



Faith news

MONTHLY NEWSLETTER OF ALDA UNITED & WOOD RIVER FIRST UNITED METHODIST CHURCHES

FEBRUARY 2019

ALDA COMMUNITY “DINNER CHURCH” STARTING FEBRUARY 24, AT 5:00 PM

Alda United Methodist Church is reaching out into the community to provide a new worship experience in the evening called “Alda Community Dinner Church.” “Dinner Church” is a place where ALL are welcome to gather around the table to share in a free meal. There will be music and a short message centered around the life of Jesus. We want to provide a space for all people to come enjoy a wonderful meal, fellowship and hear about Jesus. We also mean it when we say ALL ARE WELCOME, whether you are just looking for a meal and someone to share it with or want hear about Jesus for the first time or encounter Jesus in a new way. SPREAD THE NEWS!!! The first meal will be fried chicken, scalloped potatoes, salad and dessert. Alda received a grant from the Nebraska United Methodist Foundation to help cover the cost of the meals. The last Sunday of the month there will be NO 11:00 AM SERVICE, BUT WE WILL GATHER AT 5:00 PM AROUND THE TABLE TO WORSHIP

Church Events

- Feb 4th Ruth Circle
- Feb 6th WR Worship Committee
- Feb 19th Alda Meet & Eat
- Feb 21st WR Sewing Circle
- Feb 24th Alda Community Dinner Church
- Feb 28th UMW Meeting

Reminder:

Ash Wednesday is coming on March 6th!

Parish Nurse - Mary Bilslend

We are almost thru January and the cold weather has found us and with it comes health concerns that are related to the cold. Here are the five most common.

1. Asthma attacks. This is the most common respiratory illness in the US and is worse with freezing, dry weather so take precautions. Cover your mouth and nose with a scarf to keep from breathing in the cold, dry air.
2. Catching a Virus. The cold weather causes us to be enclosed in centralized heated places. Dry winter air causes the flu virus coating to become tougher at temperatures close to freezing so are easier to transmit.
3. Weight gain. It is harder to be motivated to get that exercise that is needed and we also tend to eat more when inactive and gathering indoors. Try to get some form of exercise for 30 minutes at least several times a week and try to avoid the left over Christmas goodies.
4. Depression. Winter blues, milder form of seasonal affective disorder can attack when we are less able to get out in the sunshine due to less sunlight and shorter days Try to spend some time outside during the day and being with friends and activity involvement also help. Get proper sleep also.
5. Heart attacks. When outside, your heart works harder just keeping you warm by circulating and warming your blood. If shoveling snow or doing other strenuous activity in the cold, be aware. Dress appropriately being sure to cover your head and ears. Learn the signs of a heart attack. (dizziness, fatigue, chest/upper arm/jaw pain), fainting, blackout, weakness, heart palpitations, Shortness of breath or vomiting. If you have any abnormal feeling, don't hesitate to call your health care provider.

This time will also pass so enjoy the good parts and tolerate the harder parts. Remember those really hot days are coming and we will wish for one of these cold days....

Coming in April:

On Saturday, April 6th, UMW will present their annual mission study. The title of the study is "What About our Money? A Faith Response". The study will explore how we understand money within the context of our faith. Please mark your calendar. More details to follow!

Wood River FUMC Financial Report

January report of financial giving.

Thank you for giving your gifts and tithes to God and the continued mission of connecting to impact the community with the Gospel of Jesus Christ.

Budgeted Monthly Expenses: \$11,482.17

Offerings this Month:

Jan 6 : \$4333.94

Jan 13: \$628.25

Jan 20: \$864.25

Jan 27: \$2075.66

Total given: \$7902.10

As I have
loved you,
*love one
another.*

~John 13:34~

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting <i>Phil & Tracy Watts</i>	2 <i>Lorna Westcoatt</i>
3 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship 6:00 Girl Scouts <i>Chandler Thompson</i>	4 8:30-12:00 Pastor Trudy in Office 7:00 Cub Scouts 7:30 Ruth Circle <i>Ryleigh Ellison</i>	5 1:00 Alda Sewing Circle 6:00 Network in Gl 	6 9:30 Bible Study 6:30 WR Worship Committee 	7 7:00 Alda Solutions Group 	8 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting <i>Kyle & Becky Allan Adrienne Rivera</i>	9 Fresh Expression Event in Lincoln
10 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship <i>Kevin Mayfield</i>	11 8:30-12:00 Pastor Trudy in Office 	12 1:00 Alda Sewing Circle 	13 9:30 Bible Study <i>Miguel & Lori Rodriguez</i>	14 7:00 Alda Solutions Group <i>Ken & Deb Fairbanks Rita Earnest</i>	15 Walk to Emmaus Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting 	16 <i>Jaiden Schofield</i>
17 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship 6:00 Girl Scouts 	18 8:30-12:00 Pastor Trudy in Office 7:00 Cub Scouts 9:00-4:30 Boundaries Training 	19 12:00 Alda Meet & Eat 1:00 Alda Sewing Circle <i>Christian Thompson Jackie Rivera</i>	20 9:30 Bible Study <i>Seth Smith</i>	21 9:00 WR Sewing Circle 7:00 Alda Solutions Group 	22 Office Closed - Pastor Trudy's Sabbath 10:30 Alda Healthy Living Meeting <i>Brad & Cindy Shellpeper</i>	23 Special Called Conference
24 9:30 WR Worship 10:30 WRSunday School 11:00 Alda Worship <i>Kent Luebs Dale Moul Joan Brown Melvin Roberts</i>	25 8:30-12:00 Pastor Trudy in Office <i>Harleigh Thompson Peggy Heise</i>	26 1:00 Alda Sewing Circle <i>Kristin McCoun</i>	27 9:30 Bible Study <i>Bob Allan, Jr Taryn Mayfield Danielle DeVore</i>	28 1:30 UMW Meeting 7:00 Alda Solutions Group 		

Ruth Group of UMW - Renae Graham

Ruth Group of UMW met Monday, January 7, with five members attending. President Susie Powell conducted the meeting and opened with each person finding her birthdate in a devotional book titled, 'A Woman's Daily Prayer Book' and reading the devotion for that day. News from the UMW unit meeting was shared. Marion Hensley presented the Prayer Calendar and read scripture from Ephesians. Prayer concerns were lifted and Susie offered a prayer for the concerns. The lesson was presented by Susie from 'Response Magazine'. The UMW calendar was reviewed for upcoming events. Susie served as hostess for the evening.

Thank You!

Thank you for your many acts of kindness toward us over the Christmas Season, we felt very loved and blessed. Also, thank you to everyone who made it to our Open House, we loved having you over and the great conversation and laughter.

~Pastor Trudy and Jeff

