



THE GOOD NEWS

Lake Gibson United Methodist Church



To be a joyful church family that is crucial to our community

From the Pastor

The 2nd of this month is Ash Wednesday, when the 40 days of Lent begin. In the traditional church during the Lent period religious people are asked to remember their mortality, repent of their sin, and sacrifice something (like chocolate or soda or TV) for the period to show their sincerity in forsaking sin and their resolve in serving Jesus. The traditional church focuses on this every Sunday until Easter.

I wonder if this approach is too negative in our society today. People already feel beat down and depressed because of the environment of the world. We have many things to worry about. Many families are under duress for a number of reasons, and our society is divided over many issues. In my opinion this traditional focus of Lent makes us, as Christians, look like dour, cynical sourpusses to non-Christians. So, I propose we think and act differently this year. While we acknowledge we are sinful people and repent of that sin, let us also remember how much Jesus loves us and what he did for us. When we love someone our face lights up in their presence. When we are together with one we love we feel better about ourselves and the situation we may find ourselves in.

The song says “They will know we are Christians by our love”. Love is exciting, life changing, invigorating and according to I Corinthians 13 “never-ending”. If we were to focus on loving each other, loving our fellow man as ourselves, loving even our enemies as Jesus commanded; could we make Lent look and feel differently? Would people look at us with smiles on our faces, joy in our words, a spring in our step and ask, “Why are you happy?” We could answer, “Because I am blessed by God.” Who knows what conversation would follow that statement, how positive of a witness would that conversation be? I believe that would be the following statement of Jesus coming to life:

¹⁰ **I came that they may have *and* enjoy life, and have it in abundance** [to the full, till it overflows]. John 10:10 (Amplified Bible)

Isn't that what everyone wants? To enjoy life to the fullest. It cannot be done without God in your life. Jesus came to earth so his followers could have life abundantly. **Let's show the world a life full of joy as we approach Resurrection Sunday this year, and continue to show them that life as long as we live.**

May God's blessings overflow in your life as you live into the words of Jesus.

Pastor Steve

March Events as of 2/22/2022 - Women's History Month

Entries marked with * repeat every week and are only listed on the first occurrence. Events printed in red are described in this newsletter .

<u>Date</u>	<u>Day</u>	<u>Event</u>
1	Tuesday	Gulf Central District Child and Youth Protection Policy training by video conference (VC), 2:00 pm or 6:30 pm (registration required (RR)); monthly Just Energy for All Working Group VC , 7:00 pm (RR)
2	Wednesday	Ash Wednesday , Lent begins; United Methodist Women (UMW) Joint Circle Meeting, 10:00 am, FLC - Read chapter 6 of <i>You Are Never Alone</i> by Max Lucado; Monthly Table Talk Anti-Racism VC , 12 noon (RR); Choir practice*, 6:30 pm, Sanctuary
3	Thursday	Pastor's Bible Study VC*, 1:00 pm - Ephesians 4 and 5; Zooming the Peace VC*, 7:00 pm (new day) - Discussion of "leftovers" from Sunday sermon; Still in Mission quarterly presentation by missionaries VC , 7:00 pm (RR); Praise Team practice*, 6:30 pm, Sanctuary
4	Friday	
5	Saturday	Gulf Central District Child and Youth Protection Policy training by VC (last opportunity to take this class), 9:00 am (RR)
6	Sunday	Sunday School classes* , 9:15 - 10:15 am in FLC; Worship Service* and Communion , Sanctuary, 10:30 am; Publix bakery goods* in FLC for needy; Hispanic Church* , 10:30 am, FLC upstairs; Pentecostal church* , 1:00 pm, Sanctuary
7	Monday	Board of Trustees meeting, 2:00 pm, Family Life Center (FLC); Boy Scouts*, 7:00 pm, FLC
8	Tuesday	A Little Bit of Heaven Board meeting, FLC, 2:00 pm; Gulf Central District Florida UM Children's Home local church representative training by VC, 2:00 pm or 6:30 pm, (RR); Voices from the Field Deaconess and Home Missioner quarterly VC, 7:30 pm; Cub Scouts, 7:00 pm, FLC
9	Wednesday	Merry Matters (craft group, crocheted ground mats from plastic yarn or bring a project of your choice and fellowship with us), 10:00 am to noon, FLC
10	Thursday	Scouts Leadership Committee meeting, 7:00 pm, FLC upstairs
11	Friday	
12	Saturday	United Methodist Men (UMM) breakfast meeting , 9:00 am, FLC; Gulf Central District Florida UM Children's Home (FUMCH) local church representative training by VC, 9:00 am, (last opportunity to take this class); RESET CLOCKS -- SPRING FORWARD BEFORE BEDTIME.
13	Sunday	Daylight Saving Time begins.
14	Monday	
15	Tuesday	United Methodist Women (UMW) monthly book club VC, 6:30 pm: <i>She Came to Slay: The Life and Times of Harriet Tubman</i> by Erica Armstrong Dunbar (read before this meeting)
16	Wednesday	Florida Conference Climate Justice VC, 3:00 pm (RR)
17	Thursday	
18	Friday	

Continued on the next page . . .

March Events as of 2/22/2022, Continued

<u>Date</u>	<u>Day</u>	<u>Event</u>
19	Saturday	
20	Sunday	
21	Monday	
22	Tuesday	
23	Wednesday	Merry Matters, 10:00 am - noon, FLC
24	Thursday	
25	Friday	
26	Saturday	
27	Sunday	
28	Monday	
29	Tuesday	
30	Wednesday	
31	Thursday	

Upcoming Events

- April 3 Last day to order your Easter lilies (\$10.00 each; don't forget to fill out your dedication)
- April 9 Classic Car and Motorcycle Show - open to spectators at 11:00 am, free



Pastor Steve with A Little Bit of Heaven's Preschool Children at Chapel

Guest Pastor, Rev. Kris Schonewolf, from The Oasis Preached on February 20, 2022



Ninety-five worshipers listened to Rev. Kris Schonewolf, Director of The Oasis ministry at Lowell Correctional Institution, describe the various ministries offered and how we can help. Then she delivered the message "Coming to Our Senses". She described how we should offer all of our senses -- eyes, ears and heart -- to God. Doing so opens us up to receiving God's messages to us.

The Oasis offers Spirit-filled worship and study opportunities to God's children living at Lowell Correctional Institution (LCI), the second largest women's prison in the country. The Oasis creates a place of refreshing, where the chains of shame, trauma and hopelessness can be broken by the transforming presence of Jesus. The Oasis's mission is to use the tenets of faith formation, arts and education to provide holistic services that will improve the quality of life for incarcerated women, reduce recidivism and to empower women to reform their lives.

Rev. Kris described the ministries currently offered at LCI, which are powered by volunteers, such as Bible studies, worship services, guitar and keyboard lessons, mentoring, Hope Letters correspondence ministry, counseling, Christian movie nights, crochet ministry, and ministry to specific groups. The Oasis ministry also serves pregnant women, elderly and disabled women, and youthful offenders, all of whom are separate from the general population.

While LCI, which is north of Ocala, is too far from Lakeland for most of us to volunteer in person, **there is a service we can perform at home: Hope Letters Correspondence Ministry.** Hope Letters is a **mentoring ministry** that offers a way for women to make a significant impact on the life of an incarcerated woman.

To prepare to serve, a volunteer reads some training material and watches a short training video -- then she is ready to write! Mentors write letters of love, hope and encouragement. They share scriptures, pray for their mentee, and make sure she knows it! Mentors share their lives (without disclosing their full name or location) in a way that is meaningful and life-giving to a woman living in a very barren and hopeless atmosphere. Most mentors write two letters a month.

If you would be willing to offer this gesture of love and hope to a woman desperately needing a kind voice in her life, please email PastorKrisLCI@comcast.net, or call Pastor Kris at 302-363-5351. This ministry continues to grow, and thus needs more and more mentors. To learn more, go to The Oasis's website, www.TheOasisLCI.org.

You can donate to The Oasis through Lake Gibson UMC; annotate your check (or cash) donation for **The Oasis**. You can also donate online at <https://LowellCI.churchcenter.com>.

Photos by Dave Hess



Rummage Sale February 25 and 26

Preliminary results of the sale will be announced in church on Sunday, February 27th and a full report will be in the April newsletter.

Let's Overflow the Sanctuary with Easter Lilies!

Easter Lilies



Purchase Easter Lilies to help us celebrate our Lord's Resurrection.

You may purchase lilies "In Memory of", "In Honor of" and/or To the Glory of our Lord.

The last day to order is April 3rd.

The cost is \$10.00 per lily.

**Checks should be made out to:
Lake Gibson UMC.**

Please indicate "Lily" on your check and return this form to the church. Thank you for your support.

Lilies Total Cost Your Name

Dedication

In Honor of _____

In Memory of _____

To the Glory of Our Lord __

There's Still Time to Donate to CROP Hunger Walk

Did you intend to donate to the Church World Service's CROP Hunger Walk, but time got away from you? There is still time to make a donation by **Sunday, March 8th**. Please make checks payable to Lake Gibson UMC with an annotation **CROP Walk**. For cash donations, you can put the money in an envelope marked CROP Walk. Either way, please take your donations to the office (Monday - Thursday, 9:00 am to 2:00 pm) or put them in the offering plates at the back of the sanctuary.

Thank you,
Phyllis Kitchens

ALBOH's Roof

In January 2022, thanks to a generous donation, we were able to install a new roof on the church office. It was one of two roofs on campus needing replacement. The other was the roof of A Little Bit of Heaven (ALBOH) Child Enrichment Center. We envision that replacement of any roof is a better option than repairing the interior of the building as well as replacing the roof after it fails.

We have set up an account into which donations may be made to speed this roof replacement along. Account #2327 - ALBOH Roof Reserve has been established to help support this project. The last quote we received in the fall of 2021 was \$14,500. It will likely cost slightly more as supply chain issues continue to plague every industry.

Should you desire to help with this project, just annotate your contribution with **#2327-ALBOH** and we'll insure that it is set aside to help get this done sooner rather than later.

Dwight Kitchens, Finance Chair

Scouting Charters Extended through June 30, 2022

On February 14th, United Methodist Communications Office of Public Information issued a press release concerning the status of the Boy Scouts of America's charter with local churches. Below are the first two paragraphs, which are of general interest:

“United Methodist leaders have reached an **agreement with the Boy Scouts of America (BSA) to extend existing UMC-sponsored Scouting charters through June 30, 2022 to provide for uninterrupted ministry with young people through Scouting.** The charters were previously extended to March 31, 2022 as legal proceedings continue in the BSA's bankruptcy case, particularly as the trial for confirmation has now been postponed until March 9, 2022. Churches do not need to take any action to extend their current organizational relationship with the BSA until **June 30, 2022.**”

“Organizational leaders are working together to develop a long-term solution regarding the church's relationship with Scouting as they plan for new relationship agreements that will help to improve the program and safety of Scouting for future generations of young people. The United Methodist Church and the Boy Scouts of America have worked together to develop the character and values of youth through Scouting for more than a hundred years.”



UMW Pledge Ceremony at February Joint Circle Meeting

Circle Facilitators Ruth Zona (left) and Pat Moon (right) conducted the annual pledge ceremony at the start of the February joint circle meeting. Monies pledged support UMW national and district missions. Members pledge to donate whatever they are comfortable with, and no one knows how much they pledge or give.

Food Pantry

We thank all of you for your donations and food items. The number of people coming to the pantry has picked up and so far, money spent on pantry items is about twice the budget for January and February. Everything you give to the pantry to feed those less fortunate than us is put to good use.

Thank you for your help. It is greatly appreciated.

Ann Johnson

Prayer Ministry



During Lenten season we seek to share, with Jesus, his journey on the way to the cross. One way we can participate is to be steadfast in prayer as Jesus showed us his dedication to prayer, especially during this time of his life. Let us see the example Jesus set for us to be our guide in prayer, during Lenten season and the rest of the year. The best connection to God is through our prayers and a gracious combination to follow God and love one another. Jesus knew his journey to the cross would not be easy but through his prayers, faith, and love for us, he knew it would all be worthwhile.

“Keep on praying no matter what happens, always be thankful, for this is God’s will for you who belong to Christ Jesus”. Thessalonians 5:17-18 (NLT)

May the grace of our Lord Jesus Christ be with you all.

Prayer Ministry - Fran

United Methodist Men (UMM)

The UMM will be holding their monthly breakfast meeting on the **Saturday, March 12th, at 9:00 am** in the Family Life Center. We will be discussing the plans for the 2nd Annual Car and Motorcycle Show in April. We hope that COVID and its variants will not stop us from having the event. Anyone who cares to help with staging the cars, cooking the food, handing out fliers or judging the entries can contact Dwight Kitchens, Leon Rumohr, John Bernat, Tom Burns, Michael Moake or the church office. Please leave your name and what you can assist with. This is an event that we hope will bring fellowship within the community, as well as allow the visitors to see our friendly church and maybe join it.

We gathered in February, the afternoon of the 18th and morning of the 19th, to work on the Men's storage shed and completed the repairs after Saturday's meeting. We were pleased with the turnout for the yard cleanup, and once again would like to thank all who helped complete the work. It was a task that needed to be done for the church's appearance.

In today's world we have many hurdles to overcome, but be confirmed in our faith and trust to our Lord, and know that he will keep his promise to keep us safe under his heavenly shield. We can be assured that all work will be accomplished according to His plan. We must continue to pray and seek Him in all that we do, and let not our personal feelings mislead us away from His word.

You can contact me at 863-816-3194 if you have any concerns.

Michael Moake, UMM President

What's Wrong with Our Electronic Sign?

You may have noticed that the electronic sign is not on -- the controller in it has failed. The part is in the US, but the company estimates it will take us 2 - 3 weeks before we get it. The good news is that the part is covered by the warranty.

Editorial Policy

The articles contained in *The Good News* express the opinions of their authors, and do not necessarily reflect policies of the United Methodist Church or of Lake Gibson United Methodist Church.

The purpose of the newsletter is to foster better communication of ideas and opportunities for worship and service among LGUMC members and friends as we seek to share God's love and make disciples of Jesus Christ. All members and constituents are encouraged to write articles and share their thoughts and photos with the congregation.

Phyllis Kitchens, Editor

United Methodist Women (UMW)

The next UMW **Joint Circle Meeting** will be **Wednesday, March 2nd, at 10:00 am in the FLC**. We will be on chapter 6 of *You Are Never Alone* by Max Lucado. Anyone interested in attending is welcome; you don't have to be a member of the UMW.

Speaking of books and book clubs . . . **UMW Book Club Starts March 16th on Zoom**

The Gulf Central District United Methodist Women has announced formation of a book club using the books featured in the UMW Reading Program. Each month a book from a new category will be discussed. The Reading Program categories are Education for Mission, Leadership Development, Nurturing for Community, Social Action, and Spiritual Growth. To view the books included in the 2021 - 2022 Reading Program, go to the current catalogue at <https://online.fliphtml5.com/eiek/kvxc/#p=1> .

Book club meetings by Zoom will be on the third Tuesday of every month at 6:30 pm.

The first book to be discussed on **March 16th** is ***She Came to Slay: The Life and Times of Harriet Tubman*** by Erica Armstrong Dunbar (published November 5, 2019). This book is from the **Nurturing for Community** category. You should be able to obtain a copy at the local library, or order it online.

Please send an email to Judi Levan at JudiLevan.UMW@gmail.com to be added to the book club list. She will send you Zoom sign-in details prior to the meetings. Sandy Stanfield and Phyllis Kitchens have already joined.

UMW Book Club Details from Judi Levan, Gulf Central District

If you can't attend every month, that's FINE! If there's a book you've already read or if you have conflicting plans, we still want you to attend when you can! We will always enjoy the company! If you don't want to speak, that's FINE! ...Unless I am the only one speaking and then we will have a problem...although we are UMW...so I can almost guarantee we will have lively discussions! If you are running late to a meeting, that's FINE! Of course, you will miss us chatting about the book...but it won't be too late to give your own perspective :)

Our first gathering was February 22 at 6:30 pm. This session allowed us to get to know one another a little better and talk about the books we will be reading. Our regular meetings will be on the **THIRD** Tuesday of every month at 6:30 pm. Our first book to be discussed at the March meeting will be ***She Came to Slay***. Please read the book before the meeting so we can have a terrific discussion! Assuming we are able to meet once per month, we will be reading **two books in each category by the end of the year!!!** I can't wait to speak with you all! If you have any questions I didn't address, please feel free to send me an email at judilevan.umw@gmail.com.

Judi Levan, GCD Reading Program Coordinator

Florida Conference-wide Local Church Training Continues in March

CHILD AND YOUTH PROTECTION POLICY

Trainer: LaNita Battles, Director of Ministry Protection

**Tuesday, March 1 - 2:00 pm or 6:30 pm, or
Saturday, March 5 - 9:00 am**

FL UNITED METHODIST CHILDREN'S HOME LOCAL CHURCH REP

Trainer: Elisabeth Gadd, Chief Development Officer

**Tuesday, March 8 - 2:00 pm or 6:30 pm, or
Saturday, March 12 - 9:00 am**

LAY LEADER AND LAY MEMBER TO ANNUAL CONFERENCE

Trainers: Alice Williams, FLUMC Co-Lay Leader
And Derrick Scott, III, FLUMC Co-Lay Leader

**Tuesday, March 15 - 2:00 pm or 6:30 pm, or
Saturday, March 19 - 9:00 a.m.**

We've Come This Far by Faith Commentary by Bishop Forrest C. Stith

This is a **thought-provoking article**, but longer than the newsletter can accommodate this month. **We hope you will take the time to [read the full version on our website](https://tinyurl.com/yc2vmp3b).** Click the link on the left or type <https://tinyurl.com/yc2vmp3b> into your browser.

Article and excerpt used with permission of the author.]

Feb. 1, 2022 | UPPER MARLBORO, MD (published in United Methodist (UM) News). UM News publishes various commentaries about issues in the denomination. The opinion pieces reflect a variety of viewpoints and are the opinions of the writers, not the UM News staff.

Key points:

- As a nation, the U.S. has refused to address issues related to human relations, equity and racial division.
- Historian Jon Meacham has noted that the U.S. never had closure to the Civil War, and that every step forward in addressing systemic racism led to a backlash.
- The biggest lie in America was that Africans were biblically and scientifically inferior to whites.
- The United Methodist Church is a diverse church, and the difficulty it is experiencing today is related to its 200-year struggle for inclusivity.

Contact Information

Pastor Steve Polk, 863-858-5431; fax 863-853-1625; pastor@lakegibsonumc.com

Kristie Otte, Administrative Secretary, 863-858-5431, office@lakegibsonumc.com

Office Hours: 9:00 am to 2:00 pm, Monday thru Thursday

Sue Heishman, Bookkeeper

Glenda Grant Hess, Music Director

Leon Rumohr, Custodian

Latisha Cook, Director of A Little Bit of Heaven Child Enrichment Center, 863-858-8400.

Kristie Otte, Lexie Otte, Dave McPherson, Bob Siegel and Justin Oliva, Audio/Visual Team

Local Church Historian School Coming in September

The General Commission on Archives and History (GCAH) announced that their increasingly popular Local Church Historians' School is coming back in the fall of 2022! It is currently being revamped into a fully online, highly interactive, self-paced course. The class is still free (but [donations](#) to GCAH are encouraged). The 2022 cohort will launch in September!

Phyllis Kitchens started this course two years ago, but didn't finish it. We need a couple more people to take this training. One of our first jobs will be to update Lake Gibson's history, which was last updated in 2012 or 2013 for our 50th anniversary

Attack on Pakistani Clergymen

Father William Siraj, 75, was killed on January 30th while on his way home after celebrating Sunday Mass in the city of Peshawar, the capital of a province which borders Afghanistan. One of Father Siraj's traveling companions, Father Naeem Patrick, was wounded, while a third priest was unharmed in the attack. The attack on the priests was made in daylight by two motorcycle-riding gunmen.



Hina Jilani, chairperson of the Human Rights Commission of Pakistan, condemned the killing. In a statement, she said the commission sees the attack "as a blatant assault not only on Pakistan's Christian community, but on all religious minorities whose right to life and security of person remains under constant threat." She demanded more steps for the protection of minorities.

Christians are a tiny minority in this predominantly Sunni Muslim country. About half of the Christians are members of the Church of Pakistan, a Protestant church. The other half are mostly Catholic. Militants in Pakistan have targeted Christians several times in recent years.

Overall, militant attacks have increased across Pakistan since the Pakistani Taliban ended a cease-fire with the government in Islamabad. The Pakistani Taliban, also known as TTP, have become emboldened by the Afghan Taliban's sweep to power in the neighboring country.

[Source: news.yahoo.com and Catholic News Service articles]

If You Want a Professional Church Directory with Photos, We Need a Coordinator

Our last church directory was published by Lifetouch in 2016. Believe it or not, many of the pictures and much of the information are either outdated or incorrect. We've aged, changed phone numbers, added or changed email addresses and possibly moved. One way to produce a new directory is to do everything ourselves -- take the photos, update the information, and arrange for printing and binding. Another alternative is to work with a photography company that produces church directories, such as Lifetouch.

Unfortunately, making a new church directory through Lifetouch requires a **LGUMC Coordinator**. Once Lifetouch blocks out dates, it takes most of a week for the photographers to take pictures. The Coordinator schedules the appointments, insures that contact information is correct and that everything works smoothly. Although photos are available for purchase, there is no requirement to buy any of them, and the Coordinator does no selling.

Lifetouch is available to schedule a visit to LGUMC for the purpose of making a new directory. Of course, this works best when most of our members are in residence. Snowbirds are generally gone from April – October. So, the best time for us to get professional photos and update information is likely November – March of any year.

We need a Coordinator to support our end of the process. Are you ready to step up? Contact Kristie Otte at the office (863-858-5431).

Our Mobile Church Directory and App for Online Giving

Vanco Mobile is a new church application which permits an online church directory, online giving, group management, and a private chat. This replaces the older GivePlus Mobile app.

If you have a smartphone, this is a convenient means by which you can immediately access church contact information. **Help us build an online church directory by registering for this free service.** Unfortunately, we can't directly import your data into the Vanco Mobile app from our church's Servant Keeper database. **You must personally register for your name, email address and phone number to be visible to other church registrants.**

Instructional information is available using the below hyperlinks:

[How to Use Vanco Mobile](https://tinyurl.com/4y87u4hu) (<https://tinyurl.com/4y87u4hu>)

https://www.vancopayments.com/hubfs/Updated_Downloadable_Assets/Faith/Vanco_Mobile_How_To_Guide.pdf [Note where there appear to be blank spaces, there are underlines in the address.]

[iOS App](https://tinyurl.com/mp75hjt4) (<https://tinyurl.com/mp75hjt4>)

<https://apps.apple.com/us/app/vanco-mobile-faith-engagement/id1504961674>

[Android App](https://tinyurl.com/5n7msbjh) (<https://tinyurl.com/5n7msbjh>)

https://play.google.com/store/apps/details?id=com.vancopayments.vancomobile&hl=en_US

This online directory is an easy way to help our friends in Christ to keep in contact. **Don't delay!**
Download and set up the application today.

Dwight Kitchens 863-984-4564/410-790-4422

Changes at the Neighborhood House of Ministry

The Oakwood Drive Neighborhood House of Ministry will be **relocating in February to 4803 Bridle Path Drive, Lakeland, FL 33810**. Food distribution services will be provided at this new location, and only serve neighbors in the Bridle Path Drive community. Dawn Lawson will be coordinating food distribution from the new location. Dawn's phone number is 863-450-0687; her email is dawnlawson3540@gmail.com.

Neighbors will need to fill out a food box distribution card to register with her. (We will no longer be serving the Oakwood Drive community.) Dawn will make arrangements with households to pick up their boxes every Wednesday. The Neighborhood Marketplace, which sold vegetables and fruit on a pay-what-you-want basis is currently closed. The donation bin has been relocated to 4803 Bridle Path Drive. The plant swap has also been moved to 4803 Bridle Path Drive. They will be making arrangements for a mini-Marketplace in the next several months, which will include a clothing closet.

Leland Family Ministries Transitioning to an Online Ministry

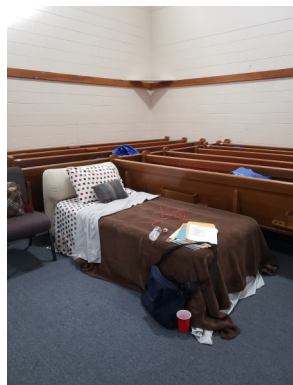
Libby announced the transition to an online ministry with the mission of sharing hope with families in crisis. Ministries will include family support groups - supporting families in crisis; grief support group - supporting families experiencing loss of a loved one, addiction, and mental illness; and "Sharing Hope with Families" podcast, which will be an interactive resource for families in crisis.

~~20~~ 10 Books to Better Understand Race and Racism

This reading list may be found at the hyperlink above and at (tinyurl.com/2p8hk9z5). There is one address for each title individually with the thumbnail sketch of the book. To conserve space, only the first ten are listed here; they are not in any particular order, and the list is not exhaustive.

1. *Sister Outsider: Essays and Speeches*, Audre Lorde
2. *The Origin of Others*, Toni Morrison
3. *White Rage: The Unspoken Truth of Our Racial Divide*, Carol Anderson
4. *So You Want to Talk about Race*, Ijeoma Oluo
5. *Racism: A Short History*, George M. Fredrickson
6. *White Fragility: Why It's So Hard for White People to Talk about Racism*, Robin Diangelo
7. *Policing Black Lives: State Violence in Canada from Slavery to the Present*, Robyn Maynard
8. *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, Michelle Alexander
9. *Racism without Racists: Color-blind Racism and the Persistence of Racial Inequality in America*, Eduardo Bonilla-Silva
10. *Medical Apartheid: The Dark History of Medical Experimentation on Black Americans from Colonial Times to the Present*, Harriet A. Washington

Bike, Hope, Love Visit



(Left) Thirteen Bike, Hope, Love cyclists camped out in the FLC on February 2nd. This luxury is made possible by air mattresses and their large support trailer/sag wagon.



(Right) Some of the UMW cooking crew (Ruth Zona, Carol Davis and Linda Alvarez) relaxing with a guest after dinner. Pat Moon and Phyllis Kitchens also cooked and other ladies lent support. The UMM (Michael Moake and Dwight Kitchens) cooked a huge breakfast.

In Jesus' Name, We Rebuke Hatred and Racism

From Bishop Cynthia Fierro Harvey, President, Council of Bishops,
February 8, 2022 [Minor edits to fit the space available and TGN format]

The recent hostage situation at a synagogue in Texas is one of many recent attacks on peaceful gatherings and places of worship. We want our Jewish sisters and brothers to know that we are appalled by this senseless violence and stand with them.

Soon after the antisemitic attack in Colleyville, Texas, a series of bomb threats were received at Historic Black Colleges and Universities across the United States. At the beginning of Black History month, no less! This begs the question, "When will these acts of hate end?" This is an important question for the Christian community to ponder. I believe we must do more if we have any hope of bringing an end to these egregious acts. We must play an active role in ending these acts of hate.

What do we do? What do we as Christians do? About hatred? About casual conversations in which someone offers an antisemitic joke or remark about another group? What will we do when persons of color continue to be the target of bomb threats and other life-threatening actions?

What we can't do is remain silent. We can't express deep gratitude that no one was harmed and then discount the harmful experiences of people we know as friends or work associates or the parents of our children's classmates who are living with fear about what could happen to them or their loved ones. Yes, we must pray but we must also add our voice and our actions to our prayers. When it comes to hate crimes, I borrow the words of Rabbi Abraham Heshel when he said, "Few are guilty, but all are responsible."

What will you say? What will you do? Let us be reminded what we said we would do as faithful United Methodists. "Enter into dialogue and action, speaking out for compassion and against hate. A faithful dialogue requires the courage to speak up without misusing privilege and power.

We call on the Church—individuals, congregations, conferences, boards and agencies, clergy, and laity—to enter into dialogue and action, speaking out for compassion and against hate. A faithful dialogue requires the courage to speak up without misusing privilege and power. As United Methodists we have resolved (RESOLUTION #3422, 2008, 2012 BOOK OF RESOLUTIONS, *ADOPTED 2008, AMENDED AND READOPTED 2016*) to do the following:

- Redefining compassion as the process of inviting and sustaining faith in full dialogue.
- Acknowledging the wholeness of the human family by staying in community with those with whom we disagree and embracing both patience and humility.
- Committing to a lifelong journey of personal and collective discipline.
- Committing to listening attentively, respectfully, and never using dialogue as an excuse for talk and no action or to mask dishonesty.
- Encouraging United Methodists to end complicity with hate by speaking out when jokes, disparagements, and stereotypes are based on difference.
- Creating opportunities to hear from excluded groups about the reality and impact of hate and partner with them to act for justice
- Encouraging law-enforcement personnel to maintain records on hate crimes and to bring to justice the perpetrators of such violence and intimidation."

I ask again, "What will you say? What will you do?" Our eyes must remain wide open to the need to denounce violence, bigotry, and hatred of all kinds. Evil and hatred will **not** have the last word. We cannot remain neutral when it comes to hate crimes, hate speech, and fomenting and committing violence in our world. We won't have any moral grounds if we say we love God and yet take no action against racism and hatred. Together, let's show that we honor the sacred worth of all people and respect for our institutions of learning and worship. Together we must take responsibility of transforming the world.

Online Learning Opportunities

Just Energy for All Working Group March 1, 2022, 7:00 pm ET

The UMW's Office of Economic and Environmental Justice invites you to participate in the first ever Just Energy for All Working Group meeting. This working group will meet monthly on the first Tuesday of the month at 7:00 pm. Participants will receive updates from the national office and plan and execute **actions at the national and local level.**

These meetings are a time to share best practices, engage in peer coaching, deepen connections with Just Energy for All, and expand the work of climate justice among UMW members.

Registration is required. Click the hyperlink on the left or choose (<https://tinyurl.com/29ku3kmp>) . You don't have to be a member of the UMW or a woman to join this working group and participate in the Zoom meetings. Technical issues and information relating climate justice which are addressed under the Just Energy for All umbrella are interesting and important to everyone.

Florida Conference Anti-Racism Monthly Webinars

Next Table Talk Conversation: March 2, 2022 at Noon



Join the Florida Conference's anti-racism task force for a monthly half-hour conversation with various speakers, and share your thoughts about anti-racism efforts in our conference. Webinars are hosted by The Beloved Community.

Upcoming Webinar Schedule (All sessions are on Wednesdays and begin at 12 noon):

March 2	The Basics of Anti-Racism II
April 6	The History of Race in Florida I
May 4	The History of Race in Florida II

[To register](#) for the March or additional webinars, click the hyperlink on the left or type this into your browser (<https://tinyurl.com/2dn784uh>).

The **March panel** consists of the following: **Jessica Wai-Fong Wong, PhD**, is an associate professor of systematic theology and works in political and liberation theologies with a focus on race, gender, society, and visual theory. **Rev. David Williamson** is co-pastor at Grace UMC-St. Augustine and one of the leaders of the Public Policy and Witness Team of the Bishop's Anti-Racism Task Force. **L. Paul Lawson, PhD**, is lead pastor of Dundee UMC. He is a native-born Jamaican with roots in Pentecostal, Wesleyan and Liberation Theology church traditions. With the help of the Holy Spirit, he is very passionate about confronting the forces of oppression and victimization, and leading in the search for God in an age of secularism.

To see the entire 2022 schedule of Table Talk webinars, go to <https://www.flumc.org/table-talk-webinar-series> or type (<https://tinyurl.com/2dn784uh>) into your browser. The February webinar recording is also located on this site.

Continued on the next page . . .

#StillInMission Episode 40
March 3, 2022, 7:00 PM ET

This month's opportunity to learn about United Methodist missionaries and their work will be on Thursday, March 3rd at 7:00 pm. [Registration is required](#); Click the hyperlink to the left or type (<https://tinyurl.com/2p9xrpz8>) into your browser.

The missionaries featured this month are:

Patricia Moreira Marquis, Brazil, <https://umcmmission.org/missionary-bio/3022529/>

Precious Kufarimai, First UMC of Miami, <https://umcmmission.org/missionary-bio/3022655/>

Rhett Thompson, Evangelical Methodist Church, US,
<https://umcmmission.org/missionary-bio/09543z/>

D. Yang, United Methodist Mission in Southeast Asia,
<https://umcmmission.org/missionary-bio/3022186/>

When you register, you will be asked to select the one missionary you want to learn more about. For details about each, click on the names to read their biographies and descriptions of their current missions.

The 2022 One Earth Film Festival
March 4 - 12

It's what you've been waiting for. . . the 2022 lineup of tide-turning films is here! **All screenings are free (with a suggested \$8 donation) and open to the public.** Seventeen virtual events will screen during the week of March 4 - 13. The films originate in Chicago; times have been revised to Eastern Standard Time (EST). [Daylight Saving Time (EDT) begins on March 13th.] Go to <https://www.oneearthfilmfest.org/> to get your free ticket for the films you want to see.

Without further ado. . . here is the list: Click on the links below to watch a short (about 2-minute) excerpt from each film. Warning: Wear your steel-toed boots. The films' assertions on the causes of climate change and its effects will make us uncomfortable.

[The Ants & the Grasshopper](#) **Wednesday, March 9, 7:30 - 9:45 pm (EST).** Anita Chitaya has a gift; she can help bring abundant food from dead soil, she can make men fight for gender equality, and she can end child hunger in her village. Now, to save her home from extreme weather, she faces her greatest challenge: persuading Americans that climate change is real. Traveling from Malawi to America, she meets climate skeptics and despairing farmers. Her journey takes her across all the divisions shaping the US, from the rural-urban divide, to schisms of race, class and gender, to the thinking that allows Americans to believe they live on a different planet from everyone else. It will take all her skill to help Americans free themselves from a logic that is destroying the Earth.

[Bring Your Own Brigade](#) **Saturday, March 5, 7:30 - 9:30 pm (EST).** Raging, out-of-control wildfires have become part of the new normal around the globe, leaving heartbreaking devastation and death in their wake. In California, this harsh reality was underscored on Nov 8, 2018, when several parts of the state were ablaze: the Camp Fire was ravaging most of the Northern California town of Paradise, and the Woolsey Fire was roaring through Malibu in the south. In the aftermath, residents faced unthinkable loss. As they struggle to rebuild, they debate what could be done to prevent further tragedy.

Continued on the next page . . .

The 2022 One Earth Film Festival, March 4 - 12, Continued

[The Campaign Against the Climate](#) **Sunday, March 13, 4:00 - 6:15 pm (EDT)**. The planet's largest oil companies were among the first to detect global warming. Instead of taking action, they launched a campaign that has derailed the fight against climate change. A shocking investigation uncovers what these institutions have done to impede the battle against climate change. Companies fired scientists who spoke out, and public perception was purposely manipulated. As the scale and urgency of the climate crisis are becoming undeniably clear, the impact these actions may have had on the race to save the planet is more startling than ever. This is a double feature with *Let Us Breathe*.

[Exposure](#) **Tuesday, March 8, 7:30 - 10:00 pm (EST)**. During one of the most chaotic polar seasons in history, 11 women from the Arab World and the West struggle together to reach climate change ground zero: the North Pole. As the travelers face wild challenges—from Russian helicopter crashes and moving Arctic sea ice to punishing frostbite and navigation of the harsh, barren landscape—Exposure tells an exciting story of resilience and intense camaraderie.

[The Sacrifice Zone](#) **Sunday, March 6, 7:30 to 9:30 pm (EST)** (<https://www.oneearthfilmfest.org/films-az-2022/the-sacrifice-zone-life-in-an-industrial-wasteland>) The Ironbound district of Newark, New Jersey, is one of the most toxic neighborhoods in the country. Maria Lopez-Nuñez, a Honduran-American resident there, is waging war for environmental justice. She is part of the Ironbound Community Corporation, one of the country's most effective environmental justice organizations. The Sacrifice Zone follows Maria as she leads a group of activists determined to break the cycle of disadvantaged communities of color serving as dumping grounds for our consumer society. This film will screen with [On the Fenceline: A Fight for Clean Air](#).

[Extinction: The Facts](#) **Sunday, March 13, 7:30 to 9:30 pm (EDT)**. English broadcaster and historian, Sir David Attenborough, has encountered some of the world's most extraordinary animals and plants. But many of these wonders may now be destined to disappear from our planet forever. With 1 million species at risk of extinction, the huge variety of life on earth, known as biodiversity, is being lost at a rate never seen before in human history. This is a crisis not just for the natural world but for every one of us. This mass extinction threatens our food and water security, undermines our ability to control our climate and even puts us at greater risk for more pandemics. (58 minutes)

[Girls for Future](#) **Sunday, March 13, 12:00 pm - 2:15 pm (EDT)**. Girls for Future follows four girls from Senegal, Indonesia, Australia and India who fight for a better future. Between the ages of 11 and 14, they are all directly affected by the consequences of environmental destruction. In the film, we see the global water crisis as it is playing out in Senegal. A visit to the girl from Indonesia highlights plastic waste pollution. A segment on the girl from India reveals the effects of the agricultural crisis. Finally, the Australian girl reveals the fatal destruction found within oceans and on land due to climate change.

[Inhabitants: Indigenous Perspectives on Restoring Our World](#) **Saturday, March 12, 7:30 to 9:30 pm (EST)**. Inhabitants follows five Native American Tribes as they restore their relationships to the land using ancient practices that nurture life. For millennia Native Americans stewarded and shaped their landscapes, but centuries of colonization have disrupted their ability to maintain traditional land management practices. From deserts, coastlines, forests, mountains and prairies, Native communities are restoring their ancient relationships with the land. As the climate crisis escalates, these time-tested practices of North America's original inhabitants are becoming increasingly essential in a rapidly changing world.

[Life at 50 Degrees](#) **Saturday, March 5, 4:00 - 6:15 pm (EST)**. With 2021 marked as the fifth hottest year on record, *Life at 50 Degrees* reveals how extreme temperatures around the world are wreaking havoc on nature, forcing climate migration, causing water shortages and triggering dangerous health conditions. By following people in seven countries, the film reveals the resourcefulness and resilience of many communities as they struggle to adapt and survive.

Continued on the next page . . .

The 2022 One Earth Film Festival, March 4 - 12, Continued

[My Octopus Teacher](#) **Sunday, March 6, 4 - 6:30 pm (EST)**. This Oscar-winning film follows Craig Foster as he begins a daily diving regimen in the freezing kelp forests of South Africa. What he discovers below the water's surface is a totally alien motivation in the form of an unusually curious octopus. This beautiful record of an animal's entire life was shot over a whole year and explores the habits and personality of a strange, undulating creature that most of us have only ever eaten. This film paints an immersive portrait of human-animal understanding, brimming with danger, drama, and devastating emotion.

[On the Fenceline: A Fight for Clean Air](#) **Sunday, March 6, 6:30 to 8:30 pm (EST)**. On the Fenceline: A Fight for Clean Air is an urgent call for justice for Philadelphia's low-income communities. After years of living on the fenceline of the east coast's largest oil refinery and suffering from several critical health issues – including cancer, asthma, and COPD – residents have come together to stand up to CEOs and fight for their right to breathe. Note: This is a double feature; it will screen with [The Sacrifice Zone: Life in an Industrial Wasteland](#).

Voices From the Field - Deaconess and Home Missioner Ministry Tuesday, March 8, 2022, 7:30 pm

On March 8, 2022, Voices from the Field will be highlighting the ministries of deaconesses and home missionaries. On this *International Women's Day*, you will hear from three deaconesses working in diverse ministry contexts. Melba McCallum of North Carolina, Susan Silhan of Upper New York and Leah Wandera of Kenya will be sharing about their work with women, children and youth around the world.

Go to <https://us02web.zoom.us/meeting/register/tZYodeGhrjosGtNwhKE2ijhR9YbsPuJq3ovt> to register for this webinar.

The quarterly *Voices from the Field* events feature leaders sharing their work and life stories, daily challenges, hopes and dreams. This conversation series highlights **United Methodist Women initiatives supported by Mission Giving**—initiatives that significantly improve the lives of women, children and youth down the block and around the world.

Three Articles on Dementia and Caregiving

by Vicky Pitner, First UMC Lakeland Memory Ministry

Affirmations for Caregivers

Feeling appreciated as a caregiver can sometimes be a struggle, especially for those with memory challenges who may not express gratitude, and at times will exhibit the opposite of expressing gratitude. Of course, this is unintentional by someone receiving care, but the need to feel appreciated in a caregiver role is important and necessary for self-care.

Affirmations are one way that a caregiver can help to motivate, inspire, and increase optimism throughout the day. An affirmation is simply a positive statement or phrase said to oneself (aloud or silently). An affirming statement can be said any time of day, during any situation, and is a wonderful replacement for negative self-talk that may try to sneak its way into a thought pattern.

Here are some short affirmations for caregivers to say to themselves along their journey and a great reminder that caregiving is truly a super-power!

Continued on the next page . . .

Articles on Dementia and Caregiving, Continued

Affirmations for Caregivers, Continued

- This is tough, but so am I.
- The act of caring is heroic.
- I do not have to be perfect to be amazing.
- I will take time to care for myself today.
- I will work on one task at a time.
- I am making a difference every day.
- God's power works best in my weakness. 2 Corinthians 12:9
- My faith makes me whole in spirit, soul, and body.
- I can do all things through Christ, who gives me strength. Philippians 4:13

Didn't see one that gives you affirming feelings? Find a notepad or journal and start your own affirmation statements to have on hand when you need positive self-talk.

Ways Dehydration Affects the Brain

Most health-conscious individuals are aware that staying well hydrated is important for the body's health. But, did you know that hydration is also critical to brain function? Research has shown that dehydration has a number of negative neurological and psychological effects. That's one more reason to make proper hydration a daily priority.

1. Dehydration affects your mood: A number of studies have identified a link between dehydration and mood disturbances. In a 2012 study, researchers at the University of Connecticut induced dehydration in healthy young women through either exercise or exercise plus a diuretic and assessed its effects on mood state. Dehydration was found to result in a measurable increase in "total mood disturbance."

2. Dehydration reduces your cognitive and motor skills: We all know not to drive under the influence of alcohol. But according to the findings of a 2015 study conducted at Loughborough University, we should also avoid driving dehydrated. Volunteers committed a significantly greater number of errors such as lane drifting and late braking in a two-hour driving simulation when they did it dehydrated. In fact, their performance was just as poor as that of people who complete similar tests while at the legal limit for blood alcohol content. The likely reason is that dehydration reduces concentration and reaction time.

3. Effects on pain: One of the more surprising mental effects of dehydration is increased pain sensitivity. This was demonstrated in a 2014 study by Japanese researchers. Volunteers immersed an arm in cold water to test their pain sensitivity while having their brains scanned. They reported a lower pain threshold (i.e., they felt pain sooner) when they performed this test in a dehydrated state. These subjective reports were accompanied by increased activity in brain areas involved in the experience of pain.

Continued on the next page . . .

Articles on Dementia and Caregiving, Continued

Ways Dehydration Affects the Brain, Continued

4. Dehydration affects your memory. And if all of that wasn't enough, dehydration has also been found to negatively impact memory. In 2010, researchers at Ohio University measured hydration status in a group of 21 older women and also had the women complete tests of declarative and working memory. A strong link between hydration status and memory skills was found, with the most dehydrated subjects performing most poorly on the tests. This effect was partly mediated by blood pressure.

5. Seniors may be chronically dehydrated. This can lead to serious health problems, including urinary tract infections (UTI), falls, kidney stones, and more. Adults age 65 and older have the highest hospital admission rates for dehydration.

Staying Hydrated Is Smart! Your brain is made of mostly water. No wonder it works better when you're properly hydrated!

The Power of Strength Training

As we age, it is important to maintain our physical health and wellness. As a caregiver with many responsibilities, keeping yourself healthy and strong as well as assisting others in maintaining their mobility is vital for overall quality of life and ease of caregiving. One component of exercise that is often overlooked but has incredible benefits is strength training, also called resistance training. Research shows that regular participation in resistance exercise helps ward off age-related muscle loss, strengthens bones, improves mobility and decreases risk of falls. Moreover, there are mental health benefits as well, such as decreased depression and improved cognition.

Below are some tips to help incorporate the power of strength training into your and your loved one's weekly routine.

1. If you have hand weights for lifting, that's great, but you don't need gym equipment to get a good resistance workout at home. You can simply use soup cans or even a half or gallon jug for lifting. Save an old milk/water jug and simply fill it to the water level that achieves your desired weight.

2. Always be mindful of your own strength and do not try to do too much activity at once. Take plenty of breaks while exercising to allow for the body to recover.

3. Incorporate natural movements with your weighted object. You can take a walk while holding your soup cans to add some resistance and work extra muscles that you normally wouldn't along your journey.

4. If your loved one enjoys sitting outside, this is an excellent opportunity to practice seated strength training in the fresh air. With your weighted object of choice in hand, there are multiple natural movements you can perform. This might take about 10 minutes or so.

a. Bending elbows to shoulders, raising straight arms to shoulder level in front of or to the side of the body, and making gentle boxing-like punches with the arms are a few movements to comprise an upper-body resistance routine.

b. Seated or standing chair exercises focusing on the legs are a great way to improve balance. Always hold onto a safe and secure surface (such as a countertop or heavy chair). Performing marches in place, toe raises, and slight knee bends or "mini-squats" would complete a sufficient leg strengthening workout.

Continued on the next page . . .

Articles on Dementia and Caregiving, Continued

The Power of Strength Training, Continued

5. When counting repetitions with resistance exercises, try to stay between 10 - 12 repetitions for each movement, and possibly between 2 - 3 sets of each exercise if able. If you only complete one set of 10 arm curls, that is better than doing nothing at all, so keep that in mind.

6. As with any form of exercise, staying hydrated throughout is very important for maintaining safety. Drink plenty of water before, during, and after your strength training routine.

Happy and safe lifting!

If you want more information on our Memory Ministry, Memory Café, or Virtual Support Group, or need caregiving tips, please contact Vicky Pitner, vpitner@firstumc.org. [All articles used with permission.]

Hope House Happenings (Excerpts from Volunteer Reports)

February 1, 2022 - Debbie and Rick McLellan

By the end of the day, we had served 22 guests. Rick McLellan led in prayer and a devotion from Luke 23, "A Prayer to point us Home". Our guests were happy to see Debbie back.

Our snowbird friends, Hampton and Sharon Conway from Lake Gibson United Methodist Church (LGUMC), prepared a terrific meal -- chicken and sausage jambalaya, and fresh baked cookies in zip bags. We appreciated help from Dick McPherson also from LGUMC, who served the food and ministered to our guests with Rick and Debbie.

Our brown to-go bags included Debbie's special chicken salad sandwich, a bag of chips, a pack of Lance crackers, a pudding cup, a pack of Oreo cookies, and an applesauce cup. These brown bags were filled with items furnished by Hope Community Church, and were packed by their youth group. The young people also included in each bag a Bible verse (John 14:6) and a short personally written note, such as "Don't give up" or "We care about you" or similar. Those notes blessed our guests! To quench thirst was ice-cold bottled water, also furnished by Hope Community Church, with a flavor packet, and Mountain Dew and Pepsi. We also gave out a snack item and pop-top can of Chef Boy-R-dee spaghetti (or similar canned good) which our guests took to their tents for supper.

We gave out blankets, toiletry kits, razors, deodorant, flashlight, lantern and radio batteries, masks, socks, a Large print Bible, 3 pocket New Testaments and clothes. Many of these items were provided by LGUMC. We want to say THANKS to Harry, a Veteran and former Hope Center volunteer, for providing laundry detergent and coffee, and thanks to Jim Aldrich for items from Christ the King church.

We brought sanitized towels and wash cloths for showers, gave each guest a towel, washcloth and hygiene kit, had 7 guests request showers. We had 4 guests who used the laundry.

February 2, 2022 - Laura Webb, Chris Hernbott, Stevie Paton and Geri Mayo

A total of 16 guests signed in, with 4 using the shower and 4 using the laundry. Breakfast consisted of sausage gravy with toast (forgot the biscuits), instant grits and cereal. Coffee, cocoa, juice, and bottled water were the beverage choices. The Hope House kitties enjoyed their alfresco breakfast.

Continued on the next page . . .

February 2, 2022, Continued

Four folks from New Life Assembly of God volunteered today. Stevie tackled the toiletries and medical supplies in our pantry. She served lunch and washed dishes. Ms. Ana and Ms. Jody assisted Laura Webb in the never-ending task of processing the clothing donations. These ladies also took a car load of donations to other charities. Mr. Curtis set up lunch bags, made sandwiches and served lunch. He also had the opportunity to interact with our guests. We are so thankful for all of their hard work.

Laura did her usual, amazing job of processing donations, overseeing the shower and laundry list, and cleaning the shower and bathroom. Chris helped set up the breakfast table and the shower room. Two gentlemen from Ms. Luz' church fixed the patio gate. They also removed the tile from the front door. It is fantastic to be able to open the gate without a struggle.

Laura provided the devotional from the bible.com series: Faith, Hope and Love, Day 2, What Is Faith? "Now faith is the assurance of things hoped for, the conviction of things not seen." Hebrews 11:1 (NASB 1995)

Lunch consisted of bratwurst sausages on rolls, baked beans, extra cheesy mac and cheese and applesauce. Every guest received a take-out bag with a choice of a PB&J or turkey and cheese sandwich. They also had a choice of one canned good and one snack item from the pantry.

After Hope House closed, food was taken to a housebound guest and her young son. Later in the afternoon, student volunteers Hannah and Nick boxed blanket kits, mac and cheese and pastas. They also organized part of the storage room. Such a blessing!

February 8, 2022 - Debbie and Rick McLellan

By the end of the day, we had served 19 guests. Rick McLellan led in prayer and a devotion from I Peter 4, LIVE TO SERVE. Our guests were served a meal by Chef Dick McPherson, who dished up the food and ministered to our guests with Debbie and Rick McLellan. Our guests enjoyed Dick's fabulous pulled-pork, with mac'n cheese, baked beans and corn bread, with bagged mini-pastries for dessert.

We had a lot of donations from our friends and many very useful items were provided for those less fortunate. We want to especially thank Polk City Baptist Church, Lake Gibson United Methodist Church, Jamie and our friends from Foxwood, and Jim Aldrich and our friends from Christ the King Episcopal Church.

February 9, 2022 - Laura Webb, Mr. Curtis, Ms. Stevie and Geri Mayo

A total of 14 guests signed in, with 7 using the shower and 3 using the laundry. Due to COVID restrictions, the guests sat outside, with a limit of two guests inside at a time. Tables and chairs were set outside and on the patio for their comfort. We were so thankful it was a beautiful day.

Breakfast consisted of sausage, egg, and cheese biscuit casserole, cereal, and instant grits. Coffee, cocoa with marshmallows, juice, and bottled water for the drink choices. The HH kitties and Fred (Rocky), the raccoon, enjoyed their alfresco breakfast.

Upon our arrival, we found a table with clothing, toiletry, and food donations. Special thanks to Polk City Baptist Church, Lake Gibson United Methodist Church, Jamie and our friends from Foxwood, and Jim Aldrich and our friends from Christ the King Episcopal Church.

Continued on the next page . . .

February 9, 2022, Continued

Lunch consisted of meatloaf, mashed potatoes with gravy, cooked cabbage and bread with butter. Every guest received a to-go bag with a choice of a PB&J or ham and cheese sandwich. Everyone chose one canned good and one snack item from the pantry.

HH has an **ongoing need for men's clothing, especially size 34 pants and jeans**. Paul and Janice from New Life Assembly donated several pairs of clean size 34 pants.

Also, thanks to our wonderful donors, every guest was provided with warm clothing, blankets, gloves, and knit hats for the upcoming cold weather.

This is how God works:

At the end of the day, 2 lunches were boxed up. Two new gentlemen arrived and we were able to give them a hot lunch. They were so hungry. They had nothing but the clothes on their backs. HH was able to supply each a to-go food bag, backpack, blankets, toiletries and clothes. One gentleman asked for, and was given, a Bible. Thanks to all the donations HH received, their needs were met.

At times, it is a struggle to have supplies for sandwiches and lunch bags. Our pantry was almost out of snacks. Among the donations from Tuesday were loaves of bread and many snack food items. The lunch bags and pantry's snack section were filled.

HH was extremely low on canned goods. Our prayers were answered by Mariane Evans and Cypress Lakes Veterans Auxiliary Association (CLVAA). Their food donation included several cans of beanie weenies, tuna, chicken, soup and Vienna sausages. Best of all, there were 22 cans of pasta. God is good! The CLVAA also donated two bags of clothing, a bag of bath towels, a bag of hand towels and washcloths, female necessities, and various hygiene and medical products. They also donated juice pouches and snack food items. We are incredibly grateful for their ongoing support.

It was a truly blessed day. Every time there was a need, God provided.

February 15, 2022 - Debbie and Rick McLellan

We are still following COVID-19 restrictions, had tables set up for lunch and jointly maintained social distancing. It was a cold morning, but warmed up. Our guests were in the front yard and the patio area. We require all who go inside the House to wear a mask, with only 2 at a time allowed inside.

By the end of the day, we had served 22 guests. Rick McLellan led in prayer and a devotion from Mark 4, "JESUS IS HERE TODAY".

Our snowbird friends Hampton and Sharon Conway prepared a terrific meal, penne pasta with big meatballs, and fresh baked cookies in zip bags. We appreciated help from Dick McPherson of Lake Gibson United Methodist Church, who served the food and ministered to our guests with Rick and Debbie, and Miss Joey for her help. Our brown to-go bags included a premium ham and cheese sandwich on rye bread, a bag of chips, a pack of Lance crackers, a pudding cup, a pack of Oreo cookies, and an applesauce cup. To quench thirst was ice-cold bottled water, furnished by Hope Community Church, with a flavor packet, Mountain Dew and Pepsi.

Continued on the next page . . .

February 15, 2022, Continued

We gave out blankets, toiletry kits, razors, deodorant, flashlight, lantern and radio batteries, masks, socks, gloves, a pocket New Testament and clothes. Many of these items were provided by Lake Gibson United Methodist Church. We want to say THANKS to Jamie who brought a variety of items from the folks at Foxwood. Thanks to Jim Aldrich for items from Christ the King church, including a case of small blankets, and to Polk City Baptist Church for some useful items.

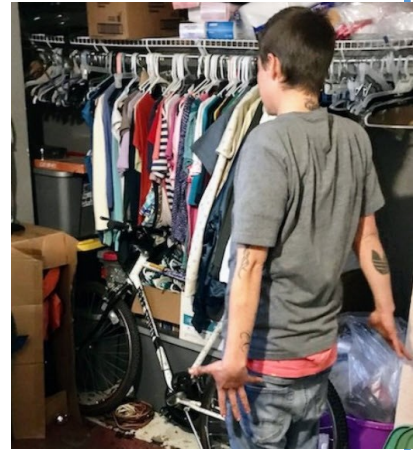
We brought sanitized towels and wash cloths for showers, and gave each guest a towel, washcloth and hygiene kit. Eight guests requested showers, and five used the laundry.

February 16, 2022 - Laura Webb, Stevie Paton and Geri Mayo

A total of 19 guests signed in, with 6 using the shower, 4 using the laundry and 3 latecomers receiving food. Breakfast consisted of pancakes, cereal and bananas.

Laura oversaw the guest list. She made sure everyone received clothes, toiletries, and other essentials. She processed the food and toiletry donations. At the end of the day, Laura cleaned the bathroom and shower room. Stevie help set up the breakfast table. She washed SO many dishes! She also helped set up lunch bags and made sandwiches. Chris, Mr. Curtis and Lesley were sorely missed.

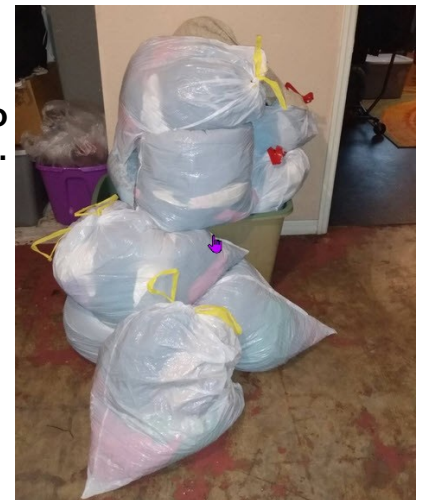
Two wonderful things happened today. Laura led one of our guests through the sinner's prayer. Heaven is rejoicing! And this same guest was given a bicycle from LGUMC.



This weekend and Tuesday, HH received a ton of donations. After Hope House closed, our two student volunteers processed bags of clothing donations. Nick and Hannah did a fantastic job! Undeafated, they are coming back tomorrow to finish up.

It was such a wonderful day. The weather was great. Our guests were helpful, calm, and pleasant. Best of all, a new person was welcomed into the kingdom of heaven.

We are seeking volunteers to re-donate these clothes to other charities. Contact Geri Mayo, gerimayo@yahoo.com.



Need a Name Tag?

You can download the name tag order form and fill it in on-line to order a church nametag on our website, <https://lakegibsonumc.com/contact-us/name-tags/>. You can also print a copy of the form, fill it in by hand and send it to the church office. The cost is \$10.00 each and the one option offered is whether to have a pin backing or a magnetic backing. On the church website, this information is at the very bottom of the home page, in the blue background area, in the column titled Contact Us (click on **Name Badges**).

Classic Car and Motorcycle Show Saturday, April 9, 2022

The United Methodist Men (UMM) are holding their 2nd Classic Car and Motorcycle show on Saturday, April 9th, 2022. Setup will start at 10:00 am with judging starting at 11:00 am. There is NO entry fee for contestants and no admission charge for spectators. Tickets for the 50/50 raffle are 10 for \$5.00.

The event opens for spectators at 11:00 am. All are welcome to enter a vehicle and/or drool over the ones on display. Results of judging and drawing for a 50/50 raffle will occur at 3:00 pm.

Lunch and beverages will be available. Invite your neighbors to come and join the festivities. This should be a great day to walk around and see what our local motor enthusiasts have done with their vehicles.

Mark your calendars for Saturday, April 9th. See you there!

Lay Leader's Letter

For those of you who may not know me, please allow me to introduce myself. My name is Mike Stafford and I am your Lay Leader and Lay Delegate to the Annual Conference. My wife, Rosita, and our three sons began attending LGUMC in 1996. We are very thankful to have found this church when we moved to Lakeland. Our spiritual growth and the foundations that were laid in the lives of our sons have certainly strengthened our faith, and we can see the impact on our sons' families as they have married and are now raising their children in the church.

This year will hold many challenges for our church. Our Pastor is retiring and we will be tasked with finding a new shepherd for our congregation. We have many ministries that are doing great works within our church and our community. We also have a need to find ways to continue to minister to our existing congregation while, at the same time, finding ways to minister to younger families and their children. God has a plan for LGUMC; we are called to be the "Body of Christ". That means we have to discern through prayer God's calling for each one of us as well as God's purpose for LGUMC and the community we serve.

At our service on February 20th our guest pastor mentioned the Walk to Emmaus. I would like to explain what the Walk to Emmaus is and encourage each of you to consider if this may be a way to discern what God's purpose for you may be within your family, community and within LGUMC. The Walk to Emmaus is based on Luke 24:15 and is run by The Upper Room. If you recall in that verse, two of the disciples were walking and discussing things that had just occurred regarding the crucifixion of Jesus. Suddenly they realized that it was Jesus who had been walking and talking with them. The Walk to Emmaus is an experience of Christian spiritual renewal

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Lay Leader's Letter, Continued

and formation that begins with a three-day short course in Christianity. It is an opportunity to meet Jesus Christ in a new way as God's grace and love are revealed to you through other believers.

The Walk to Emmaus experience begins with prayerful discernment and invitation from a sponsor. The following three-day experience of New Testament Christianity will help you see your faith as a lifestyle. You will discover your spiritual gifts and ways you can serve in your home church, family, workplace and anywhere else God has placed you.

The objective of this walk is to inspire, challenge and equip the local church members for Christian Action. The Walk to Emmaus lifts up a way for our grace-filled lives to be lived and shared with others. There is a walk coming up towards the end of March and there will be another walk in the Fall. If you would like to know more, please feel free to reach out to me via email at mstafford1960@gmail.com or call me on my cell at 863-797-5612.

Mike Stafford, Lay Leader



Birthdays in March

<u>Date</u>	<u>Name</u>
3/1	Bob Willome
3/2	Roy Lorent
3/2	Leon Rumohr
3/3	Jim Huven
3/4	Anne Bernat
3/7	Dick Shepherd
3/8	Lilia Harbaugh
3/8	Lila Wilde
3/10	Ann Johnson
3/12	Betty Seabo
3/12	Sharon Shepherd
3/13	Frankie Hooks
3/13	Dwight Kitchens
3/17	Lainee Grimes
3/19	Audrey Jenks
3/19	Wanda Lammey
3/20	Janey Heinkel
3/20	Debbie McPherson
3/21	Ann Phinney
3/26	Danielle (Dani) Cavas
3/31	Sue Bodemer



Anniversaries in March

<u>Date</u>	<u>Name</u>
3/1	Mollie and Justin Oliva
3/11	Beverly and Eric Hines
3/14	Lila and Anthony Wilde
3/23	Ann and Brad Fox