



Saturday,
February 10th at
7:30 am UMM
Breakfast.



Deadline for
March Compass
is Feb.,
12th.



WEEKLY BULLETIN
DEADLINE
is Wednesday
at
10:00 a.m.

"LENDING LIFE TO LENT"

Let's start our discussion of Lent by understanding your mind and body are vessels for the Living God to dwell in and use. This use is not a robotic manipulation, certainly not a malevolent slave-like response of fear, and not an uninformed conformity for the sake of being accepted. You are a vessel of intricate design developed for a specificity of use best defined as loving developmental relationship with God. Here's the thing church, a vessel has to be full of something. Even a seemingly empty vessel, like an empty bottle, is full of something; it's called air. This is a constant for us to consider. We are either full of Christ, or something else... We are either receptacles for Christ or not...

I am the true vine, and my Father is the husbandman.² Every branch in me that bears no fruit he takes away: and every branch that bears fruit, he purges it, that it may bring forth more fruit.³ Now you are clean through the word which I have spoken unto you.⁴ Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can you, except you abide in me.⁵ I am the vine, you are the branches: He that abides in me, and I in him, the same brings forth much fruit: for without me you can do nothing. (Ephesians 4:16-18)

As receptacles of Christ, our focus should not be on what we **will or should not** put in God space. But maybe we should be more cognizant of **increasing opportunity and action** to fill our space with God stuff. This is a proficiency model; focusing on the Holy nature we desire and magnifying it until we extinguish that is ungodly. Lent doesn't have to be an exercise in giving up something we enjoy or changing behaviors we dislike. Neither idea brings about a feeling of empowerment or sense of a positive self which is essential for change.

⁸ *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.⁹ Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. (Philippians 4:8-9)*

Our focus ought to be on making our vessels fuller with God stuff, for His identified purposes, and prayerfully according to His will. Don't stop eating chocolate... What if you made or purchased chocolates and ate them with homebound members during a visit? Don't stop eating meat! Get together with other meat lovers and create a fundraiser for the church... Don't stop watching TV, instead go to City Council Meetings, arrange visits with your local law enforcement office, and be active in church ministry to ensure biblical values are represented and respected.

⁹ *After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name.¹⁰ Thy kingdom come, Thy will be done in earth, as it is in heaven. (Matthew 6:9-10)*

I want you to reflect during this Lenten season for sure. But something to reflect upon besides how well you are doing at self-deprivation is more attractive and effective. Reading the Word daily and prayer are essential, so add to it. Engage in obedience that which needs to be done so that your prayer and reading has something to work with. A conversation of faith works better in context of God's Word and Voice. Get spiritually active for real!

Sincerely yours,
Marty McMichael
Sr. Pastor

1	6:00 pm	Scouts of the Round Table	11			20	6:00 pm	SPRC
	7:00 pm	GA Meeting	12	3:00 pm	Grief & Loss Support #1		6:00 pm	SAS
	9:00 am	Stretching w/Rosie		4:00 pm	Bible Journaling		7:00 pm	Service & Mission
3	9:00 am	Food Safety Class		5:00 pm	Jackson County Relay for Life Meeting	21	9:00 am	Holy Folder
	9:00 am	Hand Bell Practice	13	10:00 am	Grief & Loss Support #2		10:00 am	Nurture & Care
	10:00 am	AA Meeting		11:15 am	Young @ Heart on the Road		5:30 pm	Choir
4		Communion Sunday		11:00 am	Staff Meeting		7:00 pm	NA Meeting
	1:00 pm	Paint & Pie Fundraiser		6:00 pm	Cub Scouts		7:00 pm	Bible Study/W Pizza
	4:30 pm	Glory Fire Band	14	7:00 pm	Ash Wednesday	22	7:00 pm	GA Meeting
	5:00 pm	Youth Fellowship		7:00 pm	NA Meeting	23	9:00 am	Stretching w/Rosie
5	3:00 pm	Grief & Loss Support #1	15	7:00 pm	GA Meeting	24	9:00 am	Hand Bell Choir
	5:45 pm	SS Team	16	9:00 am	Stretching w/Rosie		10:00am	AA Meeting
6	10:00 am	Grief & Loss Support #2			Youth Lock-In	25	Noon	Our Neighbors Table
	11:00 am	Staff Meeting	17	9:00 am	Hand Bell Practice	26	3:00 pm	Grief & Loss Support #1
	6:00 pm	Cub Scouts		10:00 am	AA Meeting	27	10:00 am	Grief & Loss Support #2
7	5:30 pm	Choir		10:00 am	Book Club		11:00 am	Staff Meeting
	7:00 pm	Bible Study w/Pizza	18				6:00 pm	Cub Scouts
	7:00 pm	NA Meeting	19		Presidents Day-Office Closed	28	7:00 pm	Bible Study/W Pizza
8	7:00 pm	GA Meeting			Meals On Wheels Week		7:00 pm	GA Meeting
9	9:00 am	Stretching w/Rosie		3:00 pm	Grief & Loss Support #1	29	7:00 pm	GA Meeting
	9:30 am	Feeder of the Pack at Food Pantry		5:45 pm	SS Team			
10	7:30 am	UMM Breakfast	20	10:00 am	Grief & Loss Support #2			
	9:00 am	Hand Bell Choir		11:00 am	Staff Meeting			
	10:00 am	AA Meeting		6:00 pm	Cub Scouts			

Ash
Wednesday





14	Paul & Viola Parrish	22	Charles & Pam Crews
18	Bill & Mary Slider		



1	Roger Twenhafel	14	Casey Johnstone
2	Morgan Krummrich	14	Betty Morefield
3	Tyler Doody	15	Lynn Pierson
5	Anthony Maynor	16	Leah Patterson
5	Ed Thraikill	16	Julie Schaldemose
6	Rhonda Shands	17	Ginger Guetersloh
6	Michelle Thies	19	Maddie Bean
7	Lola Pierson	22	Paul Parrish
8	Johnathan Graham	22	Mila Thies
8	Kyle Hargraves	23	Donna Lynn Horniacek
10	Harold Gibbs	23	Janet Porter
11	Doug Bitner	24	Judy Little
11	Sadie Schwoerer	24	Adrienne Will
12	Dan David	29	Joshua Barringer
12	Patti Mills		

Our Neighbor's Table

FREE community meal
the last Sunday of every month starting at 12:00 noon
in the Murphysboro United Methodist Church
Fellowship Hall.

Volunteers Needed!



Signup on Attendance Pad or Contact Michelle Parker-Clark



We believe in the power of
Jesus the Christ, our
resurrected King, to make

and mold us— the people of the
Murphysboro United Methodist Church—
into powerful witnesses of His love, grace,
and mercy so that this church may be a
beacon of light and hope in this community,
and that we may have an eternal impact
upon this the lives of the citizens of
Murphysboro, Illinois. Amen

On behalf of your church SPRC committee
a heartfelt thanks to all who have
submitted thoughts for the continued
growth and the good of
your church.

Please continue to pray the "Breakthrough
Prayer" as a loving church body. Time to
pray as a whole is 4:00 pm daily.
Ask a prayer partner to pray this prayer at
another time or dedicate yourself a
specific time. I know several who are
praying at 6:00 am. Whatever time works
for you---- God has no time limitations and
hears all prayers.

Vanessa Lively

I want to begin by saying a big THANK YOU to Mary Ellen Tierney for her many years of service to the church in sending out the Sunday Joys and Concerns and the prayer requests that come through during the week.

We are now requesting that you do not send prayer requests directly to mumcprayerchain@yahoo.com, but instead please call or text me at 618/922-3587. In addition, Nancy Fager will be the new contact person that will be responsible for sending out the prayer chain emails. If you are currently part of the prayer chain, nothing will change in the way that you receive these requests.

Blessings!

Michelle Parker-Clark, MUMC Pastor of Congregational Care



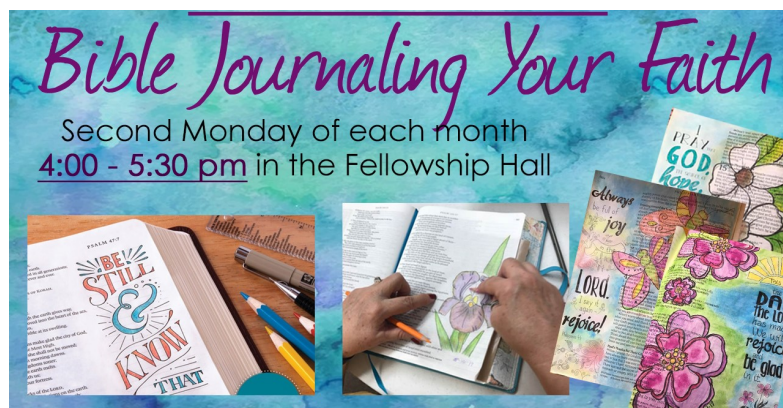
5 Year Food Safety ServeSafe Managers Class

Feb 3rd 9am—5pm



Class will be held at Murphysboro United Methodist Church at 1500 Pine Street in room 204. Cost is \$100.

Must call the office at 618-687-2317 or murphysboroumc@gmail.com to sign up for class by Feb 1st.



Our Neighbors' Table is looking for volunteers, especially Safe-Serve/Certified Food Handlers. The Health

Department requires we have at least one certified food handler present as we prepare and serve our monthly meals. This is an exciting and rewarding way to serve God and our neighbors.

If you are interested in helping (even if you're not certified), please contact Pam Graham, Richard Tierney or Vern Cline.

This is the big event the youth have been requesting! It's a Lock In! A night of games, snacks, and movies! Send kids with a pillow, sleeping bag, and a snack to share. Drop off is at 5 PM and pick up is at 8:00 am on Saturday morning. There will be no youth meeting on Sunday night, February 18.

Contact Melanie at 618-534-5524 or mumc.familyministries@gmail.com



A night of games, snacks, and movies! Send kids with a pillow, sleeping bag, and a snack to share. Contact Melanie Harp for more information.

Young at Heart will be back on the road celebrating Valentine's Day - a day early - at everyone's favorite Giant City Lodge. We will depart the church parking lot on Tuesday, February 13 at 11:15 am for noon lunch reservations. Invite a friend, or your sweetheart, for their famous fried chicken, delicious sides, and don't forget about dessert. Please join us for a great meal and fellowship! See you on the 13th!



Pictures are from YAH trip to Altenburg Mo., Lutheran Heritage Museum & a couple from the December trip to Branson

Seekers Sunday School Class

Each Sunday at 10:15am
Room 202

Contact Michelle Parker-Clark for more information

The Seekers Adult Sunday School Class will be continuing their DVD study - God Never Gives Up On You - by Max Lucado. Ever wonder if you've stumbled one too many times for God to use someone like you? Could you benefit from an encounter with God's unending, unbending, unswerving love and devotion. Join the Seekers as they learn what Jacob's story teaches us about grace, mercy, and God's relentless love. Adults of all ages are welcome and encouraged to attend for a time of discussion, fellowship, and prayer

ASH WEDNESDAY SERVICE



February 14th, 7:00 pm

The Glory Fire Youth Band

YOUTH BAND

Meets 1st and 3rd Sunday Evenings at 4:30pm

Contact Melanie Harp at (618) 534-5524 for more information

Paint & Pie Fundraiser

For Women's Annual Prayer Breakfast

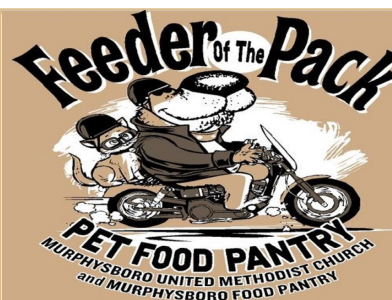
Feb., 4th 1-4pm

MUMC Fellowship Hall



All supplies & **PIE** included in the cost of \$35.00. See the Bulletin or Rosie Wece for more information. Sign up on the attendance pad or call the office.

The Women's Prayer Breakfast Committee is holding this event to help fund their annual Women's Prayer Breakfast in 2024. Each participant will leave with an 11"x14" Snowmen/Valentine stretched canvas painting. They will also enjoy a slice of homemade pie. Cost for this workshop will be \$35.00 each and includes the canvas (with the art drawn on the canvas - no freehanding required), brushes, paint, aprons, easel and pie! All you need to do is come and paint. Call or email the church office to sign-up by Feb. 1st.



Meets the 2nd
Friday of each
month at the
Murphysboro
Food Pantry
at 9:00 am

Feeder of the Pack needs your help to stay alive. Costs of supplies have doubled. Please consider donating today.

Teams for this Month

Usher Teams

Date	Team #	Names
Feb., 4th	1	Rick Runge, Jay Graff, Jim Hughes, Nicci Graff, Mike Clark
Feb., 11th	3	Patti Mills, John Mills, Rosie Wece, Kyle Hargraves, John Erbes
Feb., 18th	3	Patti Mills, John Mills, Rosie Wece, Kyle Hargraves, John Erbes
Feb., 25th	2	Todd Lirely, Vanessa Lirely, Dick Graff, Sandy Herring

Acolytes

Feb., 4th	Janet Porter
Feb., 11th	Janet Porter
Feb., 18th	Terri Yates
Feb., 25th	Terri Yates

Call to Worship/Liturgist

Feb., 4th	Vanessa Lirely
Feb., 11th	Cameron Taylor
Feb., 18th	Nancy Fager
Feb., 25th	Rosie Wece

Welcome Center/Greeters

Feb., 4th	Pending
Feb., 11th	Pending
Feb., 18th	Pending
Feb., 25th	Pending





The Saturday Book Club
Church Library
February 17th, 10:00am

The Dictionary of Lost Words
 By Pip Williams

Esme is born into a world of words. Motherless and irrepressibly curious, she spends her childhood in the Scriptorium, an Oxford garden shed in which her father and a team of dedicated lexicographers are collecting words for the very first Oxford English Dictionary. Young Esme's place is beneath the sorting table, unseen and unheard. One day a slip of paper containing the word bondmaid flutters beneath the table. She rescues the slip and, learning that the word means "slave girl," begins to collect other words that have been discarded or neglected by the dictionary men.

As she grows up, Esme realizes that words and meanings relating to women's and common folks' experiences often go unrecorded. She begins in earnest to search out words for her own dictionary: the Dictionary of Lost Words. To do so she must venture out to meet the people whose words will fill those pages.

Set during the height of the women's suffrage movement and with the Great War looming, The Dictionary of Lost Words reveals a lost narrative, hidden between the lines of a history written by men. Inspired by actual events, author Pip Williams has delved into the archives of the Oxford English Dictionary to tell this highly original story. The Dictionary of Lost Words is a delightful, lyrical, and deeply thought-provoking celebration of words and the power of language to shape the world.



Our youth are taking the initiative to help people in our community in need. They will be collecting donations of food and cash for our local food pantry on February 11. There will be a collection basket sitting out in the weeks leading up to Super Bowl Sunday. Then on the day of, the youth will be standing at the doors to present your opportunity to bless another family in Jesus name. "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me' (Mt. 25:40).



We currently have a Sunday School class for Pre-K—High School and one Adult Sunday School class that meets every Sunday. Interested in starting your own Adult/Young Adult class see the items available in our library to help you get started. Contact Diane Schingel for more information.



United Methodist Men update...

The United Methodist Men (UMM) continue to meet on the second Saturday of the month. They meet at a 7:30 for a "homemade" breakfast and a business meeting. At the January meeting a new slate of officers were voted in. Richard Tierney will repeat as President, Mike Clark will continue as Secretary with Gene Schwebel taking the Treasurer's position. We lost Ken Cline as Treasurer due to his passing.

At the January meeting dues were raised from \$10 per year to \$25. The UMM sponsor many events every year that require financial expenditures. Every year there is a breakfast for all graduates and family; Feed the Murphysboro Football Team; have the Apple Festival Apple Pancake breakfast; promote a Methodist Men Dinner with a guest speaker, and several other events. The increase in dues is expected to provide working cash for the aforementioned events.

Other major items on the January agenda were deciding where to distribute profits from 2022/23 Apple Pancake Breakfast. Our pledge is to not only fund church missions but also community needs. The awards were \$500 to Got You Covered, \$100 for Ken Cline Memorial to Shriner's Hospital of Chicago, \$500 to General John A. Logan Museum in Murphysboro in the name of Mike Jones, \$150 to Good Samaritan House, and \$300 to Gum Drop Kids. Since 2011, the UMM have awarded \$14,460 to the community. There is \$1,471.88 remaining in account.

Speaking of funding various needs, the UMM need men to join for fellowship and ministry assistance. Age does not matter! The monthly breakfast and meeting are over by 8:45 a.m. to 9 a.m. This leaves plenty of time for weekend activities around the house and elsewhere.

See you in February?

I Am A Survivor

Hebrews 10:39 (The Message)

But we're not quitters who lose out. Oh, no! We'll stay with it and survive, trusting all the way.

Prayer-

Lord Jesus,

I'm not a quitter. I am a survivor.

I will stay with it all the way.

I will trust You all way.

I believe that not quitting, staying with it and surviving will lead to a sure reward. I pray and trust in Jesus name,

Amen.

MURPHYSBORO UNITED METHODIST CHURCH

1500 Pine Street
Murphysboro, IL 62966

OFFICE HOURS at MUMC

Monday-Thursday from 9:00 a.m. to 2:00 p.m.
Phone: 618-687-2317 Fax: 618-687-2604
E-Mail: murphysboroumc@gmail.com
Website: www.crossandflameministries.com

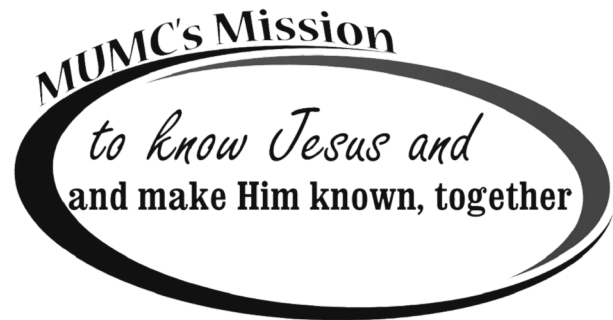


WORSHIP SCHEDULE:

Sunday Service: 9:00 a.m.
Sunday School: 10:15 a.m.

Staff

Ministers The Congregation
Pastor Marty McMichael
Pastor of
Congregational Care..... Michelle Parker-Clark
Director of Children
& Family Ministries.....Melanie Harp
Financial Secretary Christine Nolan
Custodian Pat Sullivan
Church Secretary..... Melba Ziegler
Pianist/Organist Cameron Taylor
Music Director..... Keith Javors
Nursery Attendant..... Ashlee Sanders
Technology.....Melba Ziegler



Return Service Requested

**Cross and Flame Ministries
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