

A Message from Pastor Alan

As we look toward the Lenten season, I am excited to tell you about our Lenten Worship series and study. The title of the series is "Rehab." At first glance, this might seem like an odd choice for a Worship series. However, when we consider the nature of the season of Lent, rehab is an appropriate description. "Rehabilitate" means to restore to a condition of good health, ability to work; to restore to good condition or operation; or to restore a person's reputation. We rehab our bodies after major surgeries, and we watch shows about rehabbing houses. In the same way, the season of Lent is an opportunity to open ourselves up to rehabilitation and restoration by the power of the Holy Spirit working with us and within us. It's another way of talking about our sanctification.

Lent is a deep dive into discipleship. We take an honest look at ourselves, and we take a look at our baptismal vows, and we look for ways that we have yet to live into those baptismal promises. In response, we enter into Lenten disciplines, often "giving up" something for Lent. Typically, what we give up is something we consider some sort of indulgence, like chocolate, caffeine or perhaps fasting during one or more meals during the week. These are great disciplines, but we must be careful not to let our disciplines become simply an endurance test or a holy diet plan.

For example, if we choose to fast for a meal, the time we would have spent eating should not simply be an opportunity to get a few more work tasks done. Instead, it is an opportunity to break out of our hectic lives, spending the time we would have been eating in prayer, reminding ourselves that "One does not live by bread alone, but by every word that comes from the mouth of God" (Matthew 4:4). We may also choose to take the money we would have spent on that meal and donate to a place that helps those who do not have enough to eat.

There are many folks who instead choose "take on" something for a Lenten discipline, such as daily prayer or journaling. I have heard of other people who did not feel ready to make a year-long financial giving commitment to church, make a private commitment to God to pledge a certain amount to give during the season of Lent.

One wonderful Lenten discipline opportunity we have as a church is our Lenten small groups. Our "Rehab" study will meet in many of our Sunday School classes and on Wednesdays at 11:00 AM and 6:00 PM. Christine Poarch and Morgan Combs will also be hosting a women's Lenten small group at Christine's home using the Jan Richardson book, *Circle of Grace*. You can email Christine at christine@poarchlaw.com for more information.

Peace,
Pastor Alan

February Sermons

February 4

Scripture: James 2:14-26
Sermon: "Works of Mercy"

February 11 (Transfiguration Sunday)

Scripture: Matthew 5:1-12
Sermon: "Persevering to the End"

February 18

Scripture: Mark 1:9-15
Sermon: "Wilderness"

February 25

Scripture: Mark 8:31-38
Sermon: "Intervention"

Wesley Kids - February 11th

We will meet in the Chapel at 5:00pm to go visit Snyder's Nursing Home. Please bring a small stuffed animal!

Fellowship Dinner - February 11th

Come and enjoy shrove pancake night! We will have a night of games and Mardi Gras fun as we prepare for Ash Wednesday on February 14th. Bring the whole family!

Lenten Devotionals

Don't forget to pick up a Lenten Devotional at either the Welcome Center, Church Office, or Narthex beginning Sunday, February 11th.

Youth - Coffee Shop Small Groups

The youth will be participating in a Lent study during our February coffee shop small groups. If you have not yet been a part of a small group, this is a great time to join!

Group	Day	Time	Location
7-8 th Grade	Mon starting Feb 19 th	7:30-8:30pm	Mill Mountain Back Room
9 th Grade	Wed starting Feb 21 st	6:30-7:30pm	Starbucks Main Street
10-12 th Grade	Wed starting Feb 21 st	7:30-8:30pm	Starbucks Main Street

Lunch Fundraiser for Youth Mission Team

Stay tuned for information on our postponed baked potato fundraiser! The Mission Team will be providing baked potatoes with all the fixin's. Cost is by donation only! This is one of our many upcoming fundraisers to support the June 2018 Youth Mission Trip.

UMW News

A CALL TO PRAYER AND SELF-DENIAL 2018: Circle 5 will lead the program called "Learning for a Lifetime: Developing Leaders" for all FUMW Circles on Tuesday, March 13th at 10:00am in the Chapel. All women who would be interested in joining a Circle are invited to attend. A soup and dessert luncheon will be served in the Fellowship Hall afterwards.



Circle 5 Book Club

The Circle 5 Book Club will meet March 20th at the home of Connie Pullen at 10:00am.

2017 UMW Reading Program Report

The following ladies completed Plan I, which consists of reading 5 books, (1 book in each category) and received a certificate from the Roanoke District UMW - Dee King, Rebecca Frazier, Margoline Mills, Rita Olson, Margaret DuBois, and Margaret Martin. Eleven other ladies also read. A total of 60 books were read by our unit. All Methodist women are encouraged to participate and read books in the Reading Program. These books are located in the Ladies Lounge near the Narthex. Any questions about the reading program, please call Margaret Martin, (540) 563-0254.

S.K.Y. Luncheon

Our next potluck luncheon will be Thursday, February 15th in the Fellowship Hall. We will meet & greet at 11:30am followed by lunch at noon. The program at 12:30pm will be a presentation by Karen Hart who will speak about the art/culture in the United Arab Emirates. Come and join us as we share good food and fellowship with great people! Contact Bobby Pickle @ (540) 389-5459 for more information.

2017: Year in Review

Service Day • Spring Festival • UMW Candle Burning • Shoe Fund Program • World Thank Program • Days for Girls • Pie-it-Forward • UMM barbeque • Scholarship Awards • Genesis Praise Band CD Release • Piano Fundraiser/Purchases • Sanctuary Choir CD Release • Spring Cleaning Sanctuary/Chapel Chandeliers • Preschool enrollment (102 kids) • SKY Luncheons • Vacation Bible School • 14 Youth Confirmed • Rally Day • Preschool Summer Camps • Family Promise • ChapelTalks • Fall Festival • Middle School Youth Retreat • UMCOR Hurricane Relief (75 Flood Buckets) • Youth Small Groups & Reality Check • Defying Gravity • Clean-Out Challenge • Youth Operation Christmas Child



Monthly Financial Update

December 31, 2017

Year to Date Budget	\$834,314
Year to Date Actual Giving	\$856,127
Year to Date Balance Remaining	\$21,813

Annual Budget	\$834,314
Annual Balance Remaining	\$21,813

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				Feb 1 10:00am Bible Babes 6:00pm Girl Scouts	Feb 2 8:00pm AA 8:00pm AI-Anon	Feb 3
Feb 4	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
	7:00pm Boy Scouts 7:30pm Youth Small Group 8:00pm AA	10:00am SKY Board 6:30pm Cub Scouts 6:30pm Financial Peace	6:30am Men's Bible Study 12:00pm Preschool Staff Meeting 6:30pm God & Me 6:30pm Youth Small Group 7:00pm Staff Parish 7:30pm Youth Small Group	10:00am Bible Babes 6:00pm Girl Scouts	10:00am Parliamentarians 8:00pm AA 8:00pm AI-Anon	Youth Retreat
Family Promise						
Feb 11	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
10:30am Fellowship Coffee 4:30pm God & Church 5:00pm Wesley Kids 6:00pm Fellowship Dinner	7:00pm Boy Scouts 7:30pm Youth Small Group 8:00pm AA	6:30pm Cub Scouts 6:30pm Financial Peace 7:00pm Cracked Pots 7:00pm Boy Scout Meeting	Ash Wednesday 6:30am Men's Bible Study 7:00am Ash Wed Service 6:00pm Girl Scouts 7:30pm Ash Wed Service	10:00am Bible Babes 11:30am SKY Club 6:00pm Girl Scouts 6:30pm God & Me	8:00pm AA 8:00pm AI-Anon	
Feb 18	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24
10:15am Acolyte Meeting 4:30pm God & Me 6:00pm Youth Reality Check	7:00pm Boy Scouts 7:30pm Youth Small Group 8:00pm AA	10:00am Circle 5 Book Club 6:30pm Cub Scouts 6:30pm Financial Peace	6:30am Men's Bible Study 11:00am Lent Study 6:00pm Lent Study 6:30pm Youth Small Group 7:30pm Youth Small Group	10:00am Bible Babes 6:00pm Girl Scouts 6:00pm Cub Scout Banquet	6:30pm Lions Club Music Contest 8:00pm AA 8:00pm AI-Anon	
Feb 25	Feb 26	Feb 27	Feb 28			
12:00pm Youth Potato Fundraiser 4:30pm God & Me 6:00pm Youth Reality Check	7:00pm Boy Scouts 7:30pm Youth Small Group 8:00pm AA	9:00am District Meeting 6:30pm Cub Scouts 6:30pm Financial Peace 7:00pm Church Council	6:30am Men's Bible Study 11:00am Lent Study 12:15pm Staff Meeting 6:00pm Lent Study 6:00pm Girl Scouts 6:30pm Youth Small Group 7:30pm Youth Small Group			
Sunday Schedule 8:45am Genesis 8:45am Traditional Service 9:45am Sunday School 11:00am Traditional Service						
Sunday Choir and Bell Schedule Heavenly Bells 3:00pm Cherub Choir 3:30pm Chorister Choir 4:00pm JuBELLation 4:00pm Youth Choir 5:00pm Thursday Choir and Bell Schedule Resounding Joy 6:15pm Adult Sanctuary Choir 7:30pm						

First United Methodist Church
125 West Main Street
Salem, VA 24153-0887

Address Service Requested

First United Methodist Church Staff

- ◆ Lead Pastor, **Alan Combs** (alancombs@fumcsalemva.org)
- ◆ Associate Minister, **Jeffrey Dorsey** (jeff@dorseylawfirm.com)
- ◆ Assistant Minister of Congregational Care & Senior Adults, **Bobby Pickle** (bpickle@fumcsalemva.org)
- ◆ Director of Children's Ministries & Children's Choirs, **Tricia Givens** (triciag@fumcsalemva.org)
- ◆ Youth Ministries Director, **Jessica Kauffman** (jessicak@fumcsalemva.org)
- ◆ Director of Wesleyan Preschool, **Jane Butto** (jbutto@fumcsalemva.org)
- ◆ Director of Sanctuary Choir, **William Snyder**
- ◆ Director of Youth & Handbell Choirs, **Heather Mitchell** (hnmitchell@comcast.net)
- ◆ Organist, **Judith Snyder**
- ◆ Piano Accompanist for Children & Youth, **London Reinhard**
- ◆ Contemporary Worship Music Co-Director, **Allan Davidson** (davidsonallan4@gmail.com)
- ◆ Contemporary Worship Music Co-Director, **Joey Poarch** (joseph.poarch@gmail.com)
- ◆ Office & Communications Manager, **Margaret Woolwine** (margaretw@fumcsalemva.org)
- ◆ Sextons, **Butch & Genia Johnson** (winhoos1@hotmail.com)

Roanoke District and VA Annual Conference

Bishop, **Sharma Lewis** District Superintendent, **Kathleen Overby Webster**

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125 W. Main Street, Salem VA 24153-3615 | Phone (540) 389-5459 | Fax (540) 389-6046

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Wesleyan Preschool: (540) 389-5144

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