

February 2012

To Know Christ and  
To Make Christ  
Known



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## Pastor Ponders...A Melting Iceberg

John Kotter and Holger Rathgeber have co-authored a marvelous book entitled, "Our Iceberg Is Melting." It is a story wrought with lessons and principles about changing and succeeding under any conditions. Told as a fable, the reader is drawn into the frozen world of Antarctic Emperor Penguins. While the colony is aware, to varying degrees, that their iceberg has experienced some change, almost everyone is content, complacent and ultimately unconcerned; that is, until one curious and observant penguin begins the process of helping others see what is happening and address the situation.



**"Handle the challenge of change well, and you can prosper greatly..."**

In introducing the theme of the book and the method through which they choose to teach these principles, Kotter writes: "Handle the challenge of change well, and you can prosper greatly. Handle it poorly, and you put yourself and others at risk. All too often people and organizations don't see the need for change. They don't correctly identify what to do, or successfully make it happen, or make it stick. Businesses don't. School systems don't. Nations don't. We have studied the challenge of change for decades. We know the traps into which even very smart people fall. We know the steps that can assure group success... Our method is showing, much more than telling."

So, as the story unfolds, characters from the colony emerge, each with their own personalities, fortes and perspectives, and the reader is given the opportunity to see both the self and others in the specific characters' dialogue, attitudes and action. I could not help but hear Paul's analogy of "One Body, many parts" as I read – one colony, many different penguins. I also could not help but picture certain personalities from every United Methodist Church I have ever served as Pastor or layperson, together with scenarios of all the "penguins" working together, as well as scenarios of not working together!

What is most fascinating to me and of tremendous value for any organization and especially the Church, is the process of acknowledging the external changes happening that require personal and corporate changes. The whole colony must see and experience the need for change to be able to successfully survive and thrive as a colony.

In our constantly changing world, we love to convince ourselves that our unchanging habits of how we "do church" mirror the unchanging love and grace of God. In actuality, it is God's unchanging love for ALL people that calls the Church to move past our blind complacency couched in the comfort of our habits, and to move in directions that ensure future generations of faithful disciples.

I hope, in the near future, to get everyone talking about these penguins. They have much to say to us!

-Pastor Hunter

**Church Staff**

**Senior Pastor:**  
Hunter Preston

**Director of Music Ministries:**  
Dwayne Williams

**Organist:**  
Dr. Daniel Hester

**Secretary / Bookkeeper:**  
Kim Gunter

**Custodian:**  
Jose (Joe) Lopez

**Nursery Director:**  
Melanie Yarborough

**Youth Ministries:**  
Jared Opalinski  
Marsha Kenner

**Communication Ministries:**  
Deb Taylor  
—Web Editor  
Jayme Miller  
—Newsletter Editor  
Kim Gunter  
—Bulletin Editor

**Pastor on call**  
**919-741-3706**

**Events Calendar**

- 1 Wed CARNATIONS FOR HEART PG 13  
Pastor's Bible Study, 9:30 am, Library  
Wonderful Wednesday 5:30-8:30 pm
- 2 Thurs Groundhog Day
- 4 Sat Narcotics Anon, Wesley Center 6 pm  
AA / Alanon, Basement Educ. Bldg, 8 pm;
- 5 Sun Communion  
First Sunday Food & JUMC Good Samaritan Fund  
SOUPERBOWL OF CARING
- 6 Mon Church Council Meeting, 6:15 pm
- 8 Tue Deadline: Carnations in Honor/Memory of Heart Pg 13  
AA / Alanon Education Building, 8 pm
- 7 Wed Pastor's Bible Study, 9:30 am, Library  
Wonderful Wednesday 5:30-8:30 pm
- 11 Sat UMW Chocolate Festival,  
Pinehurst UMC, 10 am - 4 pm  
SENIOR'S VALENTINES DINNER,  
Wesley Center 5 pm  
Narcotics Anon, Wesley Center 6 pm  
AA / Alanon Education Building, 8 pm
- 13 Mon Member Care Team, 5:15 pm, Library
- 14 Tue Valentine's Day
- 15 Tue AA / Alanon Education Building, 8 pm
- 15 Wed Pastor's Bible Study, 9:30 am, Library  
Wonderful Wednesday 5:30-8:30 pm
- 17 Fri Newsletter Deadline
- 18 Sat Narcotics Anon, Wesley Center 6 pm  
AA / Alanon Education Building, 8 pm
- 19 Sun District Lay Rally, St Luke UMC,  
featuring Greg Jinks with ZOE Ministry  
Miracles in the Water study begins Pg 9
- 20 Mon President's Day
- 22 Wed Ash Wednesday  
Pastor's Bible Study, 9:30 am, Library  
ASH WEDNESDAY SERVICE 7:30 pm  
Wonderful Wednesday 5:30-8:30 pm
- 23 Thurs Living With Purpose...begins, 9:30 am-Noon, Pg 9
- 25 Sat Narcotics Anon, Wesley Center 6 pm  
AA / Alanon Education Building, 8 pm
- 26 Sun First Sunday in Lent
- 28 Tue AA / Alanon Education Building, 8 pm
- 29 Wed Pastor's Bible Study, 9:30 am, Library  
Wonderful Wednesday 5:30-8:30 pm



**A Heart for God**

**Other  
SPECIAL  
Events**

See page 16 for Regular  
Weekly Activities,  
our bulletins, bulletin  
boards  
and visit our website  
[www.JonesboroUMC.org](http://www.JonesboroUMC.org)  
and  
[Facebook/JonesboroUMC](https://www.facebook.com/JonesboroUMC)  
for up-to-the-minute events  
not promoted at press time.

## JUMC is God's OWN

The JUMC Church Council is called to discern and ensure that JUMC is fulfilling its mission to know Christ and make Christ known. The leaders of ministry teams, administrative committees and churchwide organizations serve on the Council, along with our pastoral leaders. The point is to bring synergy and coordination – so we become and behave as one body of Christ in Outreach, Witness and Nurture at Jonesboro UMC.

This year, several teams have been consolidated, with work groups reporting to the teams—all so more time can be spent in ministry and less time in meetings. For the updated list of Council member teams/groups and names, see the box at right.

Visitors are welcome at Church Council meetings, and time will be allowed for specific questions as time allows at the end of the meeting. Better yet, please contact Council Chair Ruth Spears in advance of the meeting to have your questions placed on the agenda as appropriate. Ruth is available at 258-9842 or [maj195@windstream.net](mailto:maj195@windstream.net).

The remaining 2012 meetings will be held as follows. (Dates may change if needed, so be sure to check JonesboroUMC.org or the bulletin before coming to a meeting.)

February 6, March 5, April 2, May 7, June 4, July 2, August 6, September 3, October 1, November 5, December 3

## Free Leader Training Webinars

GBOD is providing several opportunities of training. To register for any of these events, go to [www.gbod.org/committee\\_resources](http://www.gbod.org/committee_resources).

**“10 Commandments for Church Websites” Feb. 9 at 6:30 p.m. CST:** A website is the new front door to your church. Patrick Steil, Webmaster for the North Texas Conference and owner of ChurchBuzz.org, will share ten command-

ments that can transform a website into the best outreach and communications tool that has ever been possible.

**“Healthy Church Leaders - Key Factors” Feb. 23 at 6:30 p.m. CST:** SPRC has a key role for health of body, mind and soul for pastors and church leaders. GBPHB's Center for Health shares key factors for a healthy ministry environment.

**Training for new church**

**leaders is also available.**

One-hour recorded modules are available for the Church Council, Trustees, Nominating Committees, Finance leaders, and S/PPRC. Individuals can watch at home or church groups can view the modules when they meet. Pastors and laity in congregations are encouraged to learn their jobs with these modules posted at [www.gbod.org/committee\\_resources](http://www.gbod.org/committee_resources).

## Finance Report

Budget to Date: \$ 37,448

Giving to Date: \$ 28,718



Honor the Lord by giving him the first part of all your income. Proverbs 3:9



Giving is good for the heart.

### JUMC 2012 Church Council

**Ruth Spears**, Chairperson  
**Deb Taylor**, Vice-Chair.

**Sue Ellen Harrington**  
Recording Secretary

**Ray Parish**  
Lay Leader

**Norma Smith**  
Outreach Team

**Russell Gardner**  
Worship Team

**Susan Dixon, Kevin Grossfuss**  
Christian Education Team

**Jayne Miller**  
Nurture Team

**Samantha Sillaman**  
Youth Member, President

**Marsha Kenner**  
Youth Council  
Executive Secretary

**Daniel Watson**  
Young Adult Member

**Patricia Pemberton**  
United Methodist Women

**Bill Huggins**  
United Methodist Men

**Ken Hoyle**  
Staff-Parish Relations Committee

**Robert Watson**  
Trustees

**John Shontz**  
Finance Committee

**Bill Huggins**  
Stewardship Team

**Carol Scott**  
Church Treasurer

**Joe Cavalluzzi, Deb Taylor**  
**(David Taylor, Alt.)**  
Lay Members to Annual Conference

**Jose Luis Borraro**  
Hispanic/Latino Ministries Leader

**Hunter H. Preston**  
Senior Pastor

## Family Promise



JUMC's first week of hosting Family Promise guests was January 8-16. The families were a blessing to all of us, and the volunteers were awesome.

**A big thank you** to all who helped to make the week a success, from the cooks in the kitchen to the set-up teams, to drivers to the overnight hosts each day. We truly appreciated the assistance of Pocket Presbyterian Church members who supported our evening activities as well.

Our next hosting week is April 8-15, and all willing volunteers are needed. Please contact Richard Galloway, Sue Porr or Earlene Ross if you have a heart for this wonderful outreach and are not on a Family Promise list!

Yours in Christ, Earlene, Richard and Sue

## United Methodists Around the World

The year 2011 was not kind to the poor, hungry and marginalized.

The worst drought in decades with civil strife affected more than 13 million people in Kenya, Ethiopia, Somalia and Djibouti.

Food shortages in the Horn of Africa became "critical mass" last summer. Another 2.4 million children joined the ranks of the poor during the last

decade.

The US Census Bureau reports the total Americans living below the poverty line has climbed to 46.2 million.

The bleak US economy has left more than 2 million people jobless for the last two years, and 700,000 for three years.

A few ways United Methodists are bridging the gap:

- JUMC and CUOC clothe

and feed 100's in Lee County, NC.

- UMCOR funds aid programs around the world.
- Churches in GA feed and hold workshops for job seekers.
- "Open Table" ministry in AZ mentors people in poverty as "sisters/brothers."

Track how the church helps at [MinistryWith.org](http://MinistryWith.org).

source: Jan 2012 *NCCC Advocate*



**Do to others as you would have them do to**

## Keep Those Scissors Snipping

### Box Tops for Education

Products from A to Z carry box tops now--literally! From Avery brand office products to Ziploc storage items, hundreds are now part of the BTE family. You can hardly avoid having a chance to clip! "Box Tops on-the-go," a downloadable list, is available on the website [www.boxtops4education.com](http://www.boxtops4education.com)

### Labels for Education

Our Hand-in-Hand partner school, J. Glenn Edwards, has its sights set on acquiring sets of pebble-textured rubber playground balls, 18 each of the 10-inch and 8.5 inch size. All the labels we clip, save, gather and give to coordinator Linda Graham will help meet that goal. It takes a lot of points, but some labels are worth more than one point. You can find products carrying five- and ten-point labels on the website [www.labelsforeducation.com](http://www.labelsforeducation.com).



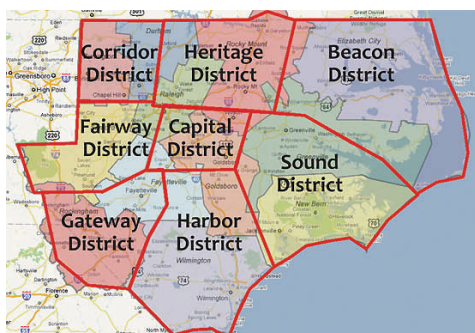
## NCUMC New District Names

The Conference Transition Team has been working since Annual Conference to finalize their proposal for the new district lines and names. The listing of churches is available on the conference website [www.NCUMC.org](http://www.NCUMC.org). The team worked with the goal of attempting to distribute the population of North Carolina, as it is projected to be in five years, to try to even out some of the potential for reaching people. This goal means that there will be some districts with more current churches and charges in them than others. The transition team wrestled with that and, ultimately, felt led to propose the model geared toward population distribution instead of a model more tied to where we currently are.

The transition team also received input through an on-line survey with recommendations for the names of the new districts. Through piecing together many suggestions, the new names of the eight new districts are provided below. The numbering in the list follows the district numbers that were assigned in previous announcements for reporting purposes.

Corridor District  
Heritage District  
Beacon District  
Fairway District  
Capital District  
Gateway District  
Harbor District  
Sound District

\*\* JUMC will be in the Fairway District.



“The team has worked prayerfully and tirelessly in a way that will continue to move our Annual Conference forward, but most importantly in a way that will honor our Lord...”

“The Transition Team has been very committed to completing its work, as promised, in the timeline announced earlier to the Annual Conference,” said Rev. Linda Taylor, chairperson of the Conference Transition Team. “The team has worked prayerfully and tirelessly in a way that will continue to move our Annual Conference forward, but most importantly in a way that will honor our Lord. As we look to the coming months, we are hopeful to be able to share information concerning the appointment of the district superintendents and district office information by February 1. The Transition Team continues to ask for your prayers as we continue our work.”

## Success and a New Call

February 2012 marks the 5th anniversary of Ann and Dave Dedrick's service in Mozambique. During the last 5 years, they have labored to develop 14 rural training centers, each training men and women to plant and pastor churches in unreached village areas under the guidance of the One Mission Society 'Into Africa' program. A 15th will open in Niassa province this year.

Now they have been asked to work in the overall Village Pastoral Training for the Portuguese speaking African countries, which would include initiating and developing work in Guinea-Bissau. After modeling, assisting and discipling, they are ready to release the management work to the Mozambicans they have trained. Sending thanks to all who have supported them so faithfully, they pray for the green light to accept the expanded role with OMS South Africa they have been offered. They ask, "Please pray with us. A change in country and work is not easily done lest the Lord direct the way. For now, we are resting in God's hands."



## JUMMen's Ministries News

### Contact Us

**Bill Huggins**  
President, 356-5109  
**Tony Ciaravino**  
Vice President  
**Van Groce, Jr.**  
Treasurer

#### UPCOMING EVENTS

- February 8**  
Bread Basket 8:30 am-1 pm
- February 21**  
Fellowship Supper  
Brick City Grill 5:30 pm
- February 28**  
District UMM Meeting at  
Ebenezer UMC-6pm
- March 24**  
Pancake Breakfast/Silent Auction

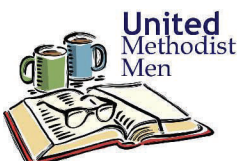
The UMM will have their annual **Pancake Breakfast & Silent Auction** on Saturday, March 24 from 8 am - 11 am.

Pancake Breakfast will feature pancakes, sausages, cooked apples & beverages. Come with a hearty appetite—there will be plenty!

The Auction will include a variety of items that make great gifts or for your own use. **Tickets** may be purchased from the men of the church or at the church office.

**How do I donate for the Auction?** Please contact Bill Huggins (356-5109.)

**Benefits:** The proceeds of this event will fund the Society of St. Andrew, Angel Tree program of Prison Fellow Ministries, JUMC UMM College Scholarship, 3MC (formerly known as the MERCI Center) and local ministries.



All men of the church are Methodist Men, and all are welcome to join us for any of our events or service projects.

## MERCI changes name to 3MC

3MC is the name of the new conference men's ministry opened in January at the former MERCI Center. 3MC stands for Methodist Men's Ministry Center.

The name also honors God, as the 3 represents our Triune God. Pam Adkins, who worked 12 years in the Man in the Mirror ministry is the 3MC Director and Wally Mills, current president of Millbrook UMM, is the 3MC Executive



### JUMWomen's Ministry Contact Us

**Patricia Pemberton**  
President, 776-0917  
**Norma Smith**  
Vice-President  
**Charlotte Anderson**  
Secretary  
**Sarah Stephenson**  
Treasurer

#### EVENTS

##### Monthly Circles

**Ruth,**  
Second Sunday, 7 pm  
**Susanna Wesley,**  
Second Monday, 1 pm

**CHOCOLATE FESTIVAL**  
Saturday, Feb. 11  
10:00 AM - 4:00 PM  
Pinehurst United Methodist Church  
4111 Airport Rd., Pinehurst

This is a fund raising event to benefit:  
Family Promise, Friend to Friend, Life Care Pregnancy Center  
and other UMC projects

**Cake Bake-Off**  
By area chefs and bakers.

**Cupcake Competition**  
Open to the community - entry form at our website.

**Chocolate baked goods & confections**  
Yummy sweets for your Valentine.

**Gift Boutique**  
Unique chocolate theme gifts.

**Candy Making Demonstrations**  
Truffles and more!

**Cocoa Café Lunch**  
Enjoy a chocolate inspired lunch.

**Children's Activities**  
For children ages 3 - 7.

**FREE ADMISSION**  
pinehurstchocolatefestival.vpweb.com

## Worship & Music Ministry Opportunities

### Rehearsal Times / Ministry Opportunities:

Grades 1-5 Choir	Wednesday 6:30 pm, Music Room (Sept-May)
Pre-K-K Cherub Choir	Wednesday 6:30 pm, Rm#203 2nd Fl, Main Bldg (Sept-May)
Hand Bell Choir	Wednesday 6:30 pm, Basement, Main Bldg (Sept-May)
JUMChoir	Wednesday 7:30 pm, Music Room
Music at Bayberry	Thursdays 7-8 pm, Bayberry Retirement Inn, Woodland Ave, Sanford
Praise Band	Thursdays 7:30 pm, Wesley Center
JUMC Ensemble	3rd Sundays, 4-5 pm, Music Room

As always, if you have special music you would like to offer to the Lord during our worship celebrations, please speak with Dwayne Williams to arrange a time to share in worship.

If you have a heart for worship, then any of our music ministries is for you.



Praise the Lord

To find out more contact  
Dwayne Williams, Dir. of  
Music Ministries, at church  
919-775-7023,  
Cell: 919-478-0312, or  
e-mail to:  
dwilliamsJUMC@gmail.com

## Ash Wednesday Service

Join us **February 22 at 7:30 pm in the Sanctuary for Ash Wednesday** the first of the 40 days of Lent. Traditionally, Christians have received ashes on the head on this day as a reminder of their mortality and a sign of sorrow for sin. As you pray this month, take time to share with each other those things that you wish you had not done or said, as well as the things that you left unsaid or undone. Make plans to attend as we begin this holy season intended to prepare us all for Easter and celebrating in Christ's resurrection.



## Winter Soulstice Retreat "Worship Come To Its Senses"

### Winter Soulstice Retreat

**Friday, February 3, 6:30 pm—9 pm**

**Saturday, February 4, 8:45 am—5:30 pm**

**St. Francis UMC, Cary NC**

### Registration: \$65

Sponsored by the NC Academy for Spiritual Formation

Featuring Don Saliers, a world-renowned musician, author, retreat leader and pastor.

Educated at Ohio Wesleyan, Yale Divinity School and Cambridge, Don received his doctoral degree from Yale. He was the Wm. R. Cannon Distinguished Professor of Theology and Worship, Emeritus, at Emory University's Candler School of Theology. For more than 33 years he was organist/choirmaster at Emory University's Cannon Chapel and has contributed to the *United Methodist Hymnal*, *The Book of Worship* and to the recent *Upper Room Worshipbook*.

Don preaches and leads retreats across the country. He was one of the founders of the Academy for Spiritual Formation and has authored 15 books, including *Filled with Light*, *Music and Theology*, *Worship as Theology: Foretaste of Glory Divine* and *Worship Come To Its Senses*. In 2005 he co-wrote *A Song to Sing, A Life to Live* with his daughter Emily who is one-half of the Grammy-Award winning Indigo Girls.

Obtain registration information at [http://www.saintfrancisumc.org/images/stories/smallgroups/2012\\_winter\\_soulstice\\_for\\_st.\\_francis.pdf](http://www.saintfrancisumc.org/images/stories/smallgroups/2012_winter_soulstice_for_st._francis.pdf)

**WORSHIP**  
is a lifestyle - Live It



Keeping  
a Holy Lent

## JUMC Lay Shepherding

### Frequently Asked Questions



#### What is the Lay Shepherding ministry?

It is an intentional caring ministry that will provide an organized way to care for this faith community.

#### Why do we have a Lay Shepherding ministry?

Jesus told us to love one another. We want every household to know they are cared for and loved by another. Jesus set the example for us by equipping his disciples and sending them and others into ministry to the people.

#### Who are the Lay Shepherds?

Lay Shepherds are members who have been called and accepted for this ministry and who will complete the required training.

#### What do Lay Shepherds do?

They CARE for each household entrusted to them. This means they will remain in periodic contact with their “sheep,” may be available to assist in times of need, and will encourage their “sheep” by being an example of Christian kindness and caring by offering a listening ear when needed and keeping the “sheep” connected to the flock at Jonesboro.

#### How are the households chosen?

They are chosen by the Steering Committee and then assigned to a Shepherd.

#### How is this ministry different from Stephen Ministry?

Stephen Ministry is a crisis-based, one-on-one ministry. Lay Shepherding is based on Jesus’ command to his believers to “Tend My Sheep.”

Prayerfully consider if God is calling you to participate in this ministry. If you have questions you can contact the Pastor at 775-7023 or Barbara Cavalluzzi at [wolffglen@windstream.net](mailto:wolffglen@windstream.net) or 258-9136.

## Options for Convenient Giving

#### Enjoy the convenience of electronic giving

Our church offers electronic giving, which allows you to make donations on a scheduled, automatic basis. If you are writing checks and preparing envelopes every week, you will especially appreciate electronic giving. It is convenient for you and provides much-needed donation consistency for our church.

#### How to get started

To set up electronic donations, simply complete the authorization form found in the church office and in the Members Only area at JonesboroUMC.org and return it to the church office. Donations can be debited automatically from either a checking or savings account.

Or, if you participate in online banking with your own bank, you may have the option of setting up payment through your checking account. If you choose to do this, your bank will send a paper check directly to JUMC for the amount you designate. This is not a draft, but a physical check sent by the bank to JUMC from your account. You have the option of setting up this payment to be an automatic recurring payment each month. Each bank handles online banking a little differently so you may want to check with your institution to discover their guidelines. Most banks do not charge extra for this service.

Thank you, Father,  
for putting us right where we  
are.  
So many times we’ve heard,  
“bloom where you are  
planted.”  
Help us to take whatever gift  
You have given  
us and use it to  
make the world a  
better place.  
Help us to spread Your love  
from where we  
are right now.  
Amen.



*A convenient, consistent way to help our church grow*

# Knowing Christ to Make Him Known

*How is it with your soul?*

## Living With Purpose in a Worn-Out Body

**BEGINS FEBRUARY 23!!** This wonderful devotional guide will serve as the framework for this new small group for senior adults. We will meet **the 4th Thursday each month** (except November) from 9:30 am—Noon for devotions, fellowship and lunch. No reservations necessary. Just bring your lunch with you and enjoy time with your church friends.

Spiritual Encouragement for  
Older Adults

Group beginning Feb 23

## Miracles in the Water

This event is scheduled for the week of February 19 from 6:30 to 8:30 PM (Sunday through Friday but excluding Wednesday). This weeklong study will focus on element of water and its miraculous purposes as seen in Scripture. Each session will include Scripture reading, large and small group discussion, creative activities, song, and prayer. The week will conclude with dinner and a “Bible Triathlon”! Participation will be limited to 20 participants, and registration is mandatory and closes February 5. Don’t miss this special event – it will lift your spirits during those deep midwinter days! Leader: Linda Liebert.

## Pastor’s Bible Study

A conversational study based on the following Sunday’s Scripture Readings.



## Pioneer Clubs

“Discover God’s Love” in our Pioneer Clubs program. This weekly program is on Wednesday nights, from 6:30 pm until 7:30 pm, following the Church Family meal.

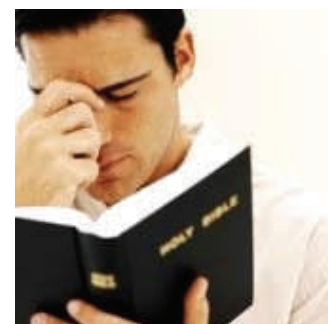
Children participate in choir, worship and activities while earning Bible and skill award

February 1, 8, 15, 29 Bible Investigator / Art Fun

**NO PC Feb 22**

March 7, 14, 21, 28 In God’s Family / Outdoor Fun

PC Sunday/Palm Sun. April 1, 2012



## Other Study Opportunities

### Sundays

10 am, Various Sunday school classes  
5 pm, Beth Moore Study, "Loving Well"

### Tuesdays, 10 am

Beth Moore Study of David

### Wednesdays, 6:30 pm

Five Practices of Fruitful Living  
The Traveler

Dual Language Bible Study

Beth Moore Study of James

Worth of a Woman, Mark of a Man

## Why Bible Study?

All the studies offered at JUMC, no matter the day or time, are geared toward:

- Helping you grow stronger and more effective in your relationship with God.
- Giving you the training to be a better leader at home, at work and at church.
- Giving you the opportunity to deepen friendships and start new ones.

*“You’ve got to continue to grow, or you’re just like last night’s cornbread—stale and dry!”*  
-Loretta Lynn

**Have you joined a group yet?**

## Vineyard of Prayer

The JUMC Prayer Team

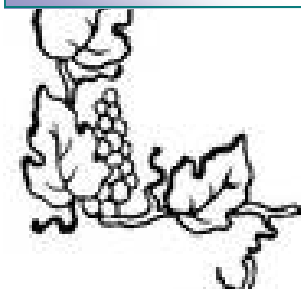
*Isaiah 40:21-31*  
*Psalms 147:1-11, 20c (3)*  
*1 Corinthians 9:16-23*  
*Mark 1:29-39*



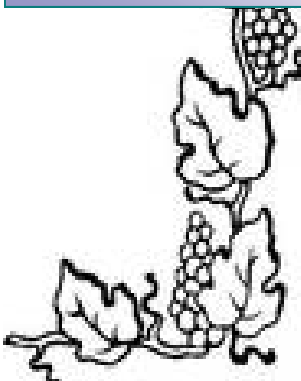
*2 Kings 5:1-14*  
*Psalms 30 (2)*  
*1 Corinthians 9:24-27*  
*Mark 1:40-45*



*2 Kings 2:1-12*  
*Psalms 50:1-6 (2)*  
*2 Corinthians 4:3-6*  
*Mark 9:2-9*



*Genesis 9:8-17*  
*Psalms 25:1-10 (10)*  
*1 Peter 3:18-22*  
*Mark 1:9-15*



**Week of Sunday, February 5** **Prayer Focus:** Those who need spiritual healing.

**Daily Prayer:** Everlasting God, you give strength to the weak and power to the faint. Make us agents of your healing and wholeness, that your Good News may be made known to the ends of your creation, through Jesus Christ, our Savior and Lord. Amen.

**Blessing to Share:** That although we may have lived a life of blindness, we can have our eyes opened by turning to Jesus.

**Mealtime Prayer:** Full of joy and thankfulness, we say, 'Thank you Lord' from the bottom of our hearts. We look at the food that has been prepared by loving hands, we look into the faces of those who love us and whom we love, and for all of this we give you thanks. Amen.

**Week of Sunday, February 12** **Prayer Focus:** Those in the world who live in war-torn areas and for whom safety is a constant concern.

**Daily Prayer:** Almighty and ever-living God, with mercy you look upon our weaknesses. Stretch out your wondrous hand to protect us from danger and restore us to health, through Jesus Christ, our Savior and Lord.

**Blessing to Share:** That God keeps no record of our sins if we repent and believe in His son.

**Mealtime Prayer:** All good gifts around us are sent from heaven above, and we will never forget who is our true provider. We thank you as you bless this food and bless this time together. Amen

**Week of Sunday, February 19** **Prayer Focus:** That we might use the season of Lent to renew our determination to be more like Christ.

**Daily Prayer:** Almighty God, the resplendent light of your truth shines from the mountaintop into our hearts. Transfigure us by your beloved Son, and illumine the world with your image, through Jesus Christ, our Savior and Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**Blessing to Share:** That although we may move away from God, He never turns from us.

**Mealtime Prayer:** Thank you, Lord. These are simple words but they come from simple hearts that overflow with the realization of your goodness. We ask you to bless us as we eat, bless this food and bless the hands that prepared it. May the words of our lips spring forth from hearts of gratitude and may we bless others as we fellowship today. Amen.

**Week of Sunday, February 26** **Prayer Focus:** Those who have been instrumental in leading me on my faith journey.

**Daily Prayer:** Almighty and ever-living God, you hate nothing you have made, and you forgive the sins of all who are penitent. Create in us new and honest hearts, so that, truly repenting of our sins, we may receive from you, the God of all mercy, full pardon and forgiveness of those sins through your Son, Jesus Christ, our Savior and Lord. Amen.

**Blessing to Share:** That God sent His son to earth to suffer and die for our sins.

**Mealtime Prayer:** We give you thanks from grateful hearts for this meal, for our fellowship, for your love, for your provision of food and of those who prepared this wonderful meal for us. Help us to remember that you are with us around the table, and may our hearts and words be a blessing to you in return. Amen.

## Family Members and Friends in Our Prayers

Cyndi Acree  
 Halford Allen  
 Doris Betts  
 Family of Roger Binnig  
 Carol Booth  
 Susan West Bruce  
 Steve Calhoun  
 Mary Beth Care  
 Irene Covington  
 Don Damon  
 Tonya Dew  
 Family of Sarah Griffin  
 Family of Madie Hensell  
 Family of Winston Hester  
 Kim Holman & Granddaughter  
 Henry Holt  
 John Jackson  
 Brittany Jeter  
 Family of Mike Kelly  
 Jerry Kopecho  
 Venila Liebert  
 Joann Neal  
 Family of David Spears  
 Dave Taylor  
 Brian Torgerson  
 Fred Washburn  
 Carol Wilkerson  
 Carolyn Williamson

Love  
 God  
 Love  
 One  
 Another

## Thank You

We would like to thank our church family for your prayers for David during his battle with brain cancer. Also, thank you for your expressions of sympathy with his passing on Christmas morning.

—Ruth and Ruth Ann Spears.

### Homebound:

Suzanne Cleavinger  
 Jean Davis  
 Hazel Dixon  
 Jim Dodson  
 Sarah Godfrey  
 Ernestine Hall  
 Rose Hute  
 Bea Kriegbaum  
 Kathleen Latta  
 Virginia Lee  
 Jack Louer  
 Earlene Peele  
 Betty Pulver  
 Belle Stephens  
 Marge Stephens  
 Rosa Lee Thomas  
 Sam Thomas

Like to call or send a card to our Homebound Members? Call Ray Parish

### Military Personnel:

Andy Cook  
 Zachary Coyle  
 Kyle Hall  
 Kris Kenner  
 Michael G. Miller  
 Pat Mohan  
 Patrick Poindexter  
 Aaron Scott  
 Trey Walden

Your JUMC family is here for you.

Celebrating or in a touchy situation? Please contact the church office by phone at 919-775-7023 or by e-mail at [JUMC@windstream.net](mailto:JUMC@windstream.net).



We're just a call or click away.

## Encouragement

*The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.*

*Galatians 5:22-23 NIV*

The kind of friend you are depends on what kind of person you are. You need to develop your inner spiritual life to create great friendships. If you want to know how to live well and love deeply, cultivate the fruit of the Spirit, which is a guide to becoming the person God created you to be.

Think about how you are cultivating these spiritual attributes in your life. Ask yourself how you can be more loving, joyful and peaceful in your life. How can you bring the beauty of God's character into all your relationships?

Meditate on this Bible verse, and ask God for guidance on cultivating the fruit of the Spirit.

Look for ways to approach your day more joyfully and bring joy to others.

## HONORARIUMS / MEMORIALS

### In Honor of: JUMC Musicians

By: Reinette Seaman

### Michelle Maddox & John Edward Suggs

By: Reinette Seaman

### In Memory of:

#### Michael Watson Jr.

By: Mike & Evelyn Watson

#### David Spears

By: Gracie McLeod



Your gift of gratitude lets another know how much you care for them and empowers our profession of faith for the future. Donation forms are available in the office and from the website.

## Holy Communion—What it Means

The first Sunday of every month, as we gather together in worship, fellowship and stewardship, we receive communion. WHY?

† Is it some form of vain tradition that has become a means within itself?

† Or is it a significant practice, observed for the building of the child of God into a mature man?

If you aren't sure, don't feel bad, you're not alone. A recent survey showed that most Christians aren't sure about this practice handed down from Jesus and His disciples to the church.

I want communion to be a happy day in your life. I want you to feel close to God. I want you to sense a surge of electricity running through your body as you partake of the Lord's Table. But I also want to tell you that communion is serious

business. If your heart is not right with the Lord or if you have un-confessed sin in your life, then according to 1 Corinthians 11:27, you will be guilty of sinning against the body and blood of the Lord.

So before you take communion, you need to ask yourself, "Have I been insensitive toward one of God's people?" Maybe it was someone from church!

Maybe they needed me for something and I wasn't willing to help. Maybe I blew them off, because deep down, I think I am better than they are. Our communion with other members of the congregation affects our communion with God. The way we act toward others has a direct influence on the way God is going to act toward us!

The bread we take symbolizes Christ's body. The cup that we drink symbolizes Christ's blood.

The keyword in 1 Corinthians is remembrance." When we take Holy Communion, we're saying "I remember everything that Jesus went through to bring me back to God. I remember his body nailed to the cross. I remember the blood He shed for my sins." Taking communion is your way of saying, "You died for me, so I will live for you."

So when you are up there taking communion, think about the cross. Think about how Jesus died for every sin you ever made. Say, "Lord, I wouldn't be here if it wasn't for what you did for me. Thank you from the bottom of my heart."

The Lord's Supper is not an empty ritual for us today. We do it in remembrance of what Jesus did for us on the cross.† In Remembrance of Him, Ray Parish---Lay Leader



“You died for me, so I will live for You.”



www.JonesboroUMC.org

## “Members Only” Web Site Page

JonesboroUMC.org includes a page just for those involved with Jonesboro UMC. The page includes—

- lists/schedules for lay readers, nursery volunteers and more;
- Ministry Gifts Inventory and related information;
- the JUMC Family Photo Directory and address list;
- Church Council members’ names and e-mail addresses;
- lists of Ministry Teams and Committees, with their responsibilities and members;
- minutes from Council meetings;
- Financial Reports;
- NC Annual Conference report & photos.

You will have to log in to the page with an e-mail address and password. To protect information, we are making these available only to those involved with JUMC. To obtain the log-in information, please contact Deb Taylor at [LongShadowsNC@windstream.net](mailto:LongShadowsNC@windstream.net).

# Health Heartbeat

**From:** Marsha Moore Kenner, MS, RD, LDN

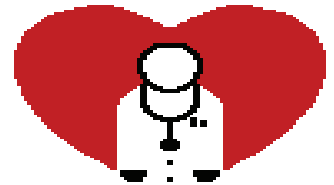
Have those New Year’s Resolutions started to slip away? Eat a healthful diet today and every day in 2012! A healthful diet can help prevent and/or treat high blood pressure, diabetes, heart disease, high-cholesterol, stroke and cancer. One basic healthful eating plan can do all of that.

A primarily plant-based diet is the way to go. That does not mean a vegetarian diet by any means. What it means is that most of your plate should be covered with fruits, vegetables and grains, including whole grains. The new Choose My Plate model shows what dietitians have been teaching for years. Half of your plate should be covered with fruits and vegetables, one quarter of your plate should be covered by grain foods (rice, pasta, bread) and the other quarter should be covered with lean meat, poultry, fish or a meat alternative. (See the ChooseMyPlate picture).

Use fresh, frozen or canned fruits and fresh, frozen or canned-with-no-added-salt vegetables. About half of your grain choices should be whole grain. Limit your red meat and processed meats (ham, sausage, bacon, lunch meats, etc.) as much as possible. Choose low-fat (1%) or skim milk, low-fat cheeses and yogurts. When you use fat, use vegetable oils. You should also cook without adding extra fat—limit the fried foods. Also look to use more whole foods cooked from scratch and fewer processed, prepackaged and convenience foods.

These seem like pretty simple rules. However, they are somehow hard to follow in practice. What makes them hard to follow is that the high-fat, high-sugar foods that are not healthful taste so great. They are very hard to resist. In order to avoid these foods you may need to change your eating environment. Do not buy and keep high-fat, high-sugar processed foods in your house. If you have to have them in the house, place them in cabinets where you will not see them easily when you are looking for something to eat. Keep healthful foods readily available and visible. For example, have a fruit bowl on the counter or the top shelf of the refrigerator. Come up with the environmental changes that will work for you.

You can make these changes to help bring a new healthier you to 2012. Eat well! ♥



♥ **Blood pressures taken**  
**2nd & 4th**  
**Sundays each month**  
**9:45-10 am, Seekers**  
**Classroom, WC**  
**10:45-11 am, Narthex,**  
**Main Bldg.**  
Stop by and let us check yours!

## February is Heart Month!

The Health Ministries Team will be selling carnations to be placed on the altar In Honor or In Memory of someone in your life who has been affected by heart disease or heart failure.

All of the flowers will be displayed on the altars on

Sunday, February 12. All money raised will go toward the purchase and maintenance of the AED device that we are trying to purchase. Please see one of the Team (listed at right) before February 8 to make a purchase.



### Health Ministry

#### Team

- Karen Preston-Chair
- Marsha Kenner
- Libby Grossfuss
- Adam Harrell
- Sallie Turner
- Carolyn Almond
- Sandy Scott
- Jane Soule
- Barbara Cavalluzzi

## VBS Preview Event



Cokesbury will be holding a VBS Preview event Saturday, Feb. 4, from 10 am - noon at the United Methodist Building in Garner. A Christian educator will give a ten-minute overview of each of the VBS programs and then there will be time for questions to the presenters. All our VBS materials will be on sale Jan. 23 - Feb. 12, so we can offer those attending up to 20% off their VBS materials and \$3.95 shipping rate. You do not need to register to attend. For questions or more information, you may contact Lou Jennings at [ljennings@cokesbury.com](mailto:ljennings@cokesbury.com).



If you have questions regarding youth activities, please contact Marsha or Jared.  
"Youth" page @ [JonesboroUMC.org](http://JonesboroUMC.org) and Jonesboro United Methodist Youth

**Youth Council**  
Dylan Atkins     Anna Dixon  
Nolan Groce     Richard Hoyle  
Casey Kenner-Recording Secretary  
Samantha Sillaman-President  
Debra Groce-Treasurer  
Marsha Kenner-Executive Secretary  
Jared Opalinski

### SouperBowl of Caring

Sunday, February 5  
The Youth are once again collecting money and food donations for CUOC in support of the SouperBowl of Caring. Last year we collected over \$200 and 200 lbs of good. Let's beat that record this year! Youth will be at the exits after services.



## For Our Senior Friends

You are invited to the **Annual Senior Valentine's Banquet** on Saturday, February 11 from 5-7 pm. The Youth will be your hosts for an evening of great food,



For information please contact Daniel Watson @ [dw79152@gmail.com](mailto:dw79152@gmail.com)

You've heard of a "midlife crisis," but what about a "quarter-life?" Balancing family, friends, faith and the future -- being a young adult means exciting years full of new opportunities and experiences, along with challenges and confusion.  
It's not about what you are going to be when you grow up, but it's about who God created you to be!  
JUMC Young Adult Ministry offers a way to stay connected to what really matters -- through the unique perspective of like-minded young men and women just like you.  
It's not about what you are going to be when you grow up. It's about who you already are and how you are living your life in service to the world.  
**Imagine yourself... being who God created you to be!**  
Answer this question, "What is God calling me to do with my life?"

## Birthdays

Feb	1	Sarah Godfrey
Feb	2	Sandra Hoyle
Feb	3	Kathy Burchette
Feb	4	Molly Porr
Feb	4	Pam Poindexter
Feb	5	Mike Ingram
Feb	5	Elizabeth "ZiZi" Hammond
Feb	6	Declan Mohan
Feb	6	Jessica West
Feb	6	Sherry Cooper
Feb	7	Madeline Edwards
Feb	8	Jarrod Campbell
Feb	11	RH Mann, Jr.
Feb	11	Connie Wynn
Feb	11	Jane Brewer
Feb	13	Gerardo Mesaro
Feb	15	Jay Childress
Feb	16	Ken Bright
Feb	16	Tyler Soule
Feb	17	Ruth Ann Spears
Feb	18	Carter Watson
Feb	18	Shannon Atkins
Feb	18	Margie Wolfe
Feb	20	Stephen Matthews
Feb	21	Jordyn Stone
Feb	23	Lauren Brooke Sloan
Feb	23	Neil Kaiding
Feb	24	William Cooper
Feb	25	Tony Ciaravino
Feb	25	Kris Vogler
Feb	26	John Dutton, Sr.
Feb	26	Sarah Stephenson
Feb	28	Clara Buchanan
Feb	28	Rylee Addison Braren

## Anniversaries

Feb 3 1973 Larry & Linda Cameron

If we missed your birthday or anniversary, please contact the church office @ 775-7023.

## Heart Stories

**Share your Heart Stories on Facebook in the JUMC Closed Group.**

“Love each other with genuine affection, and take delight in honoring each other.”

Romans 12:10 NLT

Comment on the post:

People Who Made a Difference in My Spiritual Life.....by...

**Example:** Robin C. is an amazing Christian woman. She is always there to help me as my relationship with Christ grows.

You will be telling that person how important they have been to you in your Christian journey. This will be on-going, not just for February!

To become a member of the group, just join Facebook (it's free) and send Jayme Miller an e-mail at [jayme1@windstream.net](mailto:jayme1@windstream.net) requesting to become a member. Also LIKE us at [Facebook.com/JonesboroUMC](https://www.facebook.com/JonesboroUMC)

## Job Openings:

**Director of Christian Formation** – JUMC is seeking a part-time Director of Christian Formation, whose first priorities will be focused on the youth and on development of small groups. The vision for this position includes a concentration in youth and young adult ministries for the first year to two, expanding thereafter to a full-time position encompassing all ages in intentional Christian Formation. For the full job description/vision, please email your contact information and request for application to [jumc@windstream.net](mailto:jumc@windstream.net).

**Church Custodian** – JUMC is seeking a part-time custodian (weekday hours). The position's duties include, but are not limited to, cleaning and maintaining all floors and bathrooms, as well as furniture set-up for meetings and activities. For the full job description and to request an application, please email your contact information to [jumc@windstream.net](mailto:jumc@windstream.net) or call the church office @ 919-775-7023.



# Jonesboro United Methodist Church

407 West Main Street  
Sanford, NC 27332

Phone: 919-775-7023  
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E-mail: [JUMC@windstream.net](mailto:JUMC@windstream.net)

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## Worship Services

### Sunday Morning

Early Worship in the Sanctuary  
8:30 am

Contemporary Worship in the WC  
8:30 am

Sunday School  
English & Spanish Languages  
9:45 am

Traditional Worship  
in the Sanctuary  
11:00 am

Worship in Spanish  
in the Wesley Center  
11:00 am

### Sunday Afternoon

UMYF (Youth Fellowship)  
5:00 pm

## Regular Weekly Activities

### Sunday

7:30 am—Prayer Walk  
8:30 am—Contemporary Worship, WC  
8:30 am—Worship, Sanctuary  
9:45 am—Sunday School (English & Spanish)  
11:00 am—Worship, Sanctuary  
11:00 am—Spanish Worship, Wesley Ctr  
5:00 pm—UMYF (Youth Fellowship)

### Tuesday

8:00 pm—AA, Basement Educ. Bldg  
8:00 pm—Alanon—Educ. Bldg

### Wonderful Wednesday

9:30 am—Pastor's Bible Study, Library  
5:30 pm—Church Family Meal (Sept-May)  
6:30 pm—Pioneer Clubs (Sept-May)  
6:30 pm—Cherub Choir, Children's Choir,  
Handbell Choir (Sept-May)  
6:30 pm—Small Groups, Youth Bible Study  
7:30 pm—JUMChoir, Music Room

### Thursday

8:00 am—Bulletin Weekly Deadline  
10:00 am—Bible Study, Library  
1:00 pm—Knitting Group, Library  
1:00 pm—Prayer Team  
7:00 pm—Music @ Bayberry  
7:30pm—Praise Band, Wesley Center  
8:00 pm—AA, Basement Educ. Bldg

### Saturday

6:00 pm—NA, Wesley Center  
8:00 pm—AA, Basement Educ. Bldg

**O**utreach  
**W**itness  
**N**urture

To Know Christ  
and to Make Christ Known

## We're on the Web!!

JonesboroUMC.org  
[Facebook.com/onesboroUMC](https://www.facebook.com/onesboroUMC)

See our bulletins, bulletin boards and visit  
our website for up-to-the-minute events  
[www.JonesboroUMC.org](http://www.JonesboroUMC.org) or  
[Facebook.com/JonesboroUMC](https://www.facebook.com/JonesboroUMC)