or mixed voices
- ★ Solo Opportunities
 - With CD accompaniment
 - With Cindy as your accompanist
 - With Praise team as your accompanist
 - With no accompaniment at all
- ★ With the Choir
 - During regularly scheduled rehearsals
 - For special events (Anniversary Sunday, Thanksgiving, Christmas, Easter)

Don't be shy! Let Julie or Cindy know that you are interested and WE can make it happen!

We Remember Calvary

By Joel Raney



This poignant Tenebrae Service is designed to recreate the emotional and spiritual aspects of the Passion Story through music. Both traditional and contemporary hymns and songs are combined with congregational singing, scripture reading, and narration to paint a vivid and moving picture of Christ's last days and his journey to the cross.

Communion will be served.

Thursday, April 9 @ 7:00 PM
First United Methodist Church

Saturday, May 2, 2020

1:00 PM – 4:00 PM



*The Outreach Committee is hosting a
Ladies Tea (ages 18+) in Fellowship Hall.
There will be entertainment, light refreshments
and of course, sweets.*

*Please RSVP to Barb Brady at 570.385.0573 or
bmbrody@verizon.net no later than April 15th.*

Escape the Chocolate Factory



FREE FAMILY EVENT

Wednesday, April 1

The Schuylkill Haven Recreation Center

6:00-6:30 PM Light Dinner (hot dogs, chips, drinks)

6:30-7:30 PM The Chocolate Factory Eggscape

Prizes will be awarded for fastest finishers!

**First 50 families in the door will receive a basket of
Easter goodies!**

BROUGHT TO YOU BY THE PARTNERSHIP OF THE
FIRST UNITED METHODIST CHURCH OF SCHUYLKILL HAVEN &
THE
SCHUYLKILL HAVEN RECREATION COMMISSION

faith 
and family
friends Deut. 6:4-9

Coffee Fellowship

February 2020

Coffee continues with our new schedule of one worship service on Sunday morning. Additional changes include the addition of Fellowship Brunch on the 4th Sunday each month. Coffee will still be served on those days but only briefly as we wait until brunch is served.



Nancy Smith and her spouse, Pastor Mike, have been helping in the kitchen. Earl Daubenspeck, one of our newest members has joined us. We are the coffee servers in the kitchen on Sunday morning. We love meeting and greeting you as you enter on Sunday morning, and get to talk with you as you pour your coffee.

The need for Sunday "goodies" will be unpredictable at best. We sometimes have leftovers from the monthly Community Lunch, or other church activities. If you are interested to provide Sunday goodies, we welcome your contributions. If we have too much (with our appetites how could that be?!) we may freeze the excess for the following week. The goodies provided may be sweets like cookies or cakes, or a fruit that won't be too messy to eat in the hall or Sunday school room. Depending on availability, fruit will be purchased Sunday morning before service using the donations received.

If you want to share a celebration, call Karen to reserve that special Sunday so no other deserts will be assigned to that day. We have had anniversaries, birthdays, and church related events, that provided their own cake or other treats to share.

When you get your coffee, you will see on the counter there is a basket marked "donations". There is a clip board signup sheet with the Sundays listed that you may sign up to bring baked goods. You can donate with the weekly collection designating it for "Coffee". You may purchase and bring canisters of regular or decaf coffee, individually wrapped tea bags, hot chocolate, coffee creamer, sugar packets, or other items that may be used to serve the coffee. Coffee creamer is a never-ending NEED. Even if we have no goodies on Sunday, we can still share a cup of coffee if everyone contributes whatever they are able.

Please join us Sunday mornings for coffee and fellowship after the 9 am service. Your contributions make the coffee even sweeter in sharing.

If you are not sure what to bring, contact Karen Shiffert. 570-739-0908.

Karen

Health and Welfare happenings:

Take a Break Caregiver Conference 2020:

The venue has been booked! First United Church of Christ (First UCC) Rte. 61 in Schuylkill Haven. This venue has great parking and a nice area for our programs.

Speakers from last year are being asked to join us in 2020

Linda Olsen has taken charge of volunteers to set up and tear down the tables before and after the event. If you are available, please speak with Linda.

Our website www.schuylkillcaregiver.com is being updated with the new location, date and time. The speakers will be changed or updated when we receive their confirmation to participate.

The website will still be the way to register. The registration form has been updated to make registration easier. If you want to attend with a friend, that person must also register. When you register you may order your lunch.

The Caregiver Support group is in the planning stage. Details to follow. There will be a link for participants to sign up for notification about support group meetings and details.

Registration to attend the 2020 Conference opens August 1, 2020!

Fund raisers have been set!

1. **Wednesday, March 18**, 5 to 10 pm Roman Delight – credit for all orders including take out
2. **Monday, April 13**, 5 to 8 pm - Friendly's – credit for all orders including take out
3. **Sunday, May 17**, all day - Hoss's - tickets must be presented with the meal check for us to get credit. Tickets will be distributed in May.
4. Boscov Friends Helping Friends 25% discount shopping passes. Passes are \$5 each. We keep all sales proceeds! Discounts are redeemed at Boscov's - date to be announced.
5. Bake sale in Fellowship Hall – October

Commit to the Lord whatever you do, and he will establish your plans. [Proverbs 16:3](#)

List of events on next page



Karen

Affordable Quality Health Care flyers available in the narthex brochure display.

The Schuylkill Alliance for Health Care is a private non-profit organization that provides a vital link between Sch. County residents in need of greater access to health care and health care providers who are willing to help anyone struggling with affordability issues. A description of their services and contact information is in the flyer.



Take a Break Caregiver Conference 2020

Thursday Nov 5, 2020
First United Church of Christ (First UCC)
Route 61, Schuylkill Haven
adjacent to Penn State Campus

Fundraisers for 2020

Wednesday, March 18, 5 to 10 pm

Roman Delight - - credit for all orders including take out

Monday, April 13, 5 to 8 pm

Friendly's - - credit for all orders including take out

Sunday, May 17, all day

Hoss's - - tickets must be presented with the meal check
for us to get credit. Tickets will be distributed in May.

Boscov Friends Helping Friends 25% discount shopping passes. Passes are \$5 each. We keep all sales proceeds! Discounts are redeemed at Boscov's - date to be announced.

Bake sale in Fellowship Hall – October



Do you like to bake?
We need bakers for Friendly's in April and again
in October for our in house (Fellowship Hall) bake sales.
Contact Dot Murphy 570-739-2783 or Karen Shiffert 570-739-0908
To volunteer to bake for these events.

Thank you for supporting our fund-raising events.
In 2019 Your support raised \$872 to help fund the conference.

The following article is a short testimony from Wilma Schlegel relaying how God has worked in her life:

A DADDY WHO FIXES PROBLEMS

First, I'll list two things about myself that aren't all that unique but affect my story.

I've never been one to use 'cutesy' names for God. I've believed He's too majestic, too worthy of my awe.

I've had some big problems in my life and I've had some little ones. Usually these problems have been the result of me doing things my way.

Those being noted, here's how this little experience happened.

The problem came to my attention and my panic set in when I was transcribing dates for my planned activities in my new calendar.

"Oh, no!" I thought. Please tell me I didn't double book myself on that date. My husband will be so mad at me.

I checked and checked again and found I had done exactly that. I'd told my manager at work that I would work an open shift for the exact time of my husband's work's "After- Christmas" party. This was not a shift anyone was clamoring for and the party was important to my husband.

I said a quick prayer and over the next twenty-four hours, made some phone calls to co-workers but had to leave messages. The only co-worker who answered told me she couldn't take the shift. So I did the next logical thing. Discuss it with my husband? No - I worried, a lot.

Finally, I called my daughter. She's a voice of calm and of reason and she's a Christian.

"What's wrong, Mom?" she asked.

"I did the dumbest thing," I whined and I told her all about it.

"Surely one of your co-workers will help you out," she assured me.

"I hope so." I said doubtfully.

"Did you pray about it?" she asked.

"Yes but it's my own fault. Why do I have to be so mindless?" I fretted.

"I'll pray for you too. - Hold on - one of the kids needs me," she broke away.

I couldn't hear my grandchild's request, but my daughter's answer came across loud and clear. "If you wait for Daddy, he'll fix that problem today."

She came back on the phone and I thanked her in relief and humility.

"For what?" she asked

"You just said the most amazing thing. It was exactly what I needed to hear and remember and to do." I told her.

“What did I say?” she asked.

“If I wait for Daddy, He can fix that problem today.”

“Oh.... wow!”

“I know,” I agreed.

It’s really cool when you get a message from God.

I stopped worrying and I stopped telling myself it was too small and too stupid a problem for God to be interested.

About four hours later I got not one but two answers from co-workers who were willing to help. It was such a great relief. And I thanked the Lord.

He is majestic and awesome and He is a tender and caring “Daddy who fixes problems.”

2020 Lenten Series

Freedom in Christ

A Walk through the book of Galatians

March 4 -

6:00 P.M. – Supper @ St. John’s UCC, Orwigsburg

7:00 P.M. – Service – Pastor Chris Fisher preaching

March 11 –

6:00 P.M. – Supper & Service @ Welcome UMC

7:00 P.M. – Service – Pastor Bill Parrish, preaching

March 18 –

6:00 P.M. – Supper & Service @ Covenant UMC,
Schuylkill Haven

7:00 P.M. – Service – Mrs. Kay Jones, preaching

March 25 –

6:00 P.M. – Supper & Service @ First UMC, Schuylkill
Haven

7:00 P.M. – Service – Pastor Steward Warner, preaching

April 1 –

6:00 P.M. – Supper & Service @ Salem UMC, Orwigs
burg

7:00 P.M. – Service, Pastor Mike Petresky, preaching

HOLY WEEK SERVICES:

April 5 – Palm Sunday 9:00 A.M.

April 9 – Holy Thursday – Worship with Holy Communion, Prayer Vigil begins at 8:00 P.M.

April 10 – Good Friday Prayer Vigil until 8:00 P.M.

April 11 - Holy Saturday worship @ 6:00 p.m.

April 12 – Easter Sunday 6:45 a.m. Sunrise Service

9:00 a.m. Worship

Update from the Trustees

The Trustees are responsible for the upkeep of the Church and parsonage as well as the grounds.

Some of the recent projects include:

Late last year we added a new vestibule to fellowship hall to compliment the existing one that was original to the building. The 39-year old roof on the existing vestibule was also replaced to better match. We hope you find the addition to be a nice convenience. It should make fellowship hall more comfortable by not having much of the heating and cooling escape, etc. Some of the drainage issues were addressed during the project.

You may also have noticed that the color scheme in fellowship hall was recently updated. Fifty new upholstered metal chairs are soon to arrive. The folding chairs will remain in storage for large events. We hope to secure donations in the near future to replace the original vinyl tile floor in fellowship hall.

In the narthex, the welcome center was removed and furniture was added to make the area more inviting and create more floor space.

Exterior lighting was improved with new LED lights replacing the old lights under the eaves that shine onto the sidewalk and parking lot at the northeast and north west ends of the building. Presently the switch is located inside fellowship hall near the original vestibule.

A third ceiling light was installed to the hallway leading to the office to improve visibility near the elevator. Another ceiling light was installed by the bulletin board near the ramp in fellowship hall.

We will soon be upgrading the fire alarm system with the addition/bell replacement of 7 new horn-strobes and other security measures.

We are considering improvements by adding safety glass, etc. to the hallway doors leading to the office, near the choir room, and stair tower. Please keep those doors closed as much as possible to allow for better efficiency of the heating system as well as to zone off those areas in case of a smoke condition, etc.

The parsonage is being updated with respect to minor electrical issues, painting, wall repairs, remediating the water infiltration issue in the basement, window treatments, cleaning, and other improvements to make it ready for potential clergy.

Two diseased ash trees were removed near the driveway leading from the lower to upper parking areas. Other trees in the field are also being removed due to disease. We are seeking donations of new trees and/or shrubbery for the front of the church.

A new small gas-powered single stage snow thrower was purchased to complement the existing larger two stage unit.

The youth group is considering aiding the Trustees by cleaning and/or power washing the front of the church exterior.

A portable stage was donated to FUMC by the United Methodist Church, in Jim Thorpe.

New more comfortable chairs have been ordered for the rear of the church, comfort room, as well as near the piano/organ areas. They should arrive in April.

New double exterior metal doors are to soon to be installed to replace those on the trash/storage area on the west end of the church.

The elevator was recently inspected for a required 3-year test by Otis Elevator as witnessed by a representative from the Commonwealth of PA.

A "Knox box" will be placed near the main entrance outside the narthex. Inside will be a key/code for access by firemen if needed. It will be located high up on the wall. The box was suggested by the Deputy Fire Chief of Schuylkill Haven and will meet their specifications.

Finally, the large zero turn radius Stag mower was recently serviced and made ready for the upcoming grass cutting season.

We want to thank all the members for their financial contributions as well as the donation of their valuable time, talent, and materials. To support the projects, repairs, maintenance, and to fund upcoming capital improvements you may indicate a donation in the "Property and Depreciation or Other" sections on your envelope.

Greetings from FINANCE



As new chairperson of Finance Committee, I thought I'd give you an update on the finances of the EPA Conference. This was according to the 2019 Financial Report. They reported that the Connectional Ministries Fund (CMF) was \$3,494,455 through Dec. 2019. Local Church giving to CMF was \$294 thousand MORE than budget, but \$50 thousand less than Dec. 2018. Expenses through Dec. 2019 was \$2,810,408 which was \$202 thousand less than the year-to-date budget and \$97 thousand more than Dec. 2018. Local churches paid 87% of the totaled billed of \$16.85 million to all

churches.

ON the local church level, I'm happy to report that we remained in the black (which is always good). We gave \$49,170 to our Missions work last year. What does that include? Here's a partial list of those we support outside of the church:

Children of Zion	Evang. Theol. Seminary	Evang. Theol. Seminary
Centeno family (In Faith)	Mission Team Seed	Mid-East Ministry
CEF	Kairos Prison Ministry	Kings Academy
Wycliffe Bible	Curry Family	
The Mission Society	Good News	

That is an incomplete list, but it gives you some idea about where some of your money goes. Inside the church we support:

Vineyard	Camping Scholarships
Community Lunch	Scholarships for Seminary
Pastors Discretionary fund	

You support a very active and giving church. God has been good to us.

"To whom much is given, much will be required." Luke 12:48

I thank God for your gifts, tithes, and offerings for the work of this church.

Jean Twardzik

Methodist Women's Ministry NEWS

Thank you to all who aided in our meat pie sale in February. Over \$1400 after expenses was raised and divided with the youth group. It was an overwhelming success. Over 250 pies were sold. God was with us at all times.



Right now, we are collecting for the prisoners in the Schuylkill Prison. We are gathering underwear and socks. Please see the insert in the bulletin for recommended types and colors. Socks must be white and calf length. This collection will be continuing until March 8th.

Upcoming Events

March 10th – we are planning a tour of Jewel Women's Center in Schuylkill Haven at 1 pm. If you are interested in going with us, please call Jean (570-345-5061) and let her know so we can include you in our numbers.

April 14th – we will be venturing out to Providence Place in Pine Grove for a sing a-long with the residents there at 2 pm. We will be accompanied on the piano by Rosemary Kramer of St. Paul's UMC in Pine Grove. We sing a variety of songs and hymns with the residents. It is a fun and inspiring afternoon. We also provide a "goodie bag" of items for the residents. If you cannot attend but would like to contribute to the "goodie bag" let a member of the group know.

SAVE the DATE



May 12th - We are featuring Andrea McHenry of FREE (Freedom and Recovery for Everyone Enslaved) from Reading, PA to speak on Human Trafficking. FREE is a nonprofit organization in Berks County that raises awareness of sex trafficking and sexual exploitation. She has witnessed people being sold right off the streets in Reading. The program will be at 6 pm in either the café or the sanctuary depending on the crowd. She was featured in the Reading Times newspaper in an article Jan. 23rd titled "FEDs indict Gang Members". It is located on our bulletin board downstairs if you would like more information.

Jean

420 Saylor Street
Schuylkill Haven, PA. 17972

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Fax: 570-385-6842
E-Mail: office@havenfirstumc.org
www.havenfirstumc.org

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First United Methodist Church

"Our Mission is to make disciples of Jesus Christ for the transformation of the world"

Sunday Services at 9:00 A.M.

GenZ Worship 4:00 P.M.

Sunday School & Small Groups at 10:30 A.M.

Saturday Evenings at 6:00 P.M.

Our Vision: Welcoming, Empowering, Reaching Out

Ministers: Everyone of us:

Pastors and Staff:

Dr. Christopher Fisher	Senior Pastor
JoAnn Daum	Office Manager
Marcy Hudock	Sexton
Adam Kraft	Treasurer
Ann Moyer	Parish Nurse
Cynthia McClelland	Organist/Music Director
Brian Reading.....	Minister of Visitation
Julie Saunders	Choir Director
Pamela Setlock	Church Secretary