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Directions for the Trail

FROM THE PASTOR'S DESK

During the development of our Disciple Formation Process (DFP), which we call "The Trail", we talked extensively about the nature of spiritual growth and development. In those many hours of conversation at various DOD meetings (which means *Discerning Our Direction*) we came to recognize the important impact of the regular practice of spiritual disciplines like prayer, worship, and Bible reading. But we also discussed many important transformational experiences, which occur fairly quickly through an intensive short-term event like a retreat or mission trip. These experiences we simply call "intensives" and over time I grew to see them as a critical step in the faith development of most people, including myself.

Intensives come in many forms: mission trips, spiritual retreats (like the *Walk to Emmaus* or *Chrysalis*), Vacation Bible School, training events, Christian Conferences or maybe a Confirmation trip. These experiences typically call us away from our normal daily routine and immerse us for a short time in intense spiritual community. Often the result of this experience is a deep spiritual blessing and or an awakening to a new understanding of and relationship with God.

Right now I am aware of three such intensive opportunities which are being offered, in our church. For several weeks now, the ladies of the church have been promoting a Women's Conference coming up in early March. In late April, our first adult mission trip since I have been pastor here is being offered. And at our UMM meeting this past month we discussed attending a Christian Men's Conference in Nashville TN in late July.

These three ministries offer each of us an opportunity to participate in a short-term intensive spiritual event. I would like to encourage you to consider participation in one or more of these events. Ask yourself "when was the last time I took off a few days just to focus on spiritual matters and my relationship with God." If it has been awhile, then why not give one of these a try?

Pastor Larry



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UPPER ROOM
NOW AVAILABLE
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OF CHURCH.
JUST PUT YOUR
DONATION IN THE
SLOT. REGULAR
AND LARGE PRINT
AVAILABLE.
OFFERS DAILY
SCRIPTURES,
THOUGHTS,
STORIES, PRAYERS,
AND FOCUS.
"YOUR PLACE TO
MEET GOD"**

MUMC Office Hours: Monday-Thursday from 9:00 a.m. to 2:00 p.m.
Friday 9:00 a.m.-12:00 p.m.

E-Mail: murphysboroumc@frontier.com

Phone: 618-687-2317 Fax: 618-687-2604

FEBRUARY 2013 CALENDAR OF EVENTS

- | | |
|-------|--|
| 1 | Adult Spiritual Formation at 8:30 a.m. in Chapel |
| 2 | Handbell Choir Practice at 9:00 a.m.
A.A. Meeting at 10:00 a.m. in Upper Room |
| 3 | Service of Worship & Praise at 9:00 a.m. followed by Sunday School at 10:10 a.m. |
| 4 | Community ACS Relay for Life Meeting at 5:00 p.m. in Chapel
Girl Scout Troop 8189 Meeting at 6:00 p.m. in Journeys |
| 5 | Cub Scouts at 6:00 p.m. in Fellowship Hall
"So Long Insecurity" Book Club at 6:00 p.m. in Library (babysitting available)
Newcomers Committee Meeting at 6:30 p.m. in Chapel |
| 6 | Publicity and Promotions Committee Meeting at 6:00 p.m. in Annex
Choir Practice at 6:00 p.m.
Boy Scouts at 6:00 p.m. in Fellowship Hall
Wednesday Night A.A. Meeting at 7:00 p.m. in Upper Room |
| 7 | "Disciple" Book Study at 6:00 p.m. in Faithful Friends
Scouts Round Table at 6:00 p.m. in Fellowship Hall |
| 8 | Daisy Troop 8225 at 7:00 p.m. in Journeys |
| 9 | U.M.M. Breakfast at 7:30 a.m. in Fellowship Hall
Handbell Choir Practice at 9:00 a.m.
A.A. Meeting at 10:00 a.m. in Upper Room
<i>Centering Prayer Workshop</i> at 10:00 a.m. in Faithful Friends
Kitchen Reserved for Youth in afternoon for <i>Evening in Paris</i> dinner preparation |
| 10 | <i>Evening in Paris</i> Dinner-doors open at 5:30 p.m. (kitchen reserved all afternoon) |
| 11 | Nurture & Care Meeting at 1:00 p.m. in Trailblazers' classroom
Girl Scouts at 4:30 p.m. in Fellowship Hall and Passages |
| 12 | Young at Heart at 12:00 noon in Fellowship Hall
Cub Scouts at 6:00 p.m. in Fellowship Hall
Board of Trustees Meeting at 6:00 p.m. in Annex
Finance Committee Meeting at 7:00 p.m. in Annex |
| 13 | Staff Meeting at 9:00 a.m. in Annex
Choir Practice at 6:00 p.m.
Boy Scouts at 6:00 p.m. in Fellowship Hall
<i>Ash Wednesday Service</i> at 7:00 p.m.
Wednesday night A.A. Meeting at 7:00 p.m. in Upper Room |
| 14 | "Disciple" Book Study at 6:00 p.m. in Faithful Friends
Sewing Bee from 9:00 a.m. to 3:00 p.m. in Fellowship Hall |
| 15 | Nothing Scheduled |
| 16 | Handbell Choir Practice at 9:00 a.m.
A.A. Meeting at 10:00 a.m. in Upper Room
Saturday Book Club at 10:30 a.m. in Library (<i>Poisonwood Bible</i>)
Facebook 101 Class at 1:00 p.m. in Library |
| 17 | Service of Worship & Praise at 9:00 a.m. followed by Sunday School at 10:10 a.m. |
| 19-22 | Meals on Wheels |
| 18 | Girl Scout Troop 8189 Meeting at 6:00 p.m. in Journeys |
| 19 | Cub Scouts at 6:00 p.m. in Fellowship Hall
"So Long Insecurity" Book Club at 6:00 p.m. in Library |
| 20 | Choir Practice at 6:00 p.m.
Boy Scouts at 6:00 p.m. in Fellowship Hall
Wednesday night A.A. Meeting at 7:00 p.m. in Upper Room
Service and Missions Ministry Meeting at 7:00 p.m. in Faithful Friends |
| 21 | "Disciple" Book Study at 6:00 p.m. in Faithful Friends |
| 22 | Scrapbook and Scripture at 6:00 p.m. in Fellowship Hall
Daisy Troop 8225 at 7:00 p.m. in Journeys |
| 23 | Handbell Choir Practice at 9:00 a.m.
A.A. Meeting at 10:00 a.m. in Upper Room
Facebook 101 Class at 1:00 p.m. in Library
Kitchen reserved in afternoon for Meal and a Movie meal preparation |
| 24 | Meal and a Movie at 12:00 p.m. in Fellowship Hall |
| 25 | Adult Mission Trip Meeting at 4:00 p.m. in Chapel
Card Workshop at 6:00 p.m. in Fellowship Hall |
| 26 | Cub Scouts at 6:00 p.m. in Fellowship Hall |
| 27 | Choir Practice at 6:00 p.m.
Boy Scouts at 6:00 p.m. in Fellowship Hall
Wednesday night A.A. Meeting at 7:00 p.m. in Upper Room |
| 28 | Girl Scouts at 4:30 p.m. in Fellowship Hall and Passages |

WORSHIP SERVICE SCHEDULE

Ushers

*Todd Doody
Gary Likins
Andy McNitt
London Watson
Jennifer Watson
Kyle Miller*

Sunday Stewards

*Cliff Buchholz
Dick Graff
Ron Moutardier
Bert Ozburn
Rick Pierson
Ricky Pierson
Rick Runge
Rob Williams*

Welcome Center

Hostesses

Feb. 3

*Pam Crews
Sharon Graff*

Feb. 10 & 17

*Kay Bozarth
Kathy Bratton*

Feb. 24

*Jennifer O'Donnell
Terri Yates*

Acolytes

Feb. 3

*Tyler Doody
Drake Rogus*

Feb. 10

*Lucas Bigham
Allison Brown*

Feb. 17

*Adam Barringer
Ryan Finke*

Feb. 24

*Cadence Brown
Aiden McNitt*

The Library Corner: News from the MUMC Library



Devotional Books: A Door to Prayer

All who take time for prayer know one thing: prayer makes a difference. And now we are being invited to deepen our prayer life through the first of our church's *10x10 challenges*. Many of us find that reading daily devotions and verses of scripture helps us focus our thoughts and prayers. The church library has a variety of devotional and prayer books--perhaps one of them can be for you a door to deeper prayer. Here is a just a sampling of books that are available:

Jesus Calling, Jesus Lives, and Jesus Today by Sarah Young. Using scripture and scriptural ideas, Young writes as though Jesus is talking directly to us. These books have deeply affected many people. If you haven't tried one, you may want to see why so many find them to be so powerful.

Breakfast with God invites you to start your day with devotion and prayer. It's just as important as breakfast—you can do without it, but when you have it, it gives you strength!

Lysa TerKeurst's **Made to Crave Devotional** is a companion to her book of the same name. It focuses on helping people replace cravings for food with craving for God and a deeper relationship with him. This devotional fits well with other situations too—it can be a help with many similar struggles.



Rueben Job, a long time editor of the Upper Room and Norman Shawchuck bring us resource of great power, **A Guide to Prayer for All God's People**. Based on the church year it leads us from Advent through the year with Bible readings and prayers. It offers short readings by many people who have both thought about and felt their faith deeply, and gives us the opportunity to pray our own prayers. This is truly a spiritual journey of a book. Take it out and try it. You may find you need to buy a copy of your own!

Finally, prayer is not only a deep spiritual discipline, it is also a deep topic in itself. Philip Yancey explores prayer in **Prayer: Does it Make Any Difference**. Section headings include "Keeping Company with God", "Unraveling the Mysteries" and the "Practice of Prayer". It can help us think about our prayer life, as it discusses questions about prayer, and lists some good prayer resources.

+++++

Coming soon -- Bibles! Bible reading is our next spiritual discipline to embrace in our 10x10 challenge. Do you find that the Bible you have is difficult to read or understand? Perhaps a different or newer translation is the answer. We have Bibles in the library in different translations, so that you can try them out and see what suits you. And to celebrate 10x10, we also have something special for you--10 Bibles in the new Common English translation. They will be at the back of the sanctuary the first Sunday in February. These Bibles are free to those who want them, although donations are welcome!

Saturday Book Club Meetings

February 16th at 10:30 a.m. in Church Library
Poisonwood Bible by Barbara Kingsolver
AND

March 16th at 10:30 a.m. in Church Library
The Red Tent by Anita Diamant
Contact Emily Wece at ewece88@gmail.com
or 618-559-0329 for more information



John Wesley Movie and Pizza
Sunday, March 10th at 4:00 p.m.
ALL INVITED!
More Information to Follow

*Please submit items for the weekly
bulletin to the church office no later
than 12:00 noon on Wednesday.*

The **NURSERY** needs drink boxes and individual-sized snacks. The small size portions keep them from getting stale fast. Some suggestions are Ritz Cheese Crackers or Yogurt Bites BUT no peanut anything due to possible allergies.

Thank You!





YOUTH MINISTRY

- February 3:** 11:30-1:30 JYF/UMYF preparation for "An Evening in Paris" dinner
- February 9:** 2:00 JYF/UMYF preparation for "An Evening in Paris" dinner
- February 10:** "An Evening in Paris" Dinner
Youth should arrive no later than 3:00
- February 24:** CYF/JYF/UMYF Regular Meeting from 5:00-6:30 p.m.
- March 10:** 4:00 *John Wesley* movie followed by pizza and discussion
- March 24:** 3:00 p.m. Cosmic Bowling \$2.00
Sign up by March 17 deadline
Bring money for video games
- April 14:** CYF/JYF/UMYF Regular Meeting from 5:00-6:30 p.m.

- *CYF: Christian Youth Fellowship (3rd - 5th grade)
- *JYF: Junior Youth Fellowship (6th - 8th grade)
- *Sr. UMYF: United Methodist Youth Fellowship (9th - 12th Grade)

Bring A Friend!



February 12
12:00 noon
Fellowship Hall

STUDENTS FOR HIRE!

The students at the Wesley Foundation are holding a fundraiser than runs until 4/1/13. These students are going on a mission trip this summer to Honduras and they are willing to work to earn \$\$\$.



If you or anyone you know needs help with raking leaves, painting, cleaning house, or other chores around the house or office, please contact Sherry Smedshammer at the Wesley Foundation at 457-8165 or send an email to umwesley@siu.edu.

The students ask that a donation be made to help their trip. All donations go towards their individual trip cost and are tax exempt.



The trip will be a life-changing experience and the students are very eager to work to raise the funds!

An Evening in Paris *February 10, 2013*

Fine Dining at Café Fontaine De Chocolat

*Tickets are
\$20 Per*

Person

Babysitting

Available

*See Middle School and High School Youth
to get your tickets today!*

Menu

Soup or Salad

Chicken Cordon Bleu

Wild Rice

Bacon Wrapped Green Beans

Cream Puffs and Cheese Cake

*Doors Open
at 5:30 p.m.*

Dinner

*Served at
6:00 p.m.*



COMPASS NEWSLETTER

DEADLINE

The deadline to submit items for the next Compass newsletter is noon on the third Monday of the month prior, so it is Monday, February 18th at noon.

You may submit items by...

- calling the church office at 687-2317
- leaving in Cathy's mailbox in the church storage room
- dropping off in the Church Office during business hours
- email to murphysboroumc@frontier.com

Handbags for Hope



As Clairee in *Steel Magnolias* states "The only thing that separates us from the animals is our ability to accessorize." So ladies, let's get ready to accessorize with **Handbags for Hope!** The *Methodists on a Mission* Relay For Life team will be holding a brunch on Saturday, March 23rd at the Murphysboro Elks Club on Shoemaker Drive. Brunch will be served at 9:30 followed by a handbag auction. Blake Canning will be our auctioneer as we bid on a wide array of new and gently-used purses. The cost of admission is \$15 and one purse. The handbags can be gently-used or brand new; they can be vintage styles from the 40's and 50's or last month's latest style. They can be Chanel, Michael Kors, and Badgley Mischka or Nine West, Karen Scott, and Simply Vera. There is no limit to what you may contribute! All we ask is that the bags are gently used. We already have a brand new Dooney and Bourke bag that has been donated. All of the proceeds will go the Murphysboro Relay For Life event to help in the fight against cancer.

Tables for eight (8) may be purchased for \$100 plus purses. So put on your pearls and come join us for a fun-filled morning to help a good cause. Get your tickets in advance from any *Methodists on a Mission* team member or the church office.



Grace Church
Maryland Heights, MO
MARCH 8 & 9, 2013

Registration is \$59 + lodging

PLEASE CONTACT ROSIE WECE at
gwece@wecefarms.com

**February Noisy Offering
for
Gum Drop Kids**

Gum Drops, NFP provides a weekend backpack of child-friendly food to help enhance the quality of life for at-risk children throughout Southern Illinois. This program removes barriers to academic success for these at-risk children. It is very likely that these at-risk children will endure lifelong consequences as a result of having limited or no food. HUNGER DOES NOT DISCRIMINATE. It can affect any child, even those you would least expect. These children suffer significantly in health issues, behavioral difficulties as well as academic performance. Gum Drops plays a crucial role in the lives of these at-risk children by breaking down barriers caused by hunger.

Gum Drops, NFP began in January 2008 feeding 12 at-risk children. Currently, we are feeding over 1,000 at-risk children every week- of the school year. We are in 6 Southern Illinois counties, 11 different school districts, and 35 schools throughout Southern Illinois.

For more information, go to website at
<http://gumdropkids.org/>

Move your Prayer Life to a Deeper Level
**CENTERING PRAYER
WORKSHOP**

Learn the art of meditative prayer
by expert Rev. Gerald King
Saturday, February 9th from 10:00-2:00
Cost is \$20 per person Lunch is provided
Contact trina.eaton1@gmail.com to register





Feeder of the Pack “Packing” Day

Feeder of the Pack will be holding a “packing” day on Friday, February 8th beginning at 10 a.m. in the Fellowship Hall. We have been distributing over 125 bags of pet food per week so we need your help!!!

Please join us for lots of food packing, fellowship and food (lunch is provided). For more information contact Trina Eaton at trina.eaton1@gmail.com.

Rural King Church Week

Please submit your receipts from Rural King for purchases made the week of **February 10th-16th** to the church office by February 21st. The church receives a percentage of total receipts/purchases from Rural King.

Rural King
America's Farm & Home Store

Thank You

M & M NEWS (Meal and a Movie)



The Meal and a Movie ministry continues to have steady attendance with our January 27 the best yet! Many of you are helping make this a success. A special thank you goes to the Faithful Friends class of which many members served as hostesses and servers several months in a row! We have several other Sunday school classes signed up to serve in the future. If your class or group is interest in serving, please contact Rindy Eisenhauer by calling 967-1380 or email RindyE@mchsi.com.

ATTENTION: The March meal falls on Easter Sunday. If you know you could help serve on that day please contact Jennifer O'Donnell at 534-3822 or jodonnell2@edodonnell.com. A movie will not be shown and we should be finished by about 1:30p.m. Your help is greatly appreciated!!

Meal and a Movie welcomes your financial contributions as well. To contribute, please make checks payable to MUMC and put *Meal and a Movie* on the memo line. **THANK YOU!**

I have come that they might have life and have it abundantly. John 10:10

My Good News bible translates abundantly as “life in all its fullness.” That is what our Savior Jesus has promised. WOW!

We all have sorrows, aches, pains, habits and histories that get in our way. These are some of the rocks that block our journey to abundant life and health. Remember there are different types of health. Physical health, spiritual health, emotional/mental health, along with healthy relationships, social relationships and many other healthy living truths make up our overall foundation of “living life in all its fullness.”

The challenge this year is to have a more abundant life. We will offer opportunities for group learning and support (physical, mental, and spiritual support.)

What do you want to work on? Whatever it is, there will be others that share your desire to reach out for a more abundant life. Call Willa Addison, or Vern Kline at 319-3444 with your ideas.

Have a blessed day!

Your Health Ministry Team

THANK YOU! THANK YOU! Nancy, Joan, Lee, Rosie, Katherine, and Christy!

The wonderful volunteers that come in to fold our weekly bulletins.



Diabetes Free Zone

Education & Support for those dealing with Type 2 Diabetes

- ◆ New members meet Thursday 7:30-8:30 p.m. at Murphysboro Presbyterian Church.
- ◆ Regular meetings are Thursdays from 6:30-7:30p.m. at same location.
- ◆ First meeting is free.
- ◆ Regular meetings have a fee-part of which is donated to the Murphysboro Food Pantry.

For more information, contact: Cynthia York-Camden
Office-618-565-1700 Cell 618-967-9535

Bakers Needed!

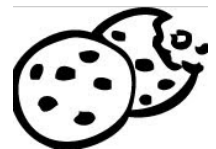
The *Meal and a Movie* ministry has chosen their menus for the next few months and invite the church family to donate baked goods each month. A total of 50 servings each meal is requested. If you would like to bake ahead of time, they can be frozen. The baked goods are needed for the *Meal and a Movie* the last Sunday of each month in the church.

Some needed baked items for our upcoming menus include:

Feb 24: apple cobbler -Mar 31: cookies -May 25: cake -Jun 30: muffins

M&M also need volunteers to be hosts/hostesses and to serve meals.

Contact Clara Kiser at 618-319-3397 or pontiac@egyptianpontiac.com to volunteer to help.



United Methodist Church
1500 Pine Street
Murphysboro, IL 62966



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Ministers.....The Congregation
 Pastor.....Larry A. Gilbert
 Coordinator of Ministries.....Earl R. Renshaw
 Discipleship Coordinator.....Teresa Gilbert
 Financial Secretary.....Christine Nolan
 Church Administrator.....Cathy Lilley
 Custodian.....Elmer McRoy

Return service requested

February

Birthdays & Anniversaries

Happy Birthday

- | | |
|--------------------|-------------------|
| 3 Tyler Doody | 16 Maddie Bean |
| 4 Joan Bastien | Frank Stewart |
| Ed Thrailkill | 18 Ralph Bastien |
| 6 Rhonda Shands | 19 Marie Quigley |
| 7 Lola Pierson | 22 Paul Parrish |
| 8 Violet Fager | Imogene Tedrow |
| 10 Harold Gibbs | 24 Judy Little |
| 12 Patti Shields | Adrienne Will |
| 14 Betty Morefield | 27 Eileen Auxier |
| 15 Lynn Pierson | 29 Josh Barringer |



We're On The Web!
www.MurphysboroUMC.com



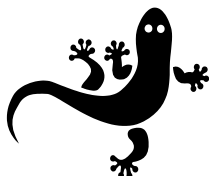
Open Hearts.
 Minds.
 Doors.

The United Methodist Church

WORSHIP SCHEDULE

Worship Service:
9:00 A.M.

Sunday School:
10:10 A.M.



HAPPY ANNIVERSARY



- 11 William and Marie Quigley
- 12 Martin and Katherine Twenhafel
- 14 Paul and Viola Parrish
- 18 Bill and Mary Slider
- 22 Charles and Pam Crews
- 24 Lowell and Ada Heller

If your birthday or anniversary does not appear in the Compass, please contact Cathy in the Church Office at 618-687-2317.

Many **THANKS** to the great volunteers who come in each month to fold and prepare our newsletter for mailing.
You are a blessing!

