



Faith *news*

MONTHLY NEWSLETTER

WOOD RIVER

FIRST UNITED METHODIST CHURCH

ALDA UNITED METHODIST CHURCH

FEBRUARY 2018

ASH WEDNESDAY SERVICES: February 14

Ash Wednesday is the first day of Lent. It marks the beginning of a period of reflection and penance. In the Bible, sprinkling oneself with ashes was traditionally a sign of one's sorrow for having committed sins. In the Christian tradition, Ash Wednesday also marked the beginning of preparation for the understanding of the death and resurrection of Christ. (www.umc.org) Let us begin the season of Lent by recognizing we have fallen short of who God has called us to be and that we have a deep need for God and God's offer of salvation through Jesus.

Wood River First UMC--
Soup supper before the service, beginning at 5:30 pm, ALL ARE WELCOME. Worship Service begins at 7:00 pm.

Alda UMC--Worship service begins at 6:00 pm.



Let today be the
day you give up
who you've been
for you who can
become.

Blind Ash Wednesday

Church Events

- Feb 4th WR Scout Sunday
- Feb 5th Ruth Circle
- Feb 8th WR Meet & Eat
- Feb 12th Ruth Circle
- Feb 14th Ash Wednesday Services/
WR Soup Supper
- Feb 15th Sewing Circle
- Feb 18th WR Praise Team
- Feb 20th Alda Meet & Eat
- Feb 21th WR Kid's Night
- Feb 22nd UMW Meeting
- Feb 27th Lenten Study

THE GREAT ADVENTURE

Do you like an adventure? I love going on adventures, but I like them to be well planned out and know how they are going to end. Even in my adventurous spirit I often take a well-worn path that everyone else has taken or go on the same adventure over and over again. I like a good adventure that has a planned and expected outcome. As I read what I just wrote, maybe I don't have a very adventurous spirit after all. Starting February 18, we will begin a new sermon series "The Great Adventure." As a church (God's people) we want to more than survive, we want to THRIVE! Our culture is continuing to change at a fast pace and with the decline of Christianity in America we need to switch gears and become committed followers of Jesus Christ on mission, engaging people with the transformational love of Jesus Christ. To thrive, we need to realize that we cannot take the well-worn path but be

challenged to blaze a new trail going forward. When we commit to following Jesus, and begin to live the life worth living, we find a Great Adventure awaits us. We must begin the adventure without knowing the ending and realize there will be unexpected twists and turns along the way. That is one of the reasons we need to be equipped for the adventure. Filling our back-packs (our lives) with the things that will help us to thrive on the journey, not just survive. We also will find that we may need to lighten the weight or burden along the way, so we can move more quickly and effectively. Let us join together, as we begin to discover "The Great Adventure" God is calling us to live out.

Blessings,
Pastor Trudy

UMW NEWS—Linda Thompson

On Dec. 20, 7 members and Pastor Trudy met to fill the Christmas Cookie Boxes. Twenty-nine boxes were filled with three pieces of fruit, a candy cane, chocolate and a generous assortment of cookies. Pastor Trudy led everyone in a prayer over the boxes. The Youth Group delivered the boxes in Wood River. President Mary Bilslend led a short business meeting.

On Sunday, Jan 21, United Methodist Women met after church for a short business meeting led by Mary Bilslend. Four members attended.

Our next meeting will be on Thurs, Feb 22 at 1:30pm. Rachel Circle will be in charge.

Thank You

The United Methodist Women would like to "Thank" everyone that brought cookies for the Christmas Boxes. And to the Youth Group for helping to deliver the boxes.

We appreciate all the help!

February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7:00 Alda Solutions Group <i>Phil & Tracy Watts (1991)</i>	2 Pastor Trudy's Sabbath 10:00 Alda Healthy Living Meeting <i>Lorna Westcoatt</i>	3 <i>Chandler Thompson</i>
4 9:30 WR Worship/ Scout Sunday 10:30 WR Sunday School 10:00 Alda Sunday School 11:00 Alda Worship <i>Ryleigh Ellison</i>	5 8:30-12:00 Pastor Trudy in Office 7:30 Ruth Circle	6	7 9:30 Bible Study 4:00 Confirmation 7:00 WR Trustees Meeting	8 7:00 Alda Solutions Group <i>Kyle & Becky Allan (1997)</i> <i>Adrienne Rivera</i>	9 10:00 Alda Healthy Living Meeting	10 <div> <div>Pastor at Walk to Emmaus Retreat at Camp Comeca</div> <div>←</div> </div> <i>Kevin Mayfield</i>
11 → 9:30 WR Worship 10:30 WR Sunday School 10:00 Alda Sunday School 11:00 Alda Worship	12 8:30-12:00 Pastor Trudy in Office	13 12:00-6:00 WR Blood Mobile @ High School <i>Miguel & Lori Rodriguez (1999)</i>	14 9:30 Bible Study 5:30 WR Soup Supper 6:00 Alda Ash Wednesday Service 7:00 WR Ash Wednesday Service <i>Ken & Deb Fairbanks (1976)</i> <i>Rita Earnest</i>	15 9:00 Sewing Circle 7:00 Alda Solutions Group	16 Pastor Trudy's Sabbath 10:00 Alda Healthy Living Meeting <i>Jaiden Schofield</i>	17
18 9:30 WR Worship/ Praise Team 10:30 WR Sunday School 10:00 Alda Sunday School 11:00 Alda Worship <i>Kyle Herber</i>	19 8:30-12:00 Pastor Trudy in Office <i>Christian Thompson Jackie Rivera</i>	20 12:00 Alda Meet & Eat <i>Seth Smith Elizabeth Radney</i>	21 9:30 Bible Study 5:30 WR Kid's Night 6:30 MYF	22 7:00 Alda Solutions Group 1:30 UMW Meeting <i>Brad & Cindy Shellpeper (1992)</i>	23 Pastor Trudy's Sabbath 10:00 Alda Healthy Living Meeting <i>Cheyenne DeVore Ivan Bilslend</i>	24 4:00 MYF Fun Day <i>Kent Luebs Dale Moul Joan Brown Melvin Roberts</i>
25 9:30 WR Worship 10:30 WR Sunday School 10:00 Alda Sunday School 11:00 Alda Worship <i>Harleigh Thompson-Peggy Heise</i>	26 8:30-12:00 Pastor Trudy in Office <i>Kristin McCoun</i>	27 6:00 am Lenten Study 7:00 pm Lenten Study <i>Bob Allan, Jr Taryn Mayfield Danielle DeVore</i>	28 9:30 Bible Study 4:00 Confirmation			

FINANCIAL REPORT - WR FUMC

January report of financial giving. Thank you for giving your gifts and tithes to God and the continued mission of making disciples of Jesus Christ.

Budgeted Monthly Expenses: \$11,000

Offerings this Month:

Jan 7: 57 attended, \$1855.75 given

Jan 14: 82 attended, \$2498.50 given

Jan 21: 74 attended, \$6763.50 given

Jan 28: 88 attended, \$3586.00 given

Totals: 301 attended, \$14,703.75 given

**GOD HAS PLANTED
GREATNESS IN YOU.
LET **TODAY** BE THE
BEGINNING OF A GREAT
ADVENTURE AS YOU
STEP INTO THE GIFTS
HE'S GIVEN YOU.**

JOYCE MEYER

PARISH NURSE—Mary Bilslend

We often get blood test results but we don't know if the number is good or bad. Here is a few of the more frequently run test results. It is also important to remember that each lab has its own normal values so these are not exact. The lab used for your tests can give you their norms.

Some results in complete blood count:

- Hemoglobin Male 13-18 gm/dL female 12-16 gm/dL
- Hematocrit Male 45-62% Female 37-48%
- Platelet count 150,000-350,000/mL
- White blood cell count (WBC) 4,300-10,800 cells/microL/cm mm (the micro sign is like a u with a long tail at the beginning.)
- Red blood cell count (RBC) 4.2-6.9 million cells/ microL/cu mm

Some results in electrolytes

- Calcium 8.2-10.6mg/dL (normally slightly higher in children)
- Chloride 98-106 mEq/L
- Magnesium 1.9-2.7mEq/L
- Potassium 3.5-5.4 mEq/L
- Sodium 133-146 mEq/L

Liver Function Tests

- Bilirubin Direct up to 0.4 mg/dL Total up to 1.0 mg/dL (alkaline)
- Phosphatase 50-160 units/L (normally

higher in infants and adolescents)

- Protein (total and albumin) total 6.0-8.4 gm/dL Albumin 3.5-5.0 gm/dL
- Transaminases (alanine and aspartate) alanine 1-21 units/L aspartate 7-27 units/L
- Prothrombin (PTT) 25-41 sec

Lipids

- Cholesterol less than 225 mg/dL (for ages 40-49Yr. This increases with age.
- Triglycerides 10-29yrs. 53-104mg/dL 30-39yrs. 68-115mg/dL 40-49 yrs. 66-130mg/dL 50-59 yrs. 75-163 mg/dL 60-69 yrs. 78-158 mg/dL over 70 yrs. 83-141 mg/dL

Other tests

- Urea nitrogen (BUN) 7-18 mg/dL
- BUN creatinine Ratio 5-35
- Oxygen Saturation (arterial) 96-100%
- Prostate-specific antigen (PSA) 0-4 ng/ml (likely higher with age)
- Alcohol 0 mg/dL (more than 0.1mg/dL normally indicated intoxication)

These are just a few of the tests that can be done on your blood. If you wonder about your results, ask your Dr. or nurse or lab technicians for results and what that may mean. Hope this may help you and answer a few questions you may have.

5 WEEK SHORT-TERM STUDY FOR LENT

WHO IS THIS MAN? The Unpredictable Impact of the Inescapable Jesus, by John Ortberg
Starting February 27

This is a video-driven study, with discussion following. The videos are approximately 20 minutes, with discussion following. Begins February 27. All are welcome so invite someone in the community to join you.

Tuesday Mornings: Pastor Trudy's Home, 6:00 a.m.

Tuesday Evenings: Wood River First UMC: 7:00 p.m. (If there is interest at both Alda and Wood River we will potentially switch back and forth, and encourage carpooling)

If there is interest in forming a group that meets at another time, please talk to Pastor Trudy.

He is history's most familiar figure, yet he is the man no one knows. His impact on the world is immense and non-accidental. From the Dark Ages to Post-Modernity he is the Man who won't go away.

And yet . . . you can miss him in historical lists for many reasons, maybe the most obvious being the way he lived his life. He did

not loudly and demonstrably defend his movement in the spirit of a rising political or military leader. He did not lay out a case that history would judge his brand of belief superior in all future books.

His life and teaching simply drew people to follow him. He made history by starting in a humble place, in a spirit of love and acceptance, and allowing each person space to respond.

His vision of life continues to haunt and challenge humanity. His influence has swept over history bringing inspiration to what has happened in art, science, government, medicine, and education; he has taught humans about dignity, compassion, forgiveness, and hope (Amazon.com)

For a study guide, sign-up at the church or call the office at 583-2716.

Study Guide: \$6.50

Kindle (Order on your own): \$5.99 (Make sure you order the study guide)

THANK YOU

Thanks to all of you loyal givers who have donated to the Food Pantry this month. Our funds were low enough that we were worried about giving milk and cereal in all of the back packs.

We now have a healthy balance and should be okay for the time being. It always amazes me when a plea goes out to help others, you good Christian disciples just pour out your gifts. You all are such a blessing. I thank you, the kids who take home back packs on a regular basis, the families that need supplemental food, the travelers who need gas to get to their destination, and families who need help paying for their utilities thank you. The ministerial association does so many good things for the community and you are the reason they have the funds to do this. God bless all of you!

Nancy DeVore and Mary Ann Apfel

RUTH CIRCLE

Ruth circle's next meeting will be Monday, February 5 at 7:30 in the fellowship hall. Marian Hensley will be the hostess and Susie Powell will lead the lesson.

UMW Salad Supper

This is the 10th Anniversary for our Salad Supper! Our theme is "Jesus Loves the Little Children"

The date is Wednesday evening, April 18, at 6:30 pm at Babel's Barn.

So ladies put your thinking caps on and hostess a table. This is a fundraiser for our church.

FYI there are still tables available. Round tables are 60" round and seat 7 guests plus the hostess. The long tables are 96 " and seat 8 guests in plus the hostess.

More information will follow. If you have questions call Mary Bilsland at 583-2373 or Linda Thompson at 381-0588.

We will also be asking young ladies to model their Winter Ball and Prom dresses!

COME ROCK THE BOAT!

All kids ages Pre-K through 6th grades are invited for a night of **Fun Music!**

A Free Meal! An Interactive Story!

Games and Crafts!

Wednesday, Feb 21st

5:30-7:00

Pre-Registration is requested

@ woodriverumc.org Or 583-2716

repentance
fast
Holy Thursday
death
buried
devotion
living
contemplate
black
everlasting
blood
wilderness
Jesus
sacrifice
absolution
hope
violet
Saturday
meditation
life
crucified
abstain
Lord
sins
forgiveness
prepare
Christ
Lent
confession
repent
cross
pray
ground
ashes
palms
Wednesday
tempted
grave
dust
holy