



Jefferson United Methodist Church
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If you'd like to receive the newsletter by e-mail,
please call the church at 440-576-4561 or drop us
a line at jeannie@jeffersonumc.com

Office hours are from 9:00 to 2:30. Monday thru Friday

**Our Mission: To make disciples of Jesus Christ for the transformation of
the world.**

February 1, 2021

Volume 80



FROM PASTOR DOUG



This year Lent 2021 begins on Ash Wednesday, February 17 leading to Easter on April 4. There are two themes represented by two words that remind us that Lent is a season of re-examining our relationship with God. Those two words are **“forgiveness”** and **“reconciliation.”** Both can be personally challenging to think about and follow in our individual lives. In order to help you prepare your heart in this season of Lent and encourage a time of critical self-examination, I would offer the following two stories. The first one is about reconciliation and the second one is about forgiveness. Perhaps these will also help you “come home” to our loving God.

“RECONCILIATION”

The prodigal son is one of the best known of Jesus’ parables. In the closing scene, the elder son refuses to join the celebration, so the father goes to plea with him. It ends there and we never know whether the elder son went in or stayed out. Here is an imaginary ending.

While the father and elder son are arguing in the backyard, the mother comes out and says, “Now I have had just enough.” To her husband, “You’ve always favored our youngest and you know it. Our elder son works hard every day and you take him for granted. I hardly ever hear you say “thank you” except to the hired hands. It’s about time you started noticing your family for a change.”

Then to the elder son, “And you always the martyr. You act as if you’re the only one who has to go the extra mile. Well, I have to do it and so does everybody else. It’s time you learned to swallow hard and rise above the things in life that are unfair. Stop your silly pouting.”

She then goes and gets the younger son. “And you, the spoiled little prince – in there celebrating and you never even thought to ask about your brother and apologize for leaving him to do all the work. It’s about time you realized that the whole world doesn’t revolve around you.”

Then to the three of them, “Work out your differences some other time. We’ve got company, so get in there and start acting like family instead of 3 year olds.”

Reconciliation can be complicated. But that’s no reason not to reconcile.

“FORGIVENESS”

True Freedom in Forgiveness

When Bill Clinton met Nelson Mandela for the first time, he had a question on his mind: “When you were released from prison Mr. Mandela,” the former President said, “I woke my daughter at three o’clock in the morning. I wanted her to see this historic event.” Then President Clinton zeroed in on his question: “As you marched from the cellblock across the yard to the gate of the prison, the camera focused in on your face. I have never seen such anger, and even hatred, in any man as was expressed on your face at that time. That’s not the Nelson Mandela I know today,” said Clinton. “What was that about?”

Mandela answered, “I’m surprised that you saw that, and I regret that the cameras caught my anger. As I walked across the courtyard that day, I thought to myself, they’ve taken everything from you that matters. Your cause is dead. Your family is gone. Your friends have been killed. Now they’re releasing you, but there’s nothing left for you out there. And I hated them for what they had taken from me. Then, I sensed an inner voice saying to me, “Nelson! For twenty-seven years you were their prisoner, but you were always a free man! Don’t allow them to make you into a free man, only to turn you into their prisoner!”

You can never be free to be a whole person if you are unable to forgive others or yourself. Forgiveness is serious and difficult business. After all, it cost the Son of God his life.

May this Lenten season bring you a renewed sense of God’s forgiveness and love.

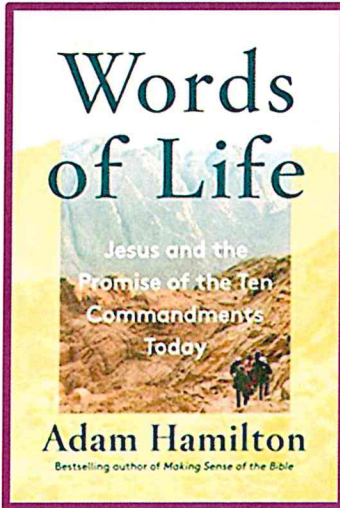
Pastor Doug

*The
Season
of
Lent*



Join us on **THURSDAY EVENINGS at 6:30 P.M.**
beginning **THURSDAY, FEBRUARY 18**
for this

LENTEN 2021 STUDY



No book needed, just your Bible. We will meet by zoom and also in Angels Wing for those who prefer not to join on-line. This study will go on for six Thursday evenings ending on Thursday, March 25.

Nearly everyone has heard of the Ten Commandments, the list of “thou-shalt-nots” found in the Bible. Jesus saw these commandments not as onerous burdens, but as guideposts to help us experience a good and beautiful life. These ten ancient “words” were given to us by a loving God who longed to set safe boundaries, create order out of chaos, help communities live peacefully, and protect us—often from ourselves. In this book of Scripture and inspiration, bestselling author Adam Hamilton brings modern eyes to the most important set of ethics in history. He considers the commandments in their historical context, considering the meaning of each commandment in Hebrew, unpacking how Jesus reinterpreted them, and showing how every thou-shalt-not was intended to point to a life-giving “thou shalt.” He also explores how the latest

research in science and psychology illuminates these commandments, rightly understood, as a way of ordering one's life beautifully in the present day. In a culture marked by workaholicism, materialism, and social media-driven envy, God has given us a time-tested path that leads to gratitude, confidence, and peace.

FEBRUARY WORSHIP NOTES

February 7 - Communion Sunday

February 17 - Ash Wednesday 2021

With the gathering and social distance restrictions of Covid-19, we will still provide a way to observe Ash Wednesday, but it will be offered in different ways. On Wednesday, Feb. 17 you may observe this day of repentance by participating in either one or both of the following.

6:00-6:30 With masks and sanitized hands, you are invited to walk into the church sanctuary kneel individually at the kneeler bench for the imposition of ashes and then walk out of the church (helpers will be at the doors to maintain one person coming to kneel at a time).

7:00 P.M. Livestream and in person service in the Sanctuary, with the imposition of ashes for those who did not come earlier.

February 21 - First Sunday in Lent 2021.

PEACE WITH JUSTICE

VERSE of the Day

You shall not murder.
Deuteronomy 5:17

VOICE of the Day

[I]f we believe that murder is wrong and not admissible in our society, then it has to be wrong for everyone, not just individuals but governments as well.

Sister Helen Prejean, *Dead Man Walking: The Eyewitness Account of the Death Penalty That Sparked a National Debate*

PRAYER of the Day

Jesus, may we be united in our call to end state-sanctioned murder.

DAYTIME BOOK CIRCLE 2021

March	<u>The Daughters of Erietown</u> by Connie Schultz
April	<u>Educated</u> by Tara Westover
May	<u>They Went Left</u> by Monica Hesse
June	<u>Across the Winding River</u> by Aimie K. Runyan

This is the list of the books for the daytime book circle for the upcoming months. We decided to wait until at least March to continue our daytime book circle, so have moved the books ahead a few months. If the weather is OK in March to meet outside, we will. If not, we'll push everything ahead and start up in April. Since a few of our members can't do zoom, we will not consider that at this time.

Keep reading!



MANNA FOR FEBRUARY

Manna is bringing back a very popular special we have run before. In February we will be doing a breakfast special, so we are requesting Pancake Mix, Maple Syrup, Jelly, and Hot Chocolate. We will provide other items in the special. Maple syrup, in particular, is something that is snapped up every time we get it. It is always gratifying to see the responses from the churches as these items roll in. Thank you for all you do.

Lorna Westlake
Manna Food

NEW STORY TIME CONNECTION!

We are launching a new way to connect with children in our congregation and beyond. Once a week we will post a new video to a YouTube channel that anyone can watch. Or watch it on Facebook. A library of all the videos will be saved there so you will be able to watch them over if you'd like. Sounds like fun, right? How can you help? We will be asking for volunteer readers/presenters to record themselves at home or come into church to be recorded. We would like to have readers of all ages from the youngest readers to the most seasoned readers. All we ask is that there is a message in the story or if you prefer to do an experiment or a quick cooking demonstration that would be fine too! We will be getting more details out very soon so please start thinking about what you would like to read. One more thing, we would like to have a catchy name for our story-time so if you want to submit a suggestion that would be great!

Contact Kathy Housel, Laurie Krieg, or Heather Burns if you have questions.



HEALTH MINISTRY



Following up to last month's article, here are two good suggestions for exercising at home, one thanks to Mary Howe. Many insurance plans cover Silver Sneakers programs, which provide on line videos for your exercising enjoyment. Check on line to see if you are covered. Another option: Google AARP online for "Get Moving Wherever You Are" videos. You CAN exercise at home with lots of choices!

Now, take the following **Wellness IQ Quiz** from Dr. Yufang Lin, M.D, an integrative medicine physician at Cleveland Clinic which was published in the January 17th issue of Parade magazine. You can visit Parade.com/healthynow to sign up for Parade's new *Healthy Now* newsletter.

Which of these could be a sign that you are stressed?

- A. Having trouble falling asleep at night
- B. You can't stop binge-watching your favorite television show.
- C. You didn't feel like doing your afternoon workout
- D. All of the above.

Answer: A – "A very common symptom of stress is difficulty falling asleep" says Lin. Build relaxation and de-stressing activities (exercise can help) into your days to help you have healthier nights.

Which of the following is a trigger for headaches and migraines?

- A. Poor posture
- B. Alcohol consumption
- C. Changes in the weather
- D. All of the above

Answer: D - Poor posture can lead to eye strain or neck or back pain, which can trigger a headache. Alcohol is a diuretic than can contribute to dehydration, another trigger. And changes in barometric pressure, such as humid days or rainstorms after a few sunny dry days, also can cause a headache.

Which of the following is not one of the four pillars of health?

- A. Healthy diet
- B. Being in a romantic relationship
- C. Getting enough sleep
- D. Managing stress

Answer: B - The four pillars of health are proper nutrition, ample sleep, stress management and exercise. Focus on those and Lin guarantees "you will feel so much better."

A healthy gut helps your body digest food and break down essential nutrients needed to function at its best. Which of these supports healthy gut bacteria?

- A. Kefir
- B. Apple cider vinegar
- C. Sourdough bread
- D. All of the above

Answer: D - Kefir (fermented milk) and raw apple cider vinegar contain probiotics, which are beneficial to your gut. Sourdough bread is made with a fermented starter, and studies have shown this process helps the bread to release more fiber. Fiber-rich foods, Lin says, "are the primary actors that help us digest."

Getting enough sleep gives your brain a chance to detox, can curb hunger cravings and reduce your heart disease risk. Which of the following can interfere with a good night's sleep?

- A. Setting your thermostat at 70 degrees Fahrenheit
- B. Keeping your phone in your bedroom
- C. Going to bed when you're upset
- D. All of the above

Answer: D - The ideal sleeping temperature is 60 to 67 degrees. Your Smartphone gives off blue light, and its noisy notifications can disrupt your slumber. And, yes, negative thoughts can keep you up at night. When you find yourself ruminating about a problem, focus on your in-and-out breathing until you relax. My suggestion? Focus your bedtime prayers on those who need us to remember them in prayer, and especially remember to "cast all your cares upon Jesus" - He will be awake through the night to watch over you and yours.

According to the Cleveland Clinic, adults should do 150-300 minutes of moderate exercise a week (or 75-150 minutes of vigorous exercise). Which of the following doesn't count as moderate exercise? (This depends on your age and abilities and could be 5 minutes of walking in your house 4-5 times a day with your walker. 5 x 5 x 7 days = 175 minutes! This is a good conversation to have with your family physician as to what is recommended for your age and abilities.)

- A. Dancing
- B. Gardening
- C. Scrapbooking
- D. Washing your car

Answer: C - While scrapbooking may be calming or put you in a good mood, it is unlikely to elevate your heart rate 50-60 percent higher than its resting rate, which is how moderate exercise is defined. Thirty minutes of dancing, gardening for 30-45 minutes or washing your car for 45 minutes to an hour will get your heart pumping.

Self-care, which Lin deems "a necessity," can help you manage stress and elevate your mood. Which of the following counts as self-care?

- A. Taking a bubble bath
- B. Going for a walk
- C. Drinking a cup of tea
- D. All of the above

Answer: D - Self-care is more than just getting a massage or manicure. Take some time to do anything that makes you feel good (scrapbooking counts here!) and your body will thank you for it.

You're low on energy and need a boost. Which of the following won't help get you through the day?

- A. Eating a donut
- B. Eating a protein-rich meal
- C. Doing yoga
- D. Going for a walk

Answer: A - Eating a sugar-laden snack may give you an initial energy surge, but the carbs and sugar will spike your blood sugar and lead to an eventual crash.

Apparently, Dr. Lin is not a music lover since music is not listed anywhere as a way to manage stress, but I believe many of you would jump right on this as a way to relax and ease stressful thoughts. Whatever is your go to stress reducer, use it frequently, and hopefully prayer is at the top of your list. Be well.

Martha Haluszka, Health Ministry

CAMBODIA - JANUARY **NEWSLETTER**

Attached are bios of two students JUMC will be supporting through Change the World offering donations this past year. The following is the accompanying message I (**Mary Howe**) received:

I am recommending two new students who will be starting their first year in university this year. I recommend them because both students are bright, optimistic, and have clear pictures of what they want to see happen in their future. Please refer to the attached student profile for more information.

Because they are first year students, it would be awesome if Jefferson UMC considers supporting them for four years, until they graduate. Please let me know if there is anything I can do to encourage Jefferson UMC to continue supporting us in our endeavors to help young women in Cambodia.

Susanna Wesley House has experienced immense spiritual growth and unity in the past year and a half. I am proud of each student and all that they offer to provide joy in SWH.

We truly appreciate your love and support for this ministry. We know that we cannot do what we do if we don't have support from people of God like you, Nathan.

Please know that students are always praying for the health and safety of their supporters.

*Blessings,
Janice Lee*

Sreyoun Eang (19 yrs) is from the province of Kampong Thom. She wants to study Khmer literature and become a teacher. Her biggest prayer request is for the safety of her mother who is currently working in Thailand. She is excited for this new opportunity and journey waiting for her through SWH!

Sophea Ken (19 yrs) is from the province of Takeo. She aspires to become a flight attendant in the future. For now, she wants to major in tourism and broaden her knowledge about travel industry. She asks for prayer for her mother's health as she will be alone when Sophea comes to Phnom Penh for her university studies.



FEBRUARY BIRTHDAYS


*If you'd like your birthday listed
call the church office*



- | | | |
|------------------------------------|-------------------------------------|----------------------------------|
| 1 Sophia Shelko
Linda Miller | 12 Lee Daubenspeck | 22 Bret Neely
Stacey Crawford |
| 5 Connie Rice
John Kampf | 14 Pat Christ
Skylar Penrose | 24 Samuel Housel |
| 6 Kyle Baker | 15 Ryan Pakkala | 25 Dan Jackson |
| 9 Heather Whetsell | 16 Phil Spencer
Diane Norton | 26 Brian Rice |
| 10 Roger Leininger
Sue Mizer | 17 Stephanie Nizen | 27 Tom Gage
Sindy Sowry |
| Will Parkomaki | 18 Melissa Johnson
Brenda Sochia | 28 John Rodgers
Arden Bishop |
| 12 Seth Fleming
Jenna Parkomaki | 20 Glade Heath | |
| | 21 Susan Shadle | |


Susanna Wesley Dormitory Student Information

Date: January 8, 2021

ឈ្មោះ : Name:	កែន សុភា	Ken, Sophea	
ថ្ងៃខែកំណើត : Birthday Day:	០៤ ឧសភា ២០០១	May 04, 2001	
លេខទូរស័ព្ទ: Phone	096 33 82 785	អ៊ីម៉ែល: Email:	
ទីកន្លែងកំណើត: ខេត្ត តាកែវ Family Home Address: Takeo			
ឪពុកឈ្មោះ: Father Name:	Ken Chey	លេខទូរស័ព្ទ Phone	
ម្តាយឈ្មោះ: Mother Name:	Chan Rina	លេខទូរស័ព្ទ Phone	096 555 35 85
មានបងប្អូន Number of Siblings:	2		
ទំនាក់ទំនងបន្ទាន់ Emergency Contact	ឈ្មោះ និង ត្រូវជា Name & Relationship		
	លេខទូរស័ព្ទ Phone Number		
	អាសយដ្ឋាន Address		
រៀននៅសាកលវិទ្យាល័យ: សាកលវិទ្យាល័យជាតិគ្រប់គ្រង University Name : National University of Management			
ជំនាញ : Major	ទេសចរណ៍ Tourism		
មកតាមរយៈ: (Reference): Rev. Han			
ឆ្នាំទី : (2020-2021) Current Year	ឆ្នាំទី ១ <input checked="" type="checkbox"/> 1st year	ឆ្នាំទី ២ 2nd year	រៀនចប់នៅឆ្នាំ : 2024 Graduation Year
គោលបំណងថ្ងៃអនាគត: អ្នកបម្រើតាមយន្តហោះ Future Goal: Flight attendant			
សំណូមពរអធិស្ឋាន: Prayer Request: Sophea is concerned about her mother living alone in the province after she moves to Phnom Penh to attend university.			

Susanna Wesley Dormitory Student Information

Date: January 8, 2021

ឈ្មោះ : Name:	អៀង ស្រីអូន	Eang, Sreyoun	
ថ្ងៃខែកំណើត : Birthday Day:	០៦ សីហា ២០០២	August 6, 2002	
លេខទូរស័ព្ទ: Phone	០៨៨ ៥៤ ២៣ ០០៦	អ៊ីម៉ែល: Email	
ទីកន្លែងកំណើត: ខេត្ត កំពង់ធំ Family Home Address: Kampong Thom			
ឪពុកឈ្មោះ: Father Name:	Prom Eang	លេខទូរស័ព្ទ Phone	060 22 53 09
ម្តាយឈ្មោះ: Mother Name:	Heng Hin	លេខទូរស័ព្ទ Phone	
មានបងប្អូន Number of Siblings:	2		
ទំនាក់ទំនងបន្ទាន់ Emergency Contact	ឈ្មោះ និង ក្រុមជំនាញ Name & Relationship	Chea Heong (grandma)	
	លេខទូរស័ព្ទ Phone Number	071 92 17 078	
	អាសយដ្ឋាន Address	Kampong Thom	
រៀននៅសាកលវិទ្យាល័យ: សាកលវិទ្យាល័យភូមិន្ទភ្នំពេញ University Name : <u>Royal University of Phnom Penh</u>			
Reference: Svay Neng			
ជំនាញ : Major	អក្សរសាស្ត្រខ្មែរ Khmer Literature		
ឆ្នាំទី : (2020-2021) Current Year	ឆ្នាំទី ១ <input checked="" type="checkbox"/> 1st year	ឆ្នាំទី ២ 2nd year	រៀនចប់នៅឆ្នាំ : 2024 Graduation Year
គោលបំណងថ្ងៃអនាគត: គ្រូបង្រៀន Future Goal: Want to become a teacher.			
សំណូមពរអធិស្ឋាន: Prayer Request: Mother is working Thailand, and she is worried about her health and safety amid the pandemic.			

Jefferson UM Church, Holidays in United States

Feb 2021 (Eastern Time - New York)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 9:30am - Worship 6pm - Youth Group	1 First Day of Black 11:30am - Red Cross	2 9am - Open Sanctuary 9:30am - Ministry Team 4pm - Christian Cafe @ 6:30pm - Boy Scouts	3 10am - Bible Study	4	5	6 8:30am - Stephen
7 9:30am - Worship 6pm - Youth Group	8 11am - Finance	9 9am - Open Sanctuary 9:30am - Ministry Team 6:30pm - Boy Scouts	10 10am - Bible Study	11 3pm - Quilters	12	13
14 Valentine's Day 9:30am - Worship 6pm - Youth Group	15 President's Day	16 9am - Open Sanctuary 9:30am - Ministry Team 4pm - Christian Cafe @ 6:30pm - Boy Scouts	17 10am - Bible Study	18	19	20
21 9:30am - Worship 6pm - Youth Group	22	23 9am - Open Sanctuary 9:30am - Ministry Team 6:30pm - Boy Scouts	24 10am - Bible Study	25	26	27
28 9:30am - Worship 6pm - Youth Group	1 First Day of Women's 6:30pm - Ad Board	2 9am - Open Sanctuary 9:30am - Ministry Team 4pm - Christian Cafe @ 6:30pm - Boy Scouts	3 10am - Bible Study	4	5	6