



2020

Questions?

By the time you receive this newsletter planning for the Lenten Season will be well underway. Yes, I know we just finished Christmas. The Magi are probably not even back home yet. Silent Night and Hark the Herald Angels Sing are still echoing throughout the church. But I look at my calendar and discover Ash Wednesday is just four weeks away. (February 26.)

The Season of Lent leads us to Good Friday, the Cross and Easter Sunday. It has traditionally been a time of returning and repenting; a time of repairing relationships with one another and with God. And this Season I am inviting us to return to familiar scriptures, the Stories of Jesus.

Jesus was the master story teller. His stories reveal the nature of God and inspire us to repair relationships. But as I focus on the stories that Jesus told, we often call them parables, I want to consider those stories that ask questions. Often people would come to Jesus with a question. And at times, Jesus had a question for someone to ponder.

One of my favorite moments in scripture involves a conversation Jesus is having with a few of his followers. As they walk along Jesus asks them a question: "Who do people say that I am?" They give him an answer. And then Jesus asks a second question: "Who do you say that I am?" Who do you say that I am. The answer is critical. It will determine quite literally how we live our lives.

During the Season of Lent let's return to the teachings of Jesus. Let's rethink what he had to say and see if our lives are in sync with what He taught. Let's be courageous and go deep with our faith during Lent.

I remember hitching my boat trailer to the back of my pickup one morning so very long ago. I was headed for Ingleside Cove and a day of chasing trout. As I was driving along, I was shocked to glance in the rear view mirror only to discover my boat wasn't following me. It was quietly sitting in the road behind me. I had failed to properly tighten the hitch and the trailer was left behind.

It is easy to leave behind our basic Christian values and the teachings of Jesus in these days. But just as I turned to go back and get my boat, so also can we turn and reconnect with the teachings of Jesus.

Look for a Lenten schedule on the website, the newsletter or in your bulletin. Jesus has questions for us and we need to be ready with an answer.

Grace and Peace - Ron



Community Breakfast

February 8th
8:00am – 10:00am
First Presbyterian Church Faith Hall

This will benefit the C.A.M.A.L. House. No charge for the breakfast...but we will take cash, check, or non-perishable food items as donations to benefit CAMAL House Food Pantry if you'd like to help. Pancakes, Eggs, Bacon, Sausage, Gravy, Grits, Biscuits, Hash Browns, Carne Guisada, and more! Come and enjoy!

L.I.F.F.T.



Ladies in Faith & Fellowship Together

Meeting

February 11th @10:00am
Doodles Room

United Methodist Women

United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

Meeting

February 17th @6:30pm

Doodles Room



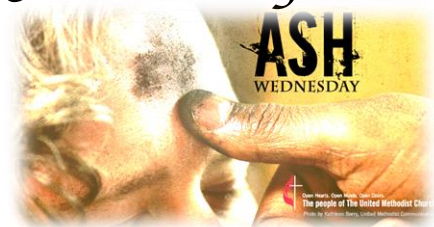
United Methodist Men

Our mission is to support spiritual growth among men, helping men to mature as disciples as they encourage spiritual formation in others.

Meeting
February 18th @ 7:00pm
Doodles Room



February 26



The Season of Lent

Lent is a season celebrated by Christians worldwide. It encompasses the five weeks preceding Holy Week. In the early church it was a time set aside for repentance and renewal. It is a time of prayer and fasting, of penitence and deep reflection.

The Season of Lent begins with Ash Wednesday on Feb. 26th and concludes with Jesus' entry into Jerusalem on Palm Sunday, April 5th. The thread that will weave its way through the sermons and our worship during this season will be Reclaiming Jesus. We will hear from the Gospels Jesus' instructions to his followers. During this season we will examine our personal journey with Christ and how closely we are following his way.

The service of imposition of ashes is a humbling way to begin the journey to Easter. There are two opportunities for this service.

First is a brief noon service on Feb. 26th at the Chapel Without Walls at the Presbyterian Church. Brothers and sisters from Grace Episcopal, ELCA, First UMC and First Presbyterian will worship together.

Secondly, we will have a joint worship service in the Sanctuary of First Presbyterian at 6 p.m. on Feb. 26th with the congregation of First Presbyterian.

O come, O come Emmanuel now gives way to Tell Me the Stories of Jesus.

FEBRUARY IS HEART HEALTH MONTH!



How the human heart functions

Every day, your heart beats about 100,000 times, sending 2,000 gallons of blood surging through your body. Although it's no bigger than your fist, your heart has the mighty job of keeping blood flowing through the 60,000 miles of blood vessels that feed your organs and tissues. Any damage to the heart or its valves can reduce that pumping power, forcing the heart to work harder just to keep up with the body's demand for blood. So how do you make sure your heart is in tip-top shape? Eat healthy, well-balanced meals and don't skimp on the exercise.

Male heart attack symptoms, female heart attack symptoms

When it comes to matters of the heart, men and women definitely aren't created equal. For instance, a man's heart weighs about 10 ounces, while a woman's heart weighs approximately 8 ounces. Not only is a woman's heart smaller than a man's, but the signs that it's in trouble are a lot less obvious. When women have a heart attack -- and more than a half million do each year -- they're more likely to have nausea, indigestion, and shoulder aches rather than the hallmark chest pain.

Heart disease is the biggest killer of both men and women. And both genders should heed this healthy advice: Don't smoke, keep your blood pressure and cholesterol levels in check, and watch for the obvious and the more subtle warning signs your heart could be in trouble.

Stress and the Monday morning heart attack

You're more likely to have a heart attack on Monday morning than at any other time of the week.

Doctors have long known that morning is prime time for heart attacks. That's because levels of a stress hormone called cortisol peak early in the day. When this happens, cholesterol plaque that has built up in the arteries can rupture and block the flow of blood to the heart. Add in the rise in blood pressure and increased heart rate from the stress of returning to work after the weekend, and you have the perfect recipe for a Monday morning heart attack.

That's why it's important to reduce your stress levels as much as you can. Practice yoga, meditate, exercise, laugh or spend more quality time with your family -- whatever works best for you.

Sanesa Howard, RN
Wesley Nurse



February Worship Volunteer Schedule

Date	Liturgist	Ushers	Children's Sermon	Communion Servers
2-2-20	Evelyn Boedeker	Stayton & Mildred Weldon	Pastor Ron	Pastor Ron, Margie Fraizer, Jeanine Calliham, Dianne Westmoreland
2-9-20	Emily Cheatham	Evelyn Boedeker & Dorothy Brown	Wes Dukes	
2-16-20	Lisa Langton	Rose Mary & Randy Burk	Colette Barth	
2-23-20	Mildred Weldon	Charla & Bobby Jones	Sarah Ritchea	



Birthdays

Joe Reuss	10 th
Kayla Pickett	14 th
Emily Cheatham	16 th
David Alan Calliham	17 th
Jean Eldridge	18 th
Louise Buchhorn	20 th
Roy Zengerle	21 st
Charla Jones	23 rd
Mary Wood	24 th
Ray Sager	24 th



Anniversaries

Stayton & Mildred Weldon	7 th
John & DeVonna Eldridge	25 th
Lynn & Lisa Haferkamp	26 th

C.A.M.A.L. House
Collection for February:
Peanut Butter



1 Corinthians 13: 4-7

4 Love is patient; love is kind; love is not envious or boastful or arrogant⁵ or rude. It does not insist on its own way; it is not irritable or resentful;⁶ it does not rejoice in wrongdoing, but rejoices in the truth.⁷ It bears all things, believes all things, hopes all things, endures all things.



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