

THE TIE THAT BINDS

Rocky Mount United Methodist Church
35 North Main Street, Rocky Mount, VA 24151
Phone: 540-483-5338 Fax: 540-484-1698

E-mail: admin@rm-umc.org

Website: www.rm-umc.org

Our Mission: "To Know Jesus and Share His Love"



February 2020

Boy Scout Sunday

Boy Scout Sunday will be February 9. Members of our Scout Troop will help lead our worship service. Come and support our Scouts.



Reminders are all around us. Maybe we tie a string around our finger or set a reminder on our phone. Maybe we stick a post-it note on our vanity mirror. Maybe we have someone remind us by

calling or texting us. The busyness that comes to us all can have us quickly forgetting what it is we were supposed to remember.

Ash Wednesday is a bit like that. It is a reminder to all of us of our finitude. Obviously, that's not something we spend a whole lot of time considering every day. Keeping our lunch plans, rushing the kids off to soccer practice, doing the laundry. We get swamped with busyness and we don't carve the time to think about our lives as a gift from God.

Come out on February 26 at 7:00 p.m. for Ash Wednesday. Remember your life as a gift, anticipate the life to come as the same.

Now don't forget! Consider this your reminder.



On Sunday, February 16 following the worship service, the United Methodist Men will serve a meal in the fellowship hall for the church members and the special needs adults in the community. They will be serving spaghetti, salad and dessert. Donations will be accepted. The United Methodist Men use these funds to support the Senior Scholarship program and other needs in the church and community. Come out and support the UMM in this worthy cause.



COME SHARE GOD'S LOVE

February is the month of LOVE! Join RMUMC on Friday, February 28 from 6:00-8:00 p.m. in the church fellowship hall to "share God's love" with church members, families, and friends as we dance, fellowship, eat and just have lots of FUN! There will be decorations, snacks to munch on, punch to drink, music to dance to, a photo backdrop, and even disco lights! Music will be a variety of tunes from the 1950's through today. All you need to do is come, bring all your family and friends and a finger food to share. No RSVP is necessary. Contact Linda Walters (lindaw@shetnel.net or 757-635-0109) if you have questions.



ROCKY MOUNT

UNITED METHODIST CHURCH

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To Know Jesus And To Share His Love

Dear RMUMC,

“Do it again.” That’s what the gentleman said to me after our Easter service a year ago when three people from the church gave their presentations on what they did with the 100 dollars they were given. They had been given 100 dollars to use at they saw fit to give God glory. Projects abounded: bookmarks were given out, financial assistance to veterans was offered, food was provided. Listening to these projects, I was astounded. God’s work was on display.

As the service concluded, the greatest service of the year, a gentleman I did not know stuck 300 dollars in my hand, looked me in the eye, and said, “do it again.”

I’ve thought often about that gentleman since that day. Who he was has been subsumed by the impact he made on me. He reminded me of our repetitious faith. We arise, we go about our tasks, we pray the Lord’s Prayer, we feast, we fast, we sing, we sit in silence. Our faith is repetitious in the same way that life is repetitious. We do things over and over again.

There are cons to repetition. We can grow bored with what we do over and over again. We can lose the meaning in the rote behavior we repeat. We may mumble words, rather than speak them with clarity and passion. Repetition isn’t inherently a good thing.

Repetition though has many attributes worth valuing. When we repeat Scripture they get ingrained in our hearts for those days we need them. The activities we repeat can be the ones that we value the most. Repetition teaches children and adults alike. The values of “do it again” aren’t just for momentous things like 300 dollars slapped into one’s hand but for minimal activities like washing your hands or eating breakfast.

This Lent, we do it again. We dive into self-reflection, prayer, fasting, and repentance. We repeat not because we have to but because we should do it again. We repeat because God has invited us to do it again. We repeat because we grow when we do it again.

Will you do Lent again? Starting February 26, we’ll begin again. On that night, we do it again.

In Christ,
Pastor Will



Prayer Labyrinth

Labyrinth

Starting after Ash Wednesday on February 26, the Labyrinth will be open in the Atrium for you to use. Let

yourself in the church or stop by during office hours to experience the Labyrinth.

The Labyrinth is an ancient archetype found throughout history in various forms and in many religious traditions and cultures around the world. Walking the Labyrinth recreates and encourages contemplation, reflection and connecting our inner lives with our work in the world. The Labyrinth gives us an opportunity to walk with our prayers and questions, and to trust our inner wisdom to give us vision, insight and inspiration.

The Labyrinth is a sacred place to set aside time for you to reflect, look within, pray, and negotiate new behavior. The Labyrinth has only one path that winds to the center. Unlike a maze, whose purpose is to confuse and trick you, the Labyrinth is designed to take you to the center. The only decision you need to make is to enter the Labyrinth. Once you enter, you simply follow the path before you.

In many ways, the Labyrinth is often seen as a metaphor for life. Our lives twist and turn and there are no dead ends. The Labyrinth is designed to have multiple people walking at the same time. We are going to be near and far from each other. We will be facing different directions and traveling at individual paces. In so doing, we will always be together on the journey of life.

Come experience the Labyrinth.



Once again, the Rocky Mount Ecumenical Group will be holding a series of Lenten worship services at noon on Wednesdays throughout town. Held at multiple sites, these events bring together people of the same faith, just different ways of worshipping the same God. If you've often wondered how other churches organize their worship service, this will give you a taste of other congregations throughout our town. Join in!

MARCH 4

Rocky Mount Christian Church
Rev. Will Waller

MARCH 11

Rocky Mount Church of the Brethren
Rev. David Slayton

MARCH 18

Rocky Mount United Methodist Church
Rev. Christ Coates

MARCH 25

Rocky Mount Baptist Church
Rev. Ron Coleman

APRIL 1

Henry Fork Church of the Brethren
Rev. Matthew Ricks

APRIL 8

First Baptist Church
Rev. John Collins



Again this year during the season of Lent, you are invited to select a Lenten Friend. Envelopes will be available on Sunday, March 1, and will contain the name of a church family member who is either shut-in or in need of some special care during Lent. You are asked to pray for this person and extend other kindnesses such as a personal call, a greeting card, or other special treats. Thank you!



Women's Bible Study

All women of the church are invited to the Ladies Bible Study that begins February 11. We will be studying "The Patriarchs: Encountering the God of Abraham, Isaac, and Jacob" by Beth Moore. We will meet 9:30-11:30 a.m., in the Assembly Room (Redeemer's SS Classroom). Books will cost \$17 per person. Please notify Linda Walters (757-635-0109; lindaw@shentel.net) or Peggy Hodges (540-483-0771; peggyjhodges@hotmail.com) as soon as possible if you plan to participate so we can order books. Invite your friends and family to come too!

"A smile is the light in your window that tells others that there is a caring, sharing person inside."
—Denis Waitley



Church Pictorial Directory

(Nancy Middaugh, Coordinator)

Great news, we are having a new church directory made this Spring!!!!

The date for taking pictures for the new church directory will start Thursday April 2- Saturday April 4, from 2:00-9:00 p.m. You can sign-up online, OR after church, 4-6 weeks before the scheduled time in April.

We have heard that a lot of people are excited to hear this; it has been 4 years since the last directory was made.

We need volunteers to help with scheduling appointments after church and with other activities.

If anyone has pictures of the past year of church activities, and would like to have them put in the directory, please contact Nancy Middaugh (540-597-7581 or nmiddaugh22@gmail.com).

I want to thank everyone for any help they can give. This is going to be a fun project to put together.



On Tuesday, February 25 and Thursday, February 27, our church is in charge of serving lunch at Stepping Stone Soup Kitchen. Please sign-up on the sheet posted on the bulletin board located at the steps going down to the preschool. Thanks!



UMW

United Methodist Women

(Debbie Caulder, President)

The UMW Christmas luncheon was held on Monday, December 2 in the Atrium at 11:30 a.m. We were treated to a delicious lunch featuring beef tenderloin prepared by Dan Walters. The meal was followed by a Christmas Carol Sing-Along led by Lynn Meeks.

Our first meeting of 2020 was a business only meeting held on January 6. Phyllis Lavinder is organizing a special event for our February 3 meeting. We are looking forward to hosting a salad luncheon in the Atrium with invitations to all ladies of the church to join us for fellowship and an opportunity to learn more about UMW.

On Friday, February 28 from 6:00-8:00 p.m., the UMW will be organizing and hosting a "Share the Love" event in the church fellowship hall. All members of the church and their families and friends are invited to attend. There will be decorations, refreshments, and dancing. This is NOT a couples only event. We envision FAMILIES – grandparents, parents, children and grandchildren, singles and couples having a wonderful time sharing God's love with fellowship, refreshments, and dancing! There will be a variety of music and each family is asked to bring a finger food appetizer or dessert to share. The UMW will take care of beverages.

The 2019-20 UMW Reading Program has begun. You may check out any of the books on the shelf labeled UMW Reading Program in the Assembly Room. Simply sign each book out in the red folder and sign it in when you return it. If you take the children's books, please keep track of

the names of the children to whom you read. Children count as readers too! After you have read a book, you may provide a summary paragraph with your recommendation to Judy Anderson, (candj64@gmail.com) for possible publication in the church newsletter and the District UMW newsletter.

The UMW will continue to collect Box Tops for Education, soda can tabs, and stamps. The box for the collections is in the hall to the left of the Narthex on the windowsill near the mailboxes.

Members have selected UMW missionaries and will be corresponding with them throughout the year. Please see Martha Collins if you would like to participate.

Our #1 goal for 2020 is to continue increasing membership. We welcome all women of the church to join us the first Monday of each month at 10:00 a.m. in the Assembly Room. If you cannot attend daytime meetings, but would like to be a member, we will be happy to communicate all meeting and project information to you by email. We are willing to explore the possibility of an evening or Sunday afternoon meeting for those who work during the week as well. Please contact Debbie Caulder (540-204-2266, debra.caulder@yahoo.com) or any other United Methodist Woman if you are interested or have questions.

Love-ly superlatives

To fall in love with God is the greatest of romances, to seek him the greatest adventure, to find him the greatest human achievement.

—St. Augustine



At Rocky Mount UMC, our Confirmation program provides an opportunity for young people to explore the Christian faith alongside other youth in a fun, relevant and engaging way. Our focus is on helping each young person learn about God’s unconditional love and amazing grace through experience and conversation.

At the end of this journey, youth will have an opportunity to profess their own faith in Jesus Christ and be confirmed as new members of Rocky Mount UMC. We believe Confirmation is not a destination, but more like a way station where youth have an opportunity to take personal ownership of the faith journey they have been traveling since their baptism.

There will be a parent and youth meeting on Sunday, February 16 at 9:45 a.m. in the youth room. Regular Sessions will be from March 1 through April 5 9:45-10:45 a.m. on Sunday mornings also in the youth room. Those participating should plan to make all the sessions. There will also be one field trip (TBD). Celebration of your confirmation will be held on Easter, the traditional date for the early church to welcome new members. Baptism will also be available for those that haven't yet been baptized.

Come, recognize how God has already loved you, loves you now, and will always love you in Confirmation 2020.

“There is only one happiness in this life: to love and be loved.”
—George Sand



Sontag Program

(Phyllis Lavinder,
Coordinator)

FEED THE CHILDREN The year 2020 has gotten off to a quick start. We have already shopped, packed and delivered for the month, thanks to our 20 plus volunteers! We have gone to training, had TB tests and are waiting for back ground clearance to participate more fully at the Sontag School Lunch Buddie Program.

A new statistic that is being shared about food insecurity is that one in seven children are food insecure. That is an improvement from one in six that I had quoted before in another newsletter article. Let's just hope that new statistic is correct.

Another item to share with you, our request for food has decreased from 15 bags for delivery a week to 12 bags of food a week. So, all buying, packing and delivery has been affected by this.

Thanks to all at our RMUMC, children are having better weekends in the Sontag School District. Food insecurity is an issue we don't want Franklin County children to experience.

Flower Chart

There are still many Sundays available in 2020 to reserve your special Sunday to provide altar



flowers during the worship service. Also, remember that the piano is available for an arrangement should there be two individuals interested in the same date. You will be responsible for ordering the flowers. Call the church office or stop by the chart on the bulletin board that is located at the steps that go down to the preschool to reserve your special date.



Bishop Sharma D. Lewis is inviting laity from around the conference for a time of connection following her return from medical leave.

The event will be held February 8, 2020, from 10 a.m.-1:30 p.m. at Woodlake UMC in Chesterfield. "It is my deep desire to reconnect with you in a personal and special way having been away from you for six months on medical leave," Lewis said. "Let us come together both in person and through satellite locations to have a time of worship, fellowship, anointing, sharing our hearts, and reconnecting. I want to hear from you and I want to share my journey with you." The satellite location will be at Thrasher Memorial UMC. Register by going to eiseverywhere.com/laityreconnect/



Faithful Aging Conference

Don't miss the 2020 *Faithful Aging*

Conference. The focus of this incredible learning and networking event is on opportunities in discipleship for aging congregations and outreach to meet the needs of older adults, inside and outside the walls of our faith communities.

Presented by Pinnacle Living, LeadingAge Virginia and the Beard Center on Aging of the University of Lynchburg, the *Faithful Aging Conference* will be held at Bonsack United Methodist Church in Roanoke on Tuesday, March 31.

The registration deadline is Friday, March 13. Cost is \$50/individual, which includes lunch, refreshment breaks, and all conference materials. Adults 65+ can register for \$40/person. Groups of 3 or more individuals from the same church or organization can register for \$35/person. Limited scholarship funds are available.

Register online before March 13 at: https://leadingagevirginia.org/events/event_1ist.asp

Books For The Winter Months



Cold and snowy days offer the perfect time to curl up with a good book. There is a mini library just inside the Assembly Room doors stocked with recently published books on Spiritual Growth, Social Action, Nurturing for Community, Leadership Development, and Education for Mission. Look for the red folder on the shelf and sign your name, title of your book selection, and date taken out. When you return your book, grab the red folder again and record the date brought in. Just as easy as that!

Here are a few recommendations to get you started:

MISS BRENDA AND THE LOVELADIES, nonfiction - For Brenda Spahn, a successful entrepreneur and businesswoman, wealth was a lifestyle - until a brush with the law threatened to send her to prison. In those dark moments, Brenda made a promise to God. Spared incarceration, a renewed Brenda glimpsed into the lives of women inmates at Julia Tutwiler Prison for Women in Alabama. With the support of her family, she turns her home into a sort of halfway house for ex-cons and helps them navigate the alien world of life on the outside. This is a transformation with moments of laughter, frustration, excitement, and tears! A terrific book and a quick read.

THE ROUND HOUSE by Louise Erdwich is a brilliant chronicler of Native American life. It is about a Ojibwe boy on the cusp of manhood who seeks justice and understanding in the wake of a terrible crime that suspends and transforms his family forever. It is suspenseful and moving at the same time. (Reviewed by Linda Walters)



Vital Congregation Statistics for December

I. Finances—Church Operating Budget

Amount Brought Forward From 2018	\$44,972	
Budgeted Offerings Expected to Receive through 12/31/19		\$298,000
Actual Offerings Received through 12/31/19	\$270,085	
Budgeted Expenses Expected to Spend through 12/31/19		\$294,185
Actual Expenses Paid through 12/31/19	<\$275,477>	
Ending Balance, 12/31/19	\$39,580	

II. Average Worship Attendance = 139

Average Online Viewers = 19

Average Small Groups' Attendance = 26



On December 22, we welcomed Kathleen Higgins by transfer of letter from Blacksburg United Methodist Church.



Thank you for investing in the health of this community. Your support is essential for your less fortunate neighbors. May your New Year be blessed!

The Free Clinic

I miss you all. Sure have enjoyed all the cards and welcome your visits.

Eva Prillaman

You have made this a very special Christmas for me. Just to let you know, I always start asking my case manager in November when is the party at church, is Santa going to be there. And then I start counting the days. Like always you guys make a difference in my life every Christmas. Thank you with all my heart.

Love, Jessica

Thank you to my wonderful church family for the expressions of love and sympathy in the passing of my mom. Your care during this time meant so much to my family and me.

Love, Terri Naff



(Lynn Meeks, Director of Music Ministries)

Thank you to all the choirs and instrumentalists for sharing your time and talents to give us another inspiring Advent/Christmas season. All the music was awesome!!! The cards and gifts from my choirs and my church family were so thoughtful. Thank you so much!

Wonderful Wednesday is back in full swing. The children will be singing and playing choir chimes for Scout Sunday in February. Also, the Wonderful Wednesday volunteer schedule is posted on the music bulletin board in the hallway next to the Assembly Room as well as in the Wonderful Wednesday area on the fourth floor. There are several blank weeks when we will need volunteers. If you never signed up to help and would like to, please sign up or let me know.

Music for Chancel Choir has been chosen for Holy Week and Easter. Now all I need are more singers!!! If you like to sing but never thought about joining the choir, please prayerful consider coming to rehearsal this Wednesday at 7:00 p.m. We can use all voice parts (tenor!), men or women (tenors!). All silliness aside, not only are the anthems we offer each week another way we experience God's Word, they speak to our hearts and open them to the work of the Holy Spirit. There is a place for YOU in the Chancel Choir. If you'd like more information about the choir, feel free to contact me.

The Jubilant Ringers are back to weekly rehearsal and will be playing for worship on March 1. Bells will also be ringing during our Palm Sunday, Holy Week, and Easter services. If you're

interested in playing with us, please let me know!

Just a reminder...If Franklin County Public Schools are cancelled or dismiss early due to bad weather, we will not have choir rehearsal. If there is a delay, we will practice unless you get a call. If you are in doubt, you may call me (483-9799) or e-mail me (music@rm-umc.org).

Love and Peace,
Lynn



Little Lambs in the News

(Jan Mohler, Director)

We can never talk about love enough so we will spend all month talking about love. We will help the children think about who loves them and how do they know? Who do they love and why and who should they love? What did Jesus say about love? We will be sharing valentines with one another and making some to share with the community. We will also spend a couple of evenings celebrating the loving men in our lives.

In January, we had two new students join the three-year-old class so we are up to twelve. We also had two high school seniors volunteer to help us for an hour or so each day through the VPS program. Julia Mohler (a former Little Lamb and my precious baby girl) and Katie McClane have been such a blessing! They are able to help Ms. Jill and myself for thirty minutes before the students arrive and then they are two more sets of eyes and hands to enrich our program.

We have opened registration for next year. If you know of any three or four-year-olds that are looking for a preschool please send them our way!

Blessings,
Jan



A front flip. That's how one youth celebrated the polar bear plunge at the home of Dan and Linda Walters on December 22. He did not timidly dip his toes in, but did a full body flip into the freezing cold waters of Smith Mountain Lake. After his adventurous introduction to the murky ice bath, the other youth followed suit, in their bathing suits. They jumped, they dove, they cannonballed into the water. Bill Collins, who lives nearby, heard the screams of excitement but confused the human noises with shrieks of a dying creature. Don't worry, Bill. It's just youngins' jumping into 48 degree waters in late December. Don't worry, lake residents, it's the youth group.

Youth group is fun. It's bowling, it's Super Bowl parties, it's adventuring into the Grayson Highlands to meet the local citizens: ponies.

Youth group is fellowship. You have wrestlers, band kids, boy scouts, and soccer savants. It's the kind of place where you can be yourself and that's all you need to be.

Youth group is growth. It's growing in knowing who Jesus is and sharing His love. "Let the little children come to me and do not stop them for the kingdom of God belongs to such as these," Jesus said. If a child does not know that Jesus welcomes them, the church fails the child. They must grow in Christ.

Youth group is mission. It is Martha Anderson volunteering her skill set to teach kids how to make cards in February to send to our shut-ins. It is maybe you volunteering in May to help us plant flowers at our shut-ins houses on Sunday afternoon. It is serving our neighbors in love.

Youth group is vital. I call it the canary in the coalmine for a church. A soaring youth group can jumpstart the entire church community.

Come, help grow this group! Youth group...may be you.



February 2 – Super Bowl Party at Steve and Julie English's home

February 21-23 Winter Ski Trip

February Mission Project:

Sunday, February 9, Handmade card session at Franklin Health Care with Martha Anderson

Our Lenten focus

Lent, the church-year season that begins on Ash Wednesday, is a time of penitence and spiritual renewal. Some people give up a luxury or vice during Lent as a form of self-denial; others undertake a project that benefits others.

The point isn't to denigrate ourselves or to see how much we can do without. Instead, Lent helps us reflect on Jesus' death. As Timothy Keller writes in *The Reason for God*: "The Christian Gospel is that I am so flawed that Jesus had to die for me, yet I am so loved and valued that Jesus was glad to die for me. This leads to deep humility and deep confidence at the same time. It undermines both swaggering and sniveling. I cannot feel superior to anyone, and yet I have nothing to prove to anyone. I do not think more of myself nor less of myself. Instead, I think of myself less."



Prayer Concerns:

Our country, those serving in our armed forces, and our church; Sonny Vaughn; Jennifer Cooper; Eva Prillaman; Jim Henderson; Johnny Guilliams; Tim & Sandra Funk; John Cooper; Jeanette Singleton; Arnold Dillon, Sr.; Mark Singleton; Alvin Hall (Betty Worley); Melissa Hays-Smith (Marsha Robertson) Rod & Mary Kay Smith (Lynn Cooper); Joan Preston (Will Waller); Don Applegarth (Martha Collins); Maria Snyder (Rodney Cundiff); Shelly Bagwell (Martha Collins); Marion Pritchett (Pam Pritchett); Regina Stanley (Rebecca Dillon); Stephen Youmans (Linda Davis); Brenda Akers (Shirley Vaughn); George Perdue (Jill Perdue); Debbie Ford (Ben Whitesell); DJ Snider (Patsy Swain); Dennis Holland (Cyndee Holland); Jennifer Tatum (Tracy Jenkins); and Tiffanee Anderson (Judy Anderson).

Forget-Me-Nots:

Eleanor Woody



Terry Naff and Family in the death of her mother, Mary Jane Esperti

Tim Funk and Family in the death of his mother, Shirley Funk

Terry Moran and Family in the death of her ex mother-in-law, Fran Moran

Family of Marion Higgins who passed away

Lisa Angle and Family in the death of her aunt, Sara Deese

Steve Angle and Family in the death of his cousin, Michael O'Conner

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Open Hearts...

Open Minds...

Open Doors...

**ROCKY
MOUNT**
UNITED METHODIST CHURCH

The People of the United Methodist Church

CHURCH STAFF

Reverend Will Waller, Pastor
Lynn M. Meeks, Director of Music Ministries
Jeanne Banks, Music Accompanist
Valerie Latimer, Administrative Assistant
Jennifer Ardis, Nursery Attendant

(Church Office Hours: Monday-Friday, 9:00 a.m.–4:00 p.m.)



SUNDAY WORSHIP SCHEDULE:

10:00 a.m. Small Groups
10:55 a.m. Worship