

St. Paul's Newsletter

Sunday, January 24, 2010

Scriptures: Nehemiah 8:1-3, 5-6, 8-10; Psalm 19; 1 Corinthians 12:12-31a; Luke 4:14-21

8:45 Contemporary Service

Reader: Dottie Griffith
Nursery: Michelle Smith & Allison
 Jacobs
Children's Church: Julia & John
 Lloyd

9:45 Adult Sunday School Gleaners

Devotions: Nancy Gale
Teacher: Gary Hickman
Richardson's Men
Devotions:
Teacher:

11:00 Traditional Service

Reader: June McKelvey

From the Helm

January 20, 2010

Vol. 185

My Brothers and Sisters in Christ,

This coming Sunday, one of the Scripture readings is from 1 Corinthians 12:12-31. In this first letter from St. Paul to the early church in Corinth, he talks about that through the One bread of our Lord Jesus Christ, we are 'one body', the body of Christ in the world. St. Paul goes on to write that the body doesn't have just one member but of many parts. He says the foot doesn't say that I'm not a hand I don't belong to the body and the ear doesn't say because I'm not an eye, I'm not a part of the body. It's all the parts of the body, all of the many gifts and talents and individual and unique parts that make the body whole. That makes sense to me.

The same uniqueness that distinguishes an ear from a foot or an eye from a hand pertains to you and I. We all, every one of us, created by God is unique and special. Do you realize that you are so special, so unique that there is NO OTHER PERSON ON EARTH, EITHER LIVING OR DEAD, THAT IS EXACTLY LIKE YOU? I think that is something that we need to think about when we have those times when we're feeling down.

God thought enough of you to impart that special unique quality to you alone. No one else has your particular thoughts, actions, abilities, talents, insights or personality. Sure, there are similarities but none other is exactly like you. It's your uniqueness that helps the body of Christ to be what it is. It is because of the contribution that you make by your presence; sharing your gifts and talents with others that enables St. Paul's to be the church that it is now and will continue to enable the church to grow and expand its ministry for God's glory.

Don't underestimate your value to God. You are special and beloved so much by your Father in Heaven and he'll never leave you or forsake you.

May God bless you and your family during this New Year 2010. Pray for our Nation and peace in the world. Pray for our community and for one another.

Yours, in Christ,
revfred+

PS. This coming Sunday, we have the pleasure of hearing Rev. David Burke, who's been involved in Youth ministry for the Conference to be with us and share some of his insights. I look forward to joining you as we hear about his ministry.

Prayer List

Chris Browne	Dave Ryan, Jr. & family	Krista Warfield	Workers
Rev. David Rector		Unsaved loved ones	Those needy
Margaret Barnes	Anonymous Local Female*	Families	Our pastors
Wanda Hurley	Julia Evans	Our Schools	Our church
Mike Wingo		Our Service	

*Young local woman recently diagnosed with having a brain tumor, who wishes to remain anonymous.

Updates

Note of Sympathy

Please keep Brenda Hurley, wife of Rev. Jay Hurley, and her family in prayer on the death of her brother, Charles Marine. Expressions of sympathy can be sent to: Mrs. Brenda Hurley, 308 Oakley Street, Cambridge, MD 21613."

Children's Church Needs Assistants

Children's Church is in need of adult helpers during the early worship service on Sunday mornings. Safe Sanctuaries requires at least two adults in attendance during any activities with children. Therefore, an adult will be needed to serve only as an assistant during Children's Church. Anyone interested in helping out is asked to contact Youth Pastor B.J. Smith.

"Souper" Bowl Sunday

In celebration of this year's Super Bowl, the children at Cambridge Christian Academy will be collecting soup, Ramen noodles and Oodles of Noodles to donate to St. Paul's food pantry. Their collection will run the week prior to the Super Bowl, Feb. 1-5, with the actual donation taking place on Feb. 7th at the early service by Mrs. Julia Foxwell. If anyone would like to contribute to this project, feel free to drop your donations off throughout that week in the Kindergarten room (Nursery). This is being sponsored by the children in Mrs. Susan Whitten Thomas' kindergarten class in partial fulfillment of their Service Learning requirements. They look forward to helping out those who are less fortunate than they are. God bless everyone.

Subject: Operation Warm

Thanks so much for the generosity of your church. The coats didn't arrive until Thursday, Jan. 7, but as always with God, the timing was perfect. They got here just in time for the coldest week we have had in years! We were able to scurry around and distribute most of them to kids who really needed them. Because school was cancelled the next day, many of them were delivered directly to the homes. The rush to get the coats to the kids in the middle of a snow storm made it difficult to collect thank you notes. I can assure you, however, that they were much needed and appreciated. We are now back in school and I'm seeing your coats everywhere! We are very grateful for a group of believers who put their faith into action by helping to provide basic needs for "the least of these".

As an aside, these coats are very warm and are sharp looking. You found a real bargain!

Thanks again,

Debby Howard, Coordinator
Harlan Family Resource / Youth Services Center
Harlan Independent Schools
Harlan, Kentucky

BEAT THE WINTER BLUES

1. **Exercise** stimulates endorphins, the body's natural "feel good" chemicals. Plan even 15 minutes per day. Build extra steps into your daily routine.
2. **Eat healthy.** Get lots of fruits and vegetables and whole grains. Cut back on meat. Go easy on sugar—too much comprises immunity--and alcohol—a natural depressant.
3. **Build in laughter**—stimulates endorphins, provides internal jogging, stimulates immune system. Read Dave Barry, Erma Bombeck, cartoon books. Watch funny sitcoms.
4. **Forgive.** Unforgiveness weighs you down. 40-day prayer: _____, I forgive you for any pain you have caused me. I ask your forgiveness for any pain I have caused you. Give it to God.
5. **Get enough sleep**—7-8 hours a night. Have regular bedtime, lower lights beforehand, snack on milk and toast, avoid stimulating programs on tv. Natural sleep inducers are Valerian and Melatonin. Give your worries to God—he'll be up all night anyway.
6. **Seek out people who make you feel better.**
7. **Get sunlight**—10-15 minutes a day on your face helps combat winter depression.
8. **Get in the Sun Light.** Come to worship service and drink in the Love.

For more, see the Health Ministries bulletin board next to choir room. (First Grade Classroom)

Cambridge Cold Weather Shelter

Malcolm McKnight, Committee Co-chair of the Cold Weather Shelter would like to pass on some important information for those volunteering to cook and serve hot supper meals.

The doors to the shelter are not opened until 6 p.m., with a scheduled meal serving time of 6:30 p.m. Leftovers cannot be stored at the shelter. Uneaten foods must be removed from the premises. Plan for no more than 17 servings, but please call the shelter the morning of your day (410-228-9370) for a more accurate headcount. While desserts are very popular, one cake, two pies, or a single pan of brownies will meet the shelter's need. While the shelter serves unlimited amounts of coffee, if each evening the volunteer groups can bring the equivalent of two 2-liter bottles of soda, that is a big help.

The kitchen can function effectively with three people. More than five helpers is a bit overwhelming. Young helpers are welcome, but should be included in the five maximum number.

Thank you for the great support! You are providing for a segment of our society that truly needs this help.



Dear United Methodist Friends,

United Methodist Communications is working to provide timely and relevant information about how The United Methodist Church is responding to the tragic earthquake in Haiti and how United Methodists can support these efforts. United Methodists have had a long-standing relationship with Haiti through the Methodist Church of Haiti.

The United Methodist News Service has already posted stories on the tragedy and will have ongoing coverage about United Methodist mission teams that are in Haiti, response efforts by the United Methodist Committee on Relief, and what local churches are doing to provide aid. Stay tuned to <http://www.umc.org/haiti> for more information.

Support for relief efforts can be made to Haiti Emergency, [UMCOR Advance # 418325](#). 100% of gifts to UMCOR through the Advance support the designated project.

United Methodist Communications
810 12th Ave S, Nashville, TN 37203



**BUDGET REPORT FROM YOUR FINANCE COMMITTEE
INCOME & EXPENSES FOR 2009**

INCOME

Envelopes	\$224,465
Loose Offering	29,942
Church School	1,760
Use of Building	3,394
Easter, Christmas, Christmas in July	6,542
Special Gifts	12,500
TOTAL	\$278,603

EXPENSES

Personnel	\$149,765
Church Property Expenses	48,043
Supplies	13,485
Programs	5,735
Mission Project	829
Conference Obligations	28,520
TOTAL	\$246,377

The Helping Hand Fund paid out \$23,953 in 2009 to assist those in our community in their time of need.

Your Finance Committee is Chuck Weber (Chairperson), Anna Ruth McGinn, Rex Marshall, Dave Thomas, Jim Fitzhugh, Dickey Hargis, Scott Daniels, Diane Newcomb, & Rev. Fred Bahr
Please contact us if you have any questions.

Upcoming Events

Children's Ministries Schedule

<u>Date</u>	<u>Children's Church</u>	<u>Nursery</u>
1/24/2010	Julia & John L.	Michelle S. & Allison J.
1/31/2010	Mary Ruth B. & Heather T.	Cathy M. & Charlee C.
2/7/2010	Julia & John L.	Makaye & Josh K.
2/14/2010	Shirley M.	Cathy M. & Charlee C.
2/21/2010	Rebecca R. & Sharon T.	Makaye & Josh K.
2/28/2010	Mary Ruth B. & Heather T.	Michelle S. & Allison J.

Be sure to use your contact list if you need to switch Sundays with someone.

Sunday School



In the beginning...

Wonder how it all began?

Michael LaClair will be teaching a class on The Book of Genesis.

Join us Sundays at 10:00 Starting Feb 14th.

(Class will not be held on the first Sunday of the month so we can enjoy the First Sunday Fellowship)



Guest Speaker This Sunday

Rev David Burke will be our guest preacher on Sunday, January 24th at the 8:45 AM and 11:00 a.m. service.

On a national level, David travels throughout the country speaking to all ages with humor, authenticity and relevance. Ministry highlights have included national events such as the Creation festivals east and west, the Youth Specialties National Youth Workers Conventions and other events in over 40 states and several countries.

On a regional level, David is the lead architect for age level ministry for the Ocean Grove Camp Meeting Association in Ocean Grove, NJ whereby he leads a staff of 40 people to connect with children, youth and young adults.

For five years, David served on the conference staff of the Peninsula-DE conference and was used by God to bring spiritual and numerical growth to the youth rally in Ocean City, MD.

David also teaches as an adjunct faculty member teaching Business courses at Wilmington University.

On a local level, David, has been married to Kathryn for 20 years and they have 3 children.

There will be a 'love offering' in addition to our regular Sunday offering at both services to help David with his travelling expenses

For more information go to www.youthmincoaches.com

First Sunday Fellowship

Announcing an exciting new ministry of
St. Paul's...

The first Sunday of every month we will be serving breakfast in the fellowship hall starting at 10:00.

Whether you're leaving the early service or arriving for the 11:00 service, you are invited to enjoy a delicious breakfast and visit with your Church family.

Mark your calendars for Sunday, Feb. 7th



Upcoming Calendar

17 11a radio 4p Financial Bible Study in Parlor	18 Martin Luther King, Jr. Day CCA Closed Church Office Closed	19 SOUP DAY PREP. 6:30p Cub Scout Meeting in Fellowship Hall	20 SOUP DAY 6:30p Four:12 Youth Meeting 6:30p CCA Board Meeting 7:30p Choir Practice	21 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary	22	23
24 4p Financial Bible Study in Parlor	25 6:30p Church Council Meeting	26 6:30p Cub Scout Meeting in Fellowship Hall	27 6:30p Four:12 Youth Meeting 7:30p Choir Practice	28 3p Cookies & Carols in Chapel 5p Lloyd's VFC Spaghetti Dinner 6-8p Praise Band Practice in Sanctuary	29 2p CCA Pep Rally in Fellowship Hall 6p CCA PTO Pot Luck Dinner Meeting in Fellowship Hall	30

31 8:45a Holy Communion 4p Financial Bible Study in Parlor	Feb 1, 2010	2 Groundhog Day 6:30p Cub Scout Meeting in Fellowship Hall	3 6:30p Four:12 Youth Meeting 7:30p Choir Practice	4 1-6:10p Blood Bank in Fellowship Hall 2:30p St. Paul's Singers @ Mallard Bay 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary	5	6
7 10a First Sunday Fellowship in Fellowship Hall 11a Holy Communion	8 7p Martha Circle Meeting in Fellowship Hall	9 6:30p Cub Scout Meeting in Fellowship Hall	10 6:30p Four:12 Youth Meeting 7:30p Choir Practice	11 2:30p St. Paul's Singers @ Chesapeake Woods 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary 6:30p Methodist Men Dinner Meeting in Fellowship Hall	12	13
14 St. Valentines Day 4p Financial Bible Study in Parlor	15 President's Day	16 SOUP DAY PREP. 6:30p Cub Scout Meeting in Fellowship Hall	17 ASH WEDNESDAY SOUP DAY 6:30p Four:12 Youth Meeting 7:30p Choir Practice	18 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary	19	20 wedding
21 11a radio 4p Financial Bible Study in Parlor	22	23 6:30p Cub Scout Meeting in Fellowship Hall	24 6:30p Four:12 Youth Meeting 7:30p Choir Practice	25 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary	26	27
28 8:45a Holy Communion 4p Financial Bible Study in Parlor	Mar 1, 2009	2 6:30p Cub Scout Meeting in Fellowship Hall	3 6:30p Four:12 Youth Meeting 7:30p Choir Practice	4 1-6:10p Blood Bank in Fellowship Hall 2:30p St. Paul's Singers @ Mallard Bay 3p Cookies & Carols in Chapel 6-8p Praise Band Practice in Sanctuary	5	6