



Conyngham United Methodist Church
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www.conynghamumc.org
February 2024

Pastor's Pen

Dear church friends and family,

There is one thing I love to do on my days off above all others. I love to go hiking. I love spending time in the woods. I love looking at the trees sway in the breeze. I love the sun shining through leaves. I love the smell of the leaves on the ground. I love the sounds of the world away from civilization. I always feel rested afterwards. Psychology might explain why. Many psychologists suggest that people go "forest bathing" once a week. Forest bathing is when we immerse ourselves in greenery and nature. According to some psychology, humans have long associated the color green and the sight of trees with safety and calm. That is why we find it restful to be in the wood, because somewhere in our brains we feel secure.

I completely agree with that assessment. And I think there is an even better one for why hiking does so much for me. In the wilderness we are more open to God. That seems to be the case for some many people throughout human history. That includes Jesus: News of him spread even more and huge crowds gathered to listen and to be healed from their illnesses. But Jesus would withdraw to deserted places for prayer. (Luke 5:15-16 CEB).

Jesus went into the desert to pray. We don't have many deserts around here, so if the gospel was set in PA then we would say Jesus hiked to the top of a mountain to pray. Why go through all that effort when you can pray anywhere? Jesus knew what we often forget: in the wilderness we are more open to God. When we physically go away from all the distractions of life, it is so much easier to connect more deeply with our God. Jesus knew that, and now we are reminded of that too.

This month marks the beginning of Lent. Ash Wednesday is February 14. That is also valentine's day. Those two might seem like they clash at first, but I think they fit together well actually. Lent is the time to focus more deeply on growing closer to God. Often that means repentance, turning away or putting down the things that stop of from getting close to God. That repentance is kind of like saying "no" to a bunch of other plans so you can have a date night with your partner. In the same way, Lent is about doing our darndest to fall more deeply in love with God, often by saying "no" to something else.

This is your reminder that falling more in love with God will probably involve finding your own wilderness. It will involve finding your own way of saying "no" to other things so you can focus on God. It will involve finding your own way of getting away from distractions. For me, that involves hiking in literal wilderness. For you that might involve going to be alone in your room to pray. It may involve helping other people in God's name when you normally don't have time to do that. It may involve putting our phones down, or turning our tv's off, and just being present to our God. Whatever wilderness may look like for you, seek it out this Lent, and fall even more deeply in love with our amazing God. Amen

Peace,

Pastor Graham

Lectioary

04—February

5th Sunday after the Epiphany

Isaiah 40:21-31
Psalms 147:1-11, 20C (UMH 859)
1 Corinthians 9:16-23
Mark 1:29-39

11—February

Transfiguration Sunday Scouting Ministries Sunday

2 Kings 2:1-12
Psalms 50:1-6 (UMH 783)
2 Corinthians 4:3-6
Mark 9:2-9

14—February

Ash Wednesday Valentine's Day

Joel 2:1-2, 12-17
Psalms 51:1-17 (UMH 785)
2 Corinthians 5:20b-6:10

Matthew 6:1-6, 16-21

18—February

1st Sunday in Lent

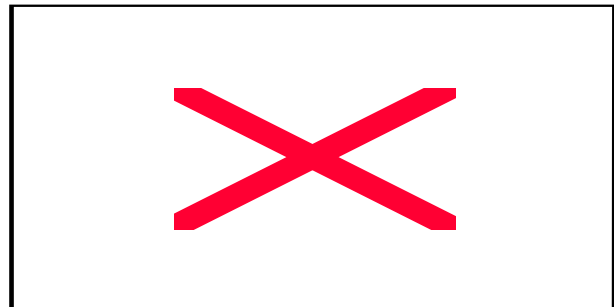
Genesis 9:8-17
Psalms 25:1-10 (UMH 756)
1 Peter 3:18-22
Mark 1:9-15

25—February

2nd Sunday in Lent

Genesis 17:1-7, 15-16
Psalms 22:23-31 (UMH 752)

Ro-



Valley Interfaith Council Prayer List

Please pray for the following in your daily devotions.

Cheryl Pecora, Jean Ann Weiches, Kayla Baucum, Edee Boyer, Kaylee Barbush, June Blamey, Joanne Mumie, Irene and Robert Burger Family, Pastor Tom Cvammen, Arty Deis, Ron Eckrote, Collette Eskin, Mike Fellin, Jennifer Flores, Food Pantry Families, Barbara Gavel, Irene Healey, Ron Hofmann, Theresa Howley, Mary and Robert Kisansky, Aggie Kisenweather, Rose Luethy, Mark and Theresa Marinock, Cristina and David Matthey, Kim Murphy, Carl Roberts, Danny Sampson, Carol Siewell, Maureen Susa, Valerie Sutton, Jacqueline Walker, all cancer and COVID patients, our military personnel, as well as leaders of our country, the Russia/Ukraine situation, families of addicts, Pat Ferrari, June McCauley, War in Isreal/Gaza, Mary Nora Wallace, Melody, a 9 year old, Jay Wetzal, Edie Larsen, Madelyn Lawson, Fred Polmounter, Larry Generose, Kyle, Don Zufall, and the Kelly Family.

Please pray daily for your church, its leaders and staff, Pastor Graham Truscott, the Red Bird Mission Clinic, the Red Bird Mission School, the Salvation Army, United Children's Homes, Hazleton Enlarged Ministry, Heartwood Center, Emmaus Road Travelers and Drivers and the Hazleton/Valley Mission Connection.

February Birthdays

<i>01-Feb</i>	<i>Sally Shupp</i>
<i>04-Feb</i>	<i>Scott Cara</i>
<i>05-Feb</i>	<i>Ciara Bannon</i>
<i>08-Feb</i>	<i>Charles Mandrick</i>
<i>10-Feb</i>	<i>Robert Hilliard</i>
<i>11-Feb</i>	<i>Robert Burger</i>
<i>12-Feb</i>	<i>Lisa Schuetz</i>
<i>12-Feb</i>	<i>Brad Klein</i>
<i>16-Feb</i>	<i>Deborah Cara</i>
<i>17-Feb</i>	<i>Kelly Mace</i>
<i>17-Feb</i>	<i>Robert Stark, Jr.</i>
<i>17-Feb</i>	<i>Mackenzie Malenovitch</i>
<i>22-Feb</i>	<i>Wendy Young</i>
<i>24-Feb</i>	<i>Rodney Hawk</i>
<i>25-Feb</i>	<i>John Cara</i>
<i>26-Feb</i>	<i>Jay Wetzel</i>
<i>27-Feb</i>	<i>Larry Rossi</i>

February Anniversaries

<i>14 Feb</i>	<i>Bob and Nancy Stark</i>
<i>16 Feb</i>	<i>Don and Dottie Matthey</i>



MARCH BIRTHDAYS

01 Mar	Beth Yost
04 Mar	Ron Hofmann
04 Mar	Keelyn Radzwich
06 Mar	Autumn Mumich
08 Mar	Janessa Sereta
09 Mar	Bradley Young
20 Mar	Elizabeth Flaim
27 Mar	Charlie Lingenfelter
31 Mar	William Pursell

March Anniversaries

None

NEWS FROM THE PEWS

NATIONAL



JOIN US ON: FEBRUARY 25TH IMMEDIATELY AFTER WORSHIP SERVICE FOR A NICE WARM BOWL OF CHILI, BREADS, COFFEE, DRINKS AND DESSERT. SIGN UP SHEET IS IN THE SOCIAL HALL.

The Valley Food Pantry thanks everyone who donated to our families in need for Thanksgiving and Christmas. We served 64 families, ten more than last year!

Easter is quickly approaching and we're again asking each church to help us. Our Church is asked to donate *boxes of cornbread mix*. We need to collect this by **March 17th**. Also, any donations of coffee would be appreciated. Thank you and blessings to you all.



SECRET SISTERS

SUPPORT • PRAYER • ENCOURAGEMENT

Attention Secret Sisters!

Our next luncheon will be held on Wednesday, February 21st. At Perkins for 12:30 pm.

Pot Luck Dinner and Ash Wednesday Worship Service

Join us on **Wednesday, February 14th at 5:30 pm for a Pot Luck Dinner**. Bring your favorite dish to share with everyone. **Ash Wednesday Worship Service will be right after dinner at 6:30 pm.**

All are welcome to join us!



Ashes to Go

Ashes to Go, drive through our parking lot and receive ashes and a blessing. Wednesday, February 14th,
7:30-9:00 am and 4:00-5:30 pm.



Lenten Dinner and Devotions

Join us each Thursday night during Lent beginning February 22nd at 5:30 pm. We will serve a delicious dinner followed by a brief devotion.

Join us, connect more deeply with God and each other!

Family Game Night



Fun Fellowship

Conyngham United Methodist Church DISTRIBUTION OF MISSION OFFERING FOR THE YEAR 2024

Communion Sunday Offering is a discretionary fund to be used for local needs. Several \$25 gift cards from both Gould's and Sheetz will be kept on hand. The Pastor can use the cards when an appropriate request for a serious personal emergency is brought to him.

For other community emergency needs, the Mission Committee will oversee the release of additional funds. Excess funds at EOY to go to the "General Fund."

The Mission Committee would appreciate it if we as a congregation, and our Pastor, personally take time to visit our shut-ins, make phone calls to them, send cards, take them to doctor appointments, etc. We pray that we can minister to them in our own 'special way.'

Distribution for 2024 will be as noted by the percentage amounts listed below:

15% Red Bird School - Advance #773728
70 Queendale Center
Beverly Kentucky 40913-9607

15% Red Bird Clinic - Advance #773724
70 Queendale Center
Beverly Kentucky 40913-9607

15% HEM
517 North Locust Street
Hazleton PA 18201

25% Salvation Army - Hazleton
356 West Broad Street
Hazleton PA 18201

15 % United Children's Homes
Send check to:
United Children's Home
107 Madison Avenue
West Hazleton PA 18202
Att: Jill Zapotocky

15% Valley Food Pantry
PO Box 187, CUCC
Conyngham PA 18219

Mission Committee: Beverly Selby. Pastor Graham Truscott

Note: The dollar amount for Missions is determined at the time of the yearly Stewardship drive.

Church Proposal Forms

Hi everybody!

Your church leadership is now asking that any ideas for ministry be submitted in a new proposal form. These new forms are here for you to fill out to send in a proposal for a ministry, program, or event. These forms are available in hard copy in the "Members at Large" mailbox next to the church offices.

These forms are so that as a church we can focus on following Jesus, which is the purpose God has given us. The forms are a tool to do that by asking the question, "how is this ministry helping us follow Jesus?" This isn't meant to make things difficult for people, but rather to help us to reflect on why we do what we do. We want to do ministry, programs, or events because we are followers of Jesus. As we pray every week, may God's kingdom come and God's will be done on earth as it is in heaven.

We also very much hope these proposals help everybody share their ideas for ministry for our church. We want them to be a tool for you to share your voice.

Proposals can be submitted to Pastor Graham, Heidi, or in the Ad. Board Chair mailbox next to the offices. They can be submitted in person or by email. All proposals will be considered by church council, and you will also hear back from council on them.

If you have questions, you can ask anybody on our church health team: Heidi, Thomas and Carrie Joy Wiley, Tom Burns, Kate Flaim, Chris Gogola, and Pastor Graham

Thank you for coming on this journey with us in focusing on following Jesus. We would love to hear your ideas so our church can thrive!

May God's kingdom come and God's will be done on earth as it is in heaven.

Peace,

Pastor Graham

Ministry Proposal Form

Name(s):

What ministry, program, or event do you want to do? Please describe it briefly:

What does the ministry, program, or event have to do with Jesus/following Jesus? Please answer how this ministry, program, or event helps us to love God, love our neighbor (including each other), or both:

When would you like to do this ministry, program, or event? Would you like to do it just once, or repeatedly?

Example from Secret Sisters:

We want to do a family game night. There will be Pictionary and family feud. We will have dinner as well as snacks. There will be hot dogs, salad, chips, and iced tea. We will do a devotion as well.

Where two or three are gathered in Jesus' name, Jesus will be there too. We want to get families together in fellowship. It is supposed to be a night out with fellow Christians where we can chat, laugh, and enjoy each other's company. There will also be a brief prayer/devotion that will be appropriate for kids/adults. This puts us in fellowship with our neighbors and helps our relationship with God.

January 19, 5:30pm-7:30pm. In the social hall. Just once.

Men's Clothing Collection

For the month of February our church will be collecting winter clothing for men in collaboration with Hazleton Enlarged Ministries. Hazleton Enlarged Ministries is the ministry that coordinates efforts between UMC churches in the area. They run a clothing depot in Hazleton and are in need of men's winter clothing. Let's work together to love our neighbors and make sure many people can be warm this winter. Clothing collection begins this Sunday February 4. Drop off location is in boxes outside the church office.



Prayer Filled Lives

Would you like to deepen your prayer life? Do you feel like you know how to pray? This Lent we are offering a Bible Study called "Prayer Filled Lives." These classes will be all about how to pray. We'll start with the basics of prayer as well as cover many forms of prayer as we explore how to make prayer more a part of our lives. If you want to learn how to pray, want to deepen your prayer life, or want to connect more deeply with God, then this class is a great place to begin. Classes will be on Mondays during Lent. They will begin on Monday February 19 at 6:30pm through March 18 at 6:30pm. All are welcome.



**Become
Part of
Our
Church
Family**

New Members Class

Are you or somebody you know interested in joining our church? Or are you simply interested in learning about the basics of being a United Methodist? This Lent we will offer a new members class that will teach the basics of being a United Methodist. We'll cover topics like: The methodist emphasis on grace and holiness, the means of grace and spiritual disciplines, how methodists traditionally have read the Bible, and how the UMC is structured. If you are interested in these topics, you are more than welcome to attend the class, even if you are already a member of our church. Classes will be Sunday afternoons at 3:30pm March 3- March 24.



February Worship Leaders

February 04

Greeter: Rodney Hawk
Head Usher: Rosemary Mandrick
Liturgist: Malcolm Wiley
Singer: Carrie Joy Wiley
Children's Message: Billie Shaffer
Sound Board: Nancy Stark and Jay Morgan
Acolyte: Hazel DeBalko

February 11

Greeter: Rodney Hawk
Head Usher: Paula Piacenti
Liturgist: Jessika Jacobs
Singer: Denise Wetzel
Children's Message: Carrie Joy Wiley
Sound Board: Wiley Family
Acolyte: Eamon Wiley

February 14 (Ash Wednesday)

Greeter: Rodney Hawk
Head Usher: Paula Piacenti
Liturgist: Kate Flaim
Singer: Carrie Joy Wiley
Sound Board: Wiley Family
Acolyte: Eamon or Malcolm Wiley

February 18

Greeter: Rodney Hawk
Head Usher: Paula Piacenti
Liturgist: Rosemary Mandrick
Singer: Carrie Wiley
Children's Message: Kate Flaim
Sound Board: Tammy McCauley
Acolyte: Joey Dretzel

February 25

Greeter: Rodney Hawk
Head Usher: Paula Piacenti
Liturgist: Eamon Wiley
Singer: Rena Bicking
Children's Message: Pastor Graham
Sound Board: Wiley Family
Acolyte: Malcolm Wiley

February Altar Flowers

02/04—John and Debbie Cara have given a donation to the General Fund.

02/11—John and Debbie Cara have given a donation to the General Fund.

02/18—Beverly Kraft will give a donation in memory of her parents, Fred and Mary Kraft.

02/25—Isabel Kinsler will give a donation in memory of her husband, Charles.



Altar Flowers

February 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Prayer Shawl Ministry	2	3
4 9:15am Sunday School 10:30am Worship Service	5 6:00pm Zumba Class 6:30pm Trustees Meeting	6 6:00pm Zumba Class 6:30pm Church Council Meeting	7 10:00am Religious Studies 6:30pm Book Group for Church Health	8 9:30am Plastic Mat Ministry	9	10
11 9:15am Sunday School 10:30am Worship Service	12 6:00pm Zumba Class	13 6:00pm Zumba Class	14 Ash Wednesday 7:30am Ashes To Go 10:00am Religious Studies 4:00pm Ashes to go 5:30pm Pot Luck Dinner 6:30pm Ash Wednesday Worship Service	15 9:30am Prayer Shawl Ministry	16	17
18 9:15am Sunday School 10:30am Worship Service/Sharing Good News	19 6:00pm Zumba Class 6:30 Prayer Filled Lives	20 6:00pm Zumba Class	21 10:00am Religious Studies 12:30pm Secret Sisters Luncheon at Perkins 6:30pm Book Group for Church Health	22 9:30am Plastic Mat Ministry 5:30pm Lenten Dinner	23	24
25 9:15am Sunday School 10:30am Worship Service 12:00pm Heartwood Center 12:00pm National Chili Day Lunch	26 6:00pm Zumba Class	27 6:00pm Zumba Class	28 10:00am Religious Studies 6:30pm Christian Conversations	29 5:30pm Lenten Dinner		

The Conyngham United Methodist Church

Inspiring People to Love and Serve God

Pastor:	Graham Truscott
Lay Leader:	Kate Flaim
Secretary:	Heidi Klein

Vision Statement

Conyngham United Methodist Church is a Christ centered, warm and caring congregation which welcomes, nurtures, and equips people to follow Jesus Christ. As servants of the Gospel, we value the essentials of Holy Scripture, joyful praise, prayer and worship and developing personal faith in Jesus Christ. We accomplish this through a dynamic musical ministry, exciting youth programs, inspiring young adult and adult programs, fellowship of small groups, outreach to the community, strength through personal support, and the shared ministry of our laity and its pastor. We realize all this by being a church where God's Holy Word is a source of nourishment and strength.

You are cordially invited to worship with us.

Our Worship Service begins at 10:30 am

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