

February 2020

John Wesley United Methodist Church

270 Gifford St., Falmouth, MA 02540

(508) 548-3050; jwumcfalmouth@comcast.net; www.johnwesleyumc.org

“THE WESLEYAN”

Dear Sisters and Brothers in Christ,

“Examine yourselves to see whether you are in the faith; test yourselves. Do you not realize that Christ Jesus is in you—unless, of course, you fail the test?”
2 Corinthians 13:5

Wow! It seems like we just finished celebrating Christmas, and in a few short weeks we’ll be getting ready for Lent – that 40 day period leading up to Easter. Now, if you remember, in one of my recent sermons, I mentioned the journey Jesus took from Bethlehem to Jerusalem and said that the reason we celebrate Christmas is because of Easter. Jesus was born in order to show us “God in the flesh,” to teach us the right way to live, and then ultimately to die for us on the cross for the forgiveness of our sins. And then, he was raised to new life, assuring us that we too will be raised to new life, eternal life with him in heaven.

Well, Lent signifies for us our own journey to Jerusalem. It is a time when we should heed St. Paul’s advice above to “examine ourselves, to see whether we are in the faith.” Now often, for Lent, we think of giving up something, or adding a spiritual exercise. But this year I would like to suggest that you make an adjustment to something you are already doing. At least I hope you are – praying! You see, if you’re like me, often times I pray looking to the future. What help do I need that day, what guidance do I need on an upcoming sermon or project, what event am I anticipating? But when we only look ahead, we miss out on what we can learn from the past. And so, for Lent this year, I encourage you to borrow a practice from the Jesuit priests and take fifteen minutes for daily reflective prayer, which can be done in the morning or at night. The Jesuits call it “The Examen” prayer, and while there are variations, it has five basic parts.

- 1. Place yourself in God’s presence.** Be still. Breathe in and out. Try to block out other thoughts, and focus on God.
- 2. Think back on the past 24 hours, and take note of what you are grateful for.** Focus on the day’s gifts. Look at the work you did, the people you interacted with, the beauty of creation. Pay attention to small things – the food you ate, the sights you saw and other seemingly small pleasures. Remember, God is in the details.
- 3. Think back on the past 24 hours, and review your day.** Recall specific moments, and your feelings at the time. Anxiety? Joy? Resentment? Compassion? Anger? Confidence? Why did you feel that way? Ask what God is saying to you about these feelings?
- 4. Reflect on what you did, said or thought in those moments.** Ask the Holy Spirit to direct you to something that God thinks is particularly important. Were you growing closer to God or further away? Talk to God about it.
- 5. Now think of the next 24 hours.** How might you collaborate more effectively with God’s plan? What might you do differently? Pay attention to the feelings that surface as you face the day. Ask God to give you wisdom, courage and guidance.

May you test yourself with “The Examen Prayer” during Lent. So that you will realize that Jesus Christ does indeed dwell in you and can work through you!

Blessings, Pastor Rebecca



WORSHIP AT JWUMC

Worship Schedule

8:30 Communion Service - Chapel
9:30am Bible Study
10:30 Worship in the Sanctuary
10:30 WoW Sunday School for K-6th Grade

Love God...

Love others...

Serve the world.

WORSHIP

Food for the Soul: On Wednesday February 5th we will welcome Rev. Will Mebane of the St. Barnabas Episcopal Church as our guest speaker. Please come for an inspiring program and delicious lunch. Noon for the program; lunch is served at 12:30.

Renewal of Wedding Vows: On Sunday, February 16th, in honor of Valentine's Day, we will offer the opportunity for couples to renew their wedding vows. After both the 8:30 and 10:30 services, couples are invited to the chapel where Pastor Rebecca will lead a short celebration with words of encouragement, renewal of vows, and a prayer for God's continued blessing upon their marriage. This is open to any and all couples who wish to reaffirm their love and commitment to one another. This is not meant to exclude anyone who is not or has not been married, nor is it a judgment on singleness or divorce. It is simply a time to recognize that marriage is a fragile institution, and is an opportunity to support one another in honoring the values of commitment, fidelity and marital love. If you have any questions, please see Pastor Rebecca.

Prayer & Praise Sunday: February 16th. This is a special Sunday of inspirational music, prayer and hearing about the faith journey of our brothers and sisters.

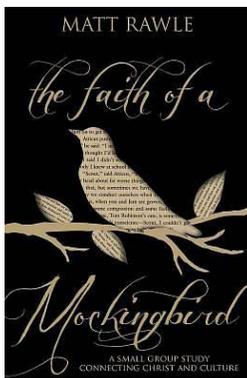
Ash Wednesday: is February 26th, and we offer two service times. One will be from 12:15 – 12:45 pm in the chapel. This will be a time of prayer, meditation, quiet music, communion and the imposition of ashes. There will be a service at 7:00, with hymns, prayer, short meditation, communion and imposition of ashes. The chapel will be open from 8:30 – 4:30 for anyone from the church or community who wants to receive ashes.

Invite your friends to watch us on FCTV, Channel 13! Our worship service is being broadcast on Mondays at 4 pm, Wednesdays at 6 pm, and Sundays at 10:30 am (previous Sunday service). This is another way we are getting Jesus Christ and John Wesley out into the community.

SPIRITUAL GROWTH

Men's Breakfast: Tuesday February 18th, breakfast and discussion on a relevant topic will be held at 7:30am in the Fitzgerald room. Please join us!

Winter Study: A 4-week study will start Tuesday February 4th, 10:30 AM and 6:30 PM. It is a Small Group Study Connecting Christ and Culture, based on "To Kill a Mockingbird" by Harper Lee, led by Betty Smith.



“Discover your world, God’s world, and the world of Atticus Finch.

Pastor and author Matt Rawle is on a mission. He sees Christ all around him—in books, movies, TV shows, rock music—and he wants to share what he sees. As Matt says, "God offers the raw ingredients, and 'culture' is whatever we cook up."

In *The Faith of a Mockingbird*, based on Harper Lee's *To Kill a Mockingbird*, pastor and author Matt Rawle uses Lee's beloved characters to explore Christian faith, theology, and ethics. Join Scout, Atticus Finch, Boo Radley, and Tom Robinson in this four-week study considering God's world and what it all means."

Christianbook.com

Books are available for \$11 in the office or Narthex on Sunday. Correct change or a check is appreciated!



John Wesley United Methodist Church

CHILDREN AND YOUTH MINISTRIES

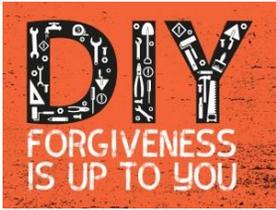
ANNOUNCEMENTS:

There will be **NO High School Youth Group** on Sunday, **February 9th** because of the Winter Retreat or Sunday, **February 16th** because of February Vacation.

There will be **NO Middle School Youth Group** on Wednesday, **February 19th** because of February Vacation.

FEBRUARY VOLUNTEER ASSIGNMENTS			
Date	K-2 Teacher	3-6 Teacher	Acolyte
February 2	Lorretta	Amy	Clayton
February 9	Heather	Amy	Jada
February 16	No Sunday School	No Sunday School	Sam
February 23	Matt	Lisa	Ryanne

CHRISTIAN EDUCATION SERIES:



Middle School February Series: *“D.I.Y: Forgiveness is up to You”*

No matter how much we mess up, God will always forgive us. Jesus even chose to forgive those who were crucifying Him. Because God gives us, we should work hard to forgive others. In this 5-part series, we'll explore why forgiveness matters, what it feels like to be forgiven, what keeps us from forgiving, an example of when we've been forgiven and what we lose if we don't forgive. Join us!



High School February Series: *“Questions: Self Harm”*

Got questions? Whether we're asking them out loud or swirling them around silently in our minds, the truth is, we all have questions. And in this lesson, we'll address what we should do about self-harm. It's a sad but important discussion we need to have because 1 in 12 teenagers will engage in self-harm. We'll learn why self-harm happens, why it's so hard to stop and how to reach out for help if you or a friend is currently struggling with self-harm.



“WoW” Sunday School Series: Old Testament, *“Called to Faithfulness: The Life of Jeremiah”*

Jeremiah was called by God as a young man to be a faithful messenger to a rebellious people. He would witness the darkest days in the history of his nation. The experiences of Jeremiah will help students recognize how to measure success in the face of opposition, maintain confidence in the promises of God, value perseverance when treated unjustly, and to never give up sharing God's message.

UPCOMING EVENTS:

Sub Sandwich Fundraiser (Now through Sunday, February 2nd)

Support our Youth Group this winter by purchasing a 10" sub sandwich and all proceeds will go towards sending our students on their annual Winter Retreat to New Hampshire. For \$8, you can pick from a wide variety of toppings including ham, turkey, cheese, lettuce, tomato and onion and also includes a bag of chips. Pick up on Super Bowl Sunday, February 2nd.

High School Youth Winter Retreat (Friday, February 7th to Sunday, February 9th)

We invite all 7th to 12th graders to join us for our annual Winter Retreat to Camp Monadnock in Jaffrey, NH the weekend of February 7th! There will be amazing opportunities to grow closer to God in worship, group discussion and prayer and with one another by playing games, snow tubing, indoor swimming, bunking up in cabins and so much more. It is \$50/student which includes all accommodations, food, transportation, etc. Please reserve your student(s) spot by contacting our Youth Director, Allison Deyo at 508-548-3050.

Middle School Youth Winter Retreat (Friday, February 28th to Sunday, March 1st)

We invite all 5th to 6th graders to join us for our annual Winter Retreat to Camp Calumet in Ossipee, NH the weekend of February 28th! There will be amazing opportunities to grow closer to God in worship, group discussion and prayer and with one another by playing games, skiing, snow tubing, bunking up in cabins and so much more. Information packet will be available to. Please reserve your student(s) spot by contacting our Youth Director, Allison Deyo at 508-548-3050.

PAST EVENTS:

RECAP: Making and Delivering Flower Bouquets to Nursing Homes

On Sunday, January 12th, the High School Youth Group diverted from their regular meeting schedule and used their time to serve members of our church. Because we received 3 donated altar flowers that Sunday, the Youth arranged smaller flower bouquets and then hand-delivered them to members of our church at JML and Atria, as well as their roommates! It was so nice to see everyone's faces light up when they saw children walking, running and laughing through the halls. We know this little act of kindness meant the world to them, so thank you for serving our community in this special way! Check out all the photos by [clicking here](#). *And a big thank you to Julie Immelt Whelden who let us help in what she and Wesley do every month for our members!*



RECAP: MLK Day of Service

On MLK Day, Monday, January 20th, 16 students came together on their day off from school as a "day on" for service! We carpoled up to "Happy Hope Factory" in Bourne where for 2.5 hours, we helped prepare materials to go into their "Happy Hope Bags." These bags are sent all over the nation to bring hope and happiness to hospitalized children with special needs or chronic and life-threatening illnesses. Our group sorted crayons into smaller packaging, sorted socks, scratched off price stickers and so much more. Then we enjoyed fellowshiping at McDonalds afterwards! We hope you'll take a look at all of the photos from their day of service by [clicking here](#). A special thank you so Jaime Sterling and Brian Linton for chaperoning and serving alongside us!



RECAP: Youth Lock-In

On Thursday, January 2nd, eleven 5-12th grade students got together during their Christmas School break to spend the night at the church and play tons of high-energy games all night long. After indulging in a Mac 'n Cheese and Grilled Cheese, it was time to play all sorts of games, including a spiced-up version of Musical Chairs, Jedi Master, Steal the Bacon, Poison Chairs, GaGa Ball and so much more. We have a whole Blog Post written about the night so we hope you'll read it by [clicking here](#). It really was an awesome time building and strengthening relationships with one another. *A special thank you to Tim Cline for having a blast with us and sleeping over!*



Avery Todd-Weinstein



We are so excited to announce that our February 2020 Children & Youth Spotlight recipient is 3rd grader, **Avery Todd-Weinstein!** Avery and his family have been coming to John Wesley for many years. You may not see them much at the 10:30 am service, but that's because they really enjoy our 8:30 am Chapel service! Avery is a happy-go-lucky kid who is full of energy but also very sensitive and compassionate. He is a pro at building all sorts of intricate Lego sets, and loves to draw and use his imagination. Avery has been very involved with WoW Sunday School, Vacation Bible School, Christmas Pageants, family events and so much more. We have loved watching him grow into a wonderful young man and cannot wait to see how God continues to lavish His love on him in the future. We're so proud of you Avery, congratulations!

CHURCH ANNOUNCEMENTS

Sing in our Choir! This is a great time for folks to join the choir! We will be working on a lot of new music, so there is no need for trepidation! Also, we will help you along. Music reading is something that comes with practice – so don't feel you need to be an expert! "Where there's a will..." Thank you all! Linda Brouder

Give to the church and save on taxes. If you're at least 70½ years old, and own a traditional Individual Retirement Account, you may have to take your required minimum distribution and pay taxes on that income. However, you can satisfy your minimum distribution with a charitable gift to John Wesley, and exclude it from your adjusted gross income, which means you save some tax time. For more information, talk to your financial planner.

Sign Up for Altar Flowers: Each week churchgoers have the opportunity to purchase flowers to adorn our altar at the cost of \$50.00. The 2020 Calendar is now up and ready for you to reserve a week for flowers. The donor may take the flowers after the 10:30 service. Otherwise, as part of our Outreach Mission of the Church, the flowers will be donated to a non-profit organization called "Flower Angels". They re-arrange the

flowers and distribute them to nursing homes and hospitals. In this respect, the altar flowers have a dual purpose. Once a month, the flowers are distributed to our members who are in nursing homes or are shut-ins. Please sign up on the flower chart posted on the Altar Guild closet door just outside the Sanctuary. Make check payable to JWUMC Altar Guild and place in the mail box outside of the office door. If you have any questions please call Donna Fish 508-524-2250.

Facilities & Grounds Update: The carpet in the Library and Education Wing has now been replaced! Everyone should be pleased with these improvements as we continue to make God's house more welcoming and attractive and energy efficient.

OUTREACH/MISSIONS



Interested in joining the Outreach & Missions Team! Join us February 17th at 6:30 for our next meeting! Just want to help when you can, email Julie Immelt Whelden at jimmelt11@aol.com and she will contact you when they are looking for help.

Change the World for the month of February will go to "Around the Table" a Falmouth non-profit volunteer organization that provides a hot meal Monday, Wednesday, and Friday from 11:30 to 12:30. Anyone who needs a meal is welcome, no questions asked. The meal is served in the St. Barnabas Parish House, 91 North Main St. Falmouth. The group has been serving food to people in need for over 30 years.



January Change the World collected \$287.96 for Cape Kid Meals. Thank you to all of you who made your loose change go to work for those in need in our community. If you would still like to donate, you can visit their website: <https://capekidmeals.org/>.



Brown Bag Auction to benefit the Upper Cape Chaplaincy will be held at John Wesley on Saturday February 1st starting at 5:30pm. Bring your family and friends! Bring food to share (Casserole, Salad, Dessert, Etc.) and your place setting (plate & silverware). Beverages will be provided. Also bring a new or usable gift in a brown paper bag clearly marked for male or female, child or adult as well as approximate value. For more information see Donna Fish.

Flower Angels: We are looking for back up volunteers to drive the Sunday Altar flowers to Flower Angels the following Monday. If you are available to do this once a month or even as a backup person please let us know!!! Julie Immelt Whelden jimmelt11@aol.com.

Monthly Mother's Support Group: Thursday March 19th from 6:00-7:00 pm in the Parent Room. We hope this will be a time for mothers to relax, breathe, and learn how to be a loving mother through creative activities, faith-based discussions, guest speakers, etc. Child Care will be available across the hall in the Nursery. Moms of all ages and stages are welcome. Please contact Julie Immelt Whelden at jimmelt11@aol.com for questions or to sign up. This group will meet the third Thursday of every month beginning in March.

February Food Collection: please bring in boxed baking mixes. When you don't have money to buy normal food the extra special food is never on the list. So, let's treat those who can't normally afford the special treats with cake mix, brownie mix, muffin mix and icings!

Sock ministry: Falmouth Service Center Adult Sock Drive. The need for socks for both men and women is great especially in the winter months. We will be collecting new socks through February. Thank you to all who have donated socks they have helped so many stay warm.

John Wesley UMC's February, 2020 Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT.
						1
"We love because he first loved us. " 1 John 4:19						5:30pm UCC Brown Bag Auction
2	3	4	5	6	7	8
8:30am Communion Service 9:30am Adult Bible Study 10:30am Worship/WoW 1:00 PM Fal. Chorale 4pm Youth Group 6pm Brazilian Church 6pm Narcotics Anon.	7:30am AA 5:00pm Girl Scouts 6:30pm Leadership Team	7:30am AA 10:30am Winter Study 6:30pm Winter Study 7pm Fal. Chorale	7:30am AA Noon Food for the Soul 4:45pm Children's Choir 5:00pm Children's Place 5:30pm MS Youth Group 5:30pm Handbells 7pm Chancel Choir 7pm Brazilian Bible 7pm AA	7:30am AA 7:00pm Fal. Orchestra 7pm Brazilian Church	Youth Winter Retreat 7:00 am AIAnon 7:30am AA 2pm AA Women 5:30pm AA Study	Youth Winter Retreat
9	10	11	12	13	14	15
Youth Winter Retreat 8:30am Communion Service 9:30 Adult Bible Study 10:30am Worship/WoW 6pm Brazilian Church 6pm Narcotics Anon.	7:30am AA 5:00pm Girl Scouts 5:15pm Daisy Scouts	7:30am AA 10:30am Winter Study 6:30pm Winter Study 7pm Falmouth Chorale	7:30am AA Noon Prayer Mtg. 4:45pm Children's Choir 5pm Children's Place 5:30 MS Youth Group 5:30pm Handbells 7pm Chancel Choir 7pm Brazilian Bible 7pm AA	7:30am AA 4:00pm Fal. Eats Together 5:00pm SPRMT 6:15pm Girl Scouts 7pm Brazilian Church	7:00am AIAnon 7:30am AA 2pm AA Women 3pm JML 5:30pm AA Study	4:30 Brazilian Church Event
16	17	18	19	20	21	22
8:30am Communion Service 9:30 Adult Bible Study 10:30am Worship 6pm Brazilian Church 6pm Narcotics Anon.	7:30am AA Office Closed President's Day 6:30 Outreach/Missions	7:30am Men's Breakfast 7:30am AA 10:30am Winter Study 12 Blood Drive 6:30pm Winter Study 7pm Fal. Chorale	7:30am AA Noon Prayer Mtg 3pm Worship Ministry 5pm Children's Place 5:30pm Handbells 7:00pm Chancel Choir 7:00 Brazilian Bible 7pm AA	7:30am AA 7pm Brazilian Church 7pm Falmouth Orchestra	7:00am AIAnon 7:30am AA 1:30 Atria 2pm AA Women 5:30pm AA Study	
23	24	25	26	27	28	29
8:30am Communion Service 9:30 Adult Bible Study 10:30am Worship/WoW 4pm Youth Group 6pm Brazilian Church 6pm Narcotics Anon.	7:30am AA 3:30 Trustees 4:00pm Finance Ministry 5:00pm Girl Scouts 5:15pm Daisy Scouts	7:30am AA 10:30pm Winter Study 6:30pm Winter Study 7pm Fal. Chorale	7:30am AA 12:15 Ash Wed. Service 4:45 Children's Choir 5pm Children's Place 5:30 MS Youth Group 7pm Ash Wed. Service 7pm Brazilian Bible 7pm AA	7:30am AA 6:15 Girl Scouts 7pm Fal. Orchestra 7pm Brazilian Church	7:00am AIAnon 7:30am AA 2pm AA Women 3:15pm Royal Megansett 5:30pm AA Study MS Retreat	MS Retreat

God's blessings to our family members celebrating birthdays this month. February Birthdays:

2/8 Marion Warburton, 2/11 John Mincieli, 2/12 Donald Smith, 2/14 Larry Ward, 2/19 Andy Dahl, 2/21 Jan Dahl, 2/27 Tim Cline.

Birthdays can be lifted up in prayer for all of God's blessings in the year ahead. Let us celebrate life among our church family. It's a great thing to have a birthday, a gift from God.

February

- F Faith in the Lord will nourish all
Who strive to answer to His call.
- E Eternal life in heaven will be
Awaiting those who from sin are free.
- B Belief in the Bible and its word
Will inspire all those who have heard.
- R Righteousness is a virtue we need
To live good lives and Commandments heed.
- U Understanding God's word, give praise,
Knowing He sustains us always.
- A Abolish sin and hatred each day,
And pray for others who go astray.
- R Respect ourselves and everyone.
Pray each day to God and His Son.
- Y Yearn for a life everlasting,
And the peace and love it will bring.



Joy Stosz,
January, 2020

John Wesley United Methodist Church, 270 Gifford Street, Falmouth, MA 02540

(508) 548-3050 www.johnwesleyumc.org

Rev. Rebecca Mincieli, Pastor

Staff: Allison Deyo, Children & Youth Director | Ruth Moulton, Office Administrator
Linda Brouder, Director of Music Ministries | Mirela Chisbora, Pianist/Organist
George Cary, Treasurer | John Loewen, Sexton | Amanda Barabe, Nursery Attendant

Faith
Hope
and the Greatest
of these is
Love