March 2022 Volume 5, Issue 3

A publication of First-Faith United Methodist Church

THE MESSENGER

Grace to you and peace from God our Father and the Lord Jesus Christ. We have come to the end of February and are now headed into March, with the promise of spring around the corner. This has been an incredibly busy year already at the church, but also professionally for me.

At the beginning of February, I took the final steps in my ordination process in the United Methodist Church by participating in interviews with the Board of Ordained Ministry. I am pleased to announce that I have been approved for ordination as an Elder in the United Methodist Church! This is the culmination of nearly eight years of discernment, school, and ministry for me and my family. First-Faith is a special place with amazing people and I can't thank you all so much for the prayers and support as I have worked towards this moment.

The Month of March is the beginning of the season of Lent. Historically, Lent has been a time of austerity and self-deprivation, moral and mortal reflection, and repentance and renewal. The church has called its faithful to deny themselves during this time and pick up their cross and follow Christ. Ironically, it is more the case that Christ carries us, we who fumble to bear the weight of our own burden. As Jesus himself beckons, "Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls" (Matthew 11:29 NRSV).

While Lent reminds us of our moral failings and the mortal demise that they inevitably reap, it further challenges us to question our cultural comfortability and to live differently as Christ himself. Our Lenten series is called *Live Differently: 7 Perspectives on Lent*. This Lenten series follows seven "instructive" perspectives on Christ's life interwoven with ours. I hope you will join us this Lent as we seek to live differently.

In Lent, we will also have a Lenten Study each week. We will be reading *Savior* by Magery DeVega as we look to understand what Christ's death on the cross did for us and how it saved us. I will be teaching on Sunday mornings after church and on Thursday nights at 7:00 pm. If you are interested, please sign up in the lobby so I can order books.

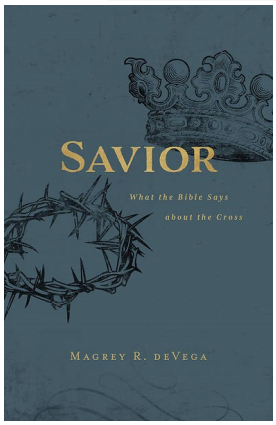
I give God thanks for your continued support and generosity as God's people. You are constantly in my prayers for your faithful work, love and steadfast hope. I look forward to seeing you in church during the season of Lent.

Pastor Ray

Every Sunday

Worship Service at 9:30 a.m.
Join us in person or online on our Facebook page
(First-Faith United Methodist Church)!

It's that time again...time to set our clocks ahead one hour on Saturday night, March 12th!



Lenten Study

Pastor Ray is leading a Lenten study during Sunday School and Thursdays at 7:00 pm. Please contact the office if you are interested in those times.

This six-session study by author Magery DeVega describes the need for reconciliation between human-kind and a holy God through Jesus' death on the cross. By exploring the mystery of salvation through the cross, DeVega shows participants how to deepen our love for God and others.

Meetings and Circles

Tues, March 1st - Ruth Circle at Karleen Beckman's, 1:30 pm
Tues, March 8th - UMM Meeting, 6:30 pm
Mon, March 14 – Finance Team Meeting, 5:30 pm
Church Council Meeting, 6:30 pm
Mon, March 21st -Trustees Meeting, 7:00 pm
Tues, March 22nd - Friendship Circle, 1:30 pm
Thurs, March 24th - SPRC Meeting, 1:00 pm
Mon, March 28th - Susanna Circle, 6:30 pm

Wednesday, March 2nd

Ash Wednesday Service at 7:00 pm

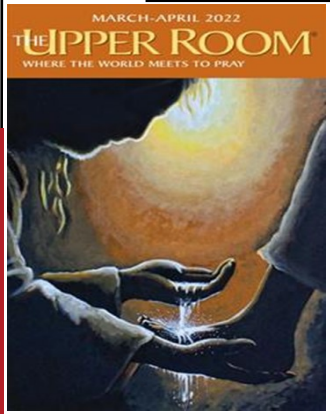
Ash Wednesday is the start of the season of Lent. We hope that you will be able to join us as we prepare ourselves for a season of contemplation and growth.

Ladies' Sewing Group
March 8 and 22
9:30 a.m.

We meet at the church and all are welcome!

A Perk & A Prayer

is available every Wednesday morning in March (weather permitting) from 7 to 9 a.m. Come and enjoy a free cup of coffee and have someone pray with you.



THE UPPER ROOM DAILY DEVOTIONAL

Pick up your FREE copy of the March/April issue in the narthex!

3/4 Addison Glos
3/6 Jeffrey Roby
3/12 Alice Gray
3/13 Josh Jefferies
3/14 Cole Salpas
3/15 Cheryl Henke
3/17 Larry Cast
Betty Cornish
3/17 Ray Harp
3/19 Duane Coates
3/20 Jerome Boltz
Wain Codner
3/25 Jean Jensen
3/30 Linda Bogus
Larry Coates

Bruce and Sharon Kleint - March 7, 1971
Jerry and Barb Dunning - March 11, 2000
Don and Donna Preisendorf - March 12, 1983
Travis and Tina Kleint - March 21, 2009
Matt and Susan Albers - March 27, 1999

LUNCH BUNCH

Our next Lunch Bunch Potluck will be on Wednesday, March 9th, at 12 noon. It will be at the church and everyone is welcome! Bring a dish to share and then join in the fun afterwards as we play RUMMIKUB!!!

Join us for Pitch (a card game)!

Monday, March 28th, 7 to 9 p.m. at church. Bring a partner or we'll find you one!

S SINGLE
P PEOPLE
A ACHIEVING
R REAL
C CHRISTIAN
C CONNECTIONS

SPARCC EVENT
Let's go to lunch!

Saturday, March 19th
1:00 p.m.

We'll be going to McKinney's Irish Pub at 123 W. 3rd Street here in Grand Island. This is for all single men and women!

Please call the church office at 308-384-5620, by Thursday, March 17th, at 3:30 p.m., to let us know that you will be coming.

See you there!

HANDBELL AND CHANCEL CHOIRS

We meet on Wednesday nights.
Handbells: 6:00 p.m. on March 23rd only
Choir: 6:15 p.m. on March 2, 16 and 30
7:00 p.m. on March 23rd
Come and join us!

EDUCATION PARTNERSHIP

Be a part of our partnership with Engleman Elementary School with bi-monthly workdays scheduled throughout the school year. Upcoming work-days are March 3rd, 17th and 31st at 8:30 a.m. If interested, or if you have questions, please call Glenda Vetter at 308-383-1716.

The Boy Scouts Troop 114 will be having their Annual Pancake Supper on Tuesday, March 1st, from 4:30 to 7:00 p.m.

Here are the Pancake Supper prices:
Kids ages 6 - 12: $5.00 each
Adults: $7.00 each
Family/Household : $20.00
"To Go" box: $7.00 each

Tickets will be available at the door!

Our Refresh "Grandmas" would love to give you a break. We provide FREE quality child-care for ages 6 and under. If you need a few hours to get things done, bring your little ones by the church and our ladies will take great care of them! They will have fun during play time, reading, snack and a craft.

We will be open on Wednesdays, March 9th and 23rd, from 9 to 11:30 a.m. Please feel free to invite friends and family to use this service.

Questions? Call Sharon Sorensen at 308-382-7543.

UMM Valentine's Banquet

February 12th

The Church Office will be closed on Friday, March 11th.

The Grand Island City Greenhouse and Parks Department is seeking volunteers to help in the greenhouse and city parks. Volunteers in the greenhouse will propagate, transplant and plant containers. In the parks, help is needed to plant and maintain the park gardens.

Volunteer hours and days are flexible. Choose the time(s) and day(s) that fit your schedule. The greenhouse is open between 7:30 a.m. and 3 p.m. Monday through Friday. NO EXPERIENCE IS NECESSARY.

Those interested in volunteering may visit the greenhouse, 1707 W. Oklahoma Ave, to pick up an application or call Brad Foster at (308) 380-1132 with questions.

FAMILY FUN: Our second family night was on February 6th. We had a catered meal from Napoli's followed by games, Valentine making and each family decorated a tea towel for Valentine's Day.

We will be planning another event on Sunday, April 24th, for a BBQ and games following the morning service. We encourage all young adults and families to make plans to join us.

If you have questions, feel free to ask the Lucas Family or the Pennell Family for more information about this new group that is forming.

Men's Fellowship Cornhole

Men: Even if you've never played before, come on out and join us for some fun! We'll be playing every Thursday night, from 7 to 9 p.m., in the sanctuary at the church. Enter through the kitchen door. Call Alan Hess, at 308-737-0389, if you have any questions.

FREE WOMEN'S EXERCISE CLASSES AVAILABLE

Step Aerobics with Chyna Hayes

Movement is an important part of staying well and mobile. At First-Faith United Methodist Church, I offer a free exercise class for women during the week. We meet on Monday, Tuesday, and Thursday, at 5:15 p.m., for an hour workout. During the winter months, I often offer an additional class on Sundays from 4 to 5:00 p.m. The Sunday class will be offered during the month of March! We meet in the sanctuary for all of our classes and enter and exit the building using the north door of the church.

I have taught this class at FFUMC for about 20 years. Our daughter is a personal trainer and coach who provides me with many ideas and suggestions to make our class as beneficial and authentic as possible for participants. I also do my own research and have participated in organized workouts for over 30 years. I am 71 years old and I don't plan on stopping my fitness habits and goals!

We utilize a step platform, weights, pilates rings, sliders, and stretch bands for a comprehensive movement class that includes cardio, weights, body weight work and stretching. Each participant works at her own physical level with friendly camaraderie amongst the other ladies working out. I have very eclectic taste in music so you will find yourself enjoying the "sounds" that go with your workout! We have all the equipment you will need! There are also yoga mats available or you are welcome to bring your own.

Coaching, instructions, encouragement, and adaptations are available to help make the exercise experience fit your needs. I am a very "HAPPY" exerciser and I'm sure you will have a great time while getting your body moving! Come and join us. For more information call Chyna at 308-390-2352. .

Chair Yoga with Paula Rauert

The word Yoga comes from the ancient Sanskrit language of India, meaning "union" or "yoke". It's been practiced for 5,000 years and seeks to bring together the body, mind, & spirit. We link our breath with our movements, enabling us to perform our stretches and poses, the best we can, while sitting or standing.

Typically, yoga is done on a mat on the floor. Not all people find that concept realistic, so we use a chair for support, either sitting or standing, which enables us to practice with safety, security & confidence. This encourages the body to stretch & lengthen. Yoga improves flexibility, strength, posture----the list goes on and on. We also work on balance with some Tai Chi movements.

If your health has been compromised due to a recent illness, or a personal challenge of some kind, or if you are looking for interaction with others, yoga can help you regain lost flexibility, stamina, balance and camaraderie.

I'm a retired RN, spending 43 years in the profession. I've always been interested in health, wellness and personal growth. I obtained my Level 1 Yoga Fit certification in 2010. We began our yoga journey at First-Faith in September of 2019, as an addition to our existing health and wellness ministries; took a break from March 2020 to May 2021, and now practice on Tuesday and Thursday mornings at 10:30 and also on Thursday evenings at 6:30 (if mornings don't work for you).

Hope to see you soon------Namaste.

Strong Women

- ◊ Have you lost strength over the past decade?
- ◊ Do you feel older than you would like?
- ◊ Are you worried you might be limited physically as you get older?

If the answer to any (or all) of these questions is "yes", then Strong Women just might be the exercise program for you!

This program was developed at Tufts University and has been scientifically proven to replace fat with muscle, reverse bone loss, increase strength and energy, and improve balance and flexibility. The participants go through 2 sets of 8 strength training exercises, done twice weekly on non-consecutive days. The exercises are done either standing or sitting. No special clothing is needed. You will need a set of light (1 or 2 pound) weights to start. Once the exercises become "easy", you will want to increase to a heavier pair of weights.

Strong Women meets twice weekly at 3:30 p.m. on Mondays and Wednesdays.

These classes are offered as an outreach to our community and are supported by our grants from Healthy Congregations of the United Methodist Church. Come and join us!

First-Faith United Methodist Church
4190 W Capital Ave
Grand Island, NE 68803

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Worship Schedule
Sunday
9:30am - Morning Service
10:30 am - Sunday School and Fellowship Time

Office Phone:
(308) 384-5620

Office Email:
firstfaithumc@gmail.com

Website:
http://firstfaithumcgi.org

Office Hours:
Mon-Fri 8:00-4:30
(Closed 12-1 pm - Lunch Hour)

Pastor: Rev. Wm. Ray Stone

New Steps Youth Group

New Steps Youth have had a VERY busy month! They have been involved in wrestling, dance, school conferences, show choir, one act plays, work, AND they go to class and study!! These are amazing young people who do "all the things" and do them very well. I am so proud of our kids! Our three seniors are busy enjoying that last high school year and making the most of every experience. Please pray each day for our youth.

New Steps Youth will meet on the following dates for youth group:

- March 2 is Ash Wednesday and the youth will attend the service together and help usher as needed (let me know if you can attend)
- March 9 there will be NO youth group - SPRING BREAK
- March 16: 7:00-8:15 p.m. - Bible study, mission work letters
- March 23: 7:00-8:15 p.m. - Bible study, mission work letters
- March 30: 7:00-8:15 p.m. - Game night!
  Come for games, snacks and bring a friend!

Article Deadline for April Newsletter: March 24, 2022