

The Right Mixture

Several years ago, I enjoyed a magnificent ride into work one morning. It was just warm enough to turn my air conditioner halfway up, which for my old truck was rolling one window down. The air was crisp and just wanted to make me sing out, and I apologize to all the cows I scared as I passed by.

I just could not imagine anything being more beautiful. That was until she pulled up alongside side of me. She was a thing of real beauty, with curves that would make any middle-aged man drool. She was a candy-apple red, 1966 Mustang convertible with the 289 small block engine and white pony interior.



Oh, she was a beaut! Mostly stock, gleaming and shining in the bright morning sun. The driver was a man who looked just a few years older than me. He had the top down, of course, had on a Mustang cap, just like the one I used to own, and a pair of dark Ray-Ban sunglasses. He had a cherry car and he knew it. He also saw the extreme envy I had; he had to with it being so evident as streams of drool gushed from both sides of my mouth.

I only got to fantasize over her until the horn from the car behind me brought me back into reality that the light had changed. The driver of the Mustang just kind of gave a smirky grin as we both pressed on our accelerator pedals to launch us toward our respective destinations. Then I heard it...the sound with which I had become all too familiar...VROOM...pft.pft.pft...VROOM.pft.pft.pft. Then the smell of gasoline started to waft its way toward my nose.

I started to hang my head in complete shame when suddenly, I noticed something strange out of the corner of my left eye. The Mustang started its trek across my peripheral vision, but traveling in the opposite direction from what I was expecting. The object of my obsession seemed to be traveling backwards. It

Ways We Serve

Greeters

- 6 Brian & Kris Dedmond
- 13 Judy Lowe & Joanne Parker
- 20 Jody Cronland & Judy Cronland
- 27 Steve & Kathy Valentine

Acolytes

- 6 Tattyauna Peterson
- 13 Karson Shrum
- 20 Owen Krech
- 27 Brinkley Dedmond

Time (Mostly)

For Children

- 6 Jan Duncan
- 13 Whitney King
- 20 Robbie Combs
- 27 Suzanne Peeler

Pew Keepers

- 6 Steve & Jane Morton
- 13 Jeremy & Emily Krech
- 20 Teresa Shives
- 27 Brenda Noles & Daniel Denapoli

Parking Valets

- 6 Steve Herman
- 13 Ron Metzger
- 20 Michael Noles
- 27 Carl Henline

Altar Guild

- Teresa Shives

Sunday School Rovers

- 6 Gail Park
- 13 Betty Parker
- 20 Joanne Parker
- 27 Rosalind Welder



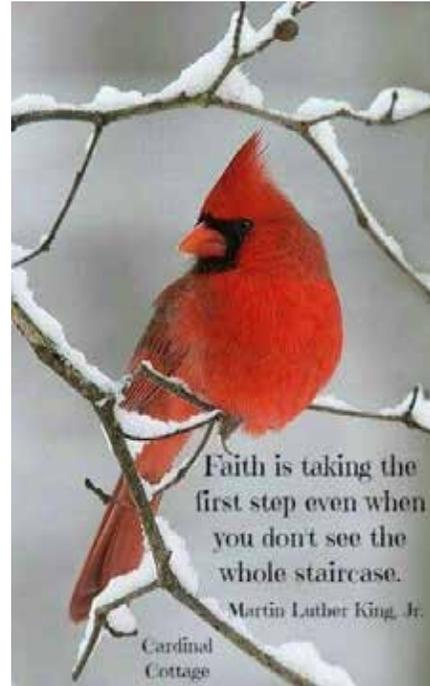
Celebrate February!

Birthdays

- 2 Paige Beal, Nick Komasa, Queeta Ramseur,
& Zachory Wilt
- 4 Skip Lowe Jr.
- 7 Tammy Heavner & David Ramsey
- 8 Rose Ellen Sain
- 10 Maddie Caldwell
- 12 Steve Morton, Betty Ann Oppelt
& York Rudisill
- 13 Cindy Hatley
- 14 Jon Drum
- 15 Bo King
- 16 Lance Wease
- 17 Bill Carter
- 18 Caroline Moore & Rodney Robinson
- 19 Vicki Nantz
- 20 Diane Hovis
- 21 Kenan Ballard, Sarah Hovis,
& Chad Sibert
- 22 Becky Grier & Peggie Shuford
- 23 Winnon Cashion
- 25 Mary Catherine Robinson & Peggy Sibert
- 27 Mike Cline & Kathy Dellinger

Anniversaries

- 18 Richard & Lynne Jonas
- 26 Tim & Karen Valentine



Therefore I tell you, whatever you ask for in prayer, believe that you have received it, and it will be yours. - Mark 11:24

In Your Daily Prayers, Please Pray for:

In your daily prayers, please pray for: Jim Barkley (relative of Jody Cronland), Jennings Benfield, Benjamin Brown (Page Abernethy's brother), Lou Ann Cain, Robbie Combs, Carolyn Dysart (Robbie Combs' aunt), Ed Hatley, Lee & Lois May Hoehne (parents of Kathy Douglas), Kermit Honeycutt (Tim Roberts' father-in-law), Laurie Johnson's brother, Family of Bobby Lockman (Joey Lockman's brother), David Lowe, Randy Ramsey, Claudia Rose (mother of Susan Taylor), Family of Brenda Turner (Sherry Reinhardt's mother-in-law)

NURSING FACILITIES: Nancy Boulware (Abernethy Laurels), Carolyn Dellinger (Brian Center), Mary Heavner (Abernethy Laurels), Judy Komasa (The Addison), Ken Marks (TerraBella Lake Norman), Mary Jean Rollins (Summit Place - Mooresville)

HOMEBOUND: Ron and Brenda Ballard, Elliott & Lou Beal, Winnon Cashion, Jo Huss, Donna Connor Morris, Queeta Ramseur, Mary Robinson, Verna Rufini, Shirley Smith

Updated COVID Response!

Due to the sharp and rapid rise in COVID cases and other viruses abounding, we are taking some necessary steps to help curb the spread. For the next several weeks, we are modifying our Worship by:

- *Asking that all wear masks while inside any building of First UMC*
- *Refraining from physical contact with others (i.e., shaking hands, hugging,...)*
- *Maintaining a safe distance from those who are outside of you family or close social groups*
- *Ceasing singing and spoke responses in worship.*

Rotate Sunday School Class Update

January got off to a great start in the ROTATE Class, as we have been learning different ways to pray. Despite missing one Sunday because of snow and ice, we've had some good lessons with our wonderful children.



For the month of February, we will be talking about the different types of love as depicted in the Bible. The schedule for February is as follows, and also includes our helper needs:

- Feb 6** - Eros Love – The love between a committed couple – Genesis 1: 26-28 – Need a story leader
Special Activity: Science – Magnets and attraction
- Feb 13** – Philios Love – Brotherly love – I Corinthians 13: 4-8 – Story: Whitney King
Special Activity: Craft – Need a craft leader
- Feb 20** – Agape Love – Unconditional Love – John 3: 16 – Need story leader
Special Activity – Music – Robbie Combs
- Feb 27** – SPECIAL ACTIVITY – Pancake Breakfast and beginning discussion about Lent. We will

teach the children what it means to enter into a time of reflection as we prepare for the Season of Lent. This activity will lead us into March, where we will discuss different Lenten practices and stories of Jesus:

Mar 6 – Craft/Story – Lenten Paper Chain – Resurrection Eggs

Mar 13 – Jesus in the Wilderness – Resurrection Eggs

Science: Temptation of Jesus in the wilderness

Mar 20 – Prodigal Son – Resurrection Eggs

Mar 27 – Lord's Supper – Resurrection Eggs

We are always looking for extra helpers to lead in either the story of other activities. If you feel called to assist, please contact Robbie in the church office.

New Worship and Small Group Study Series Coming

Beginning on February 27, we will begin a new worship and small group study series called Made for a Miracle, based on the book of the same title by Rev. Dr. Michael Slaughter, who will be our guest preacher for the Heafner Preaching Mission, March 13-15. Soon we will have copies of the book available for you to purchase to follow along in a small group study or maybe your Sunday School class. Please mark the Heafner Preaching Mission dates down and plan to attend. Also, invite a guest to come with you!

FUMC Stocks Food Pantry

Special thanks goes to our members who participated in this ministry of stocking the Christian Ministry Food Pantry in January: Vickie Andrews, Beverly Beal, Lois Lineberger, Wanda Lutz, Gayle and Jerry Park, Peggie Shuford, Liz and Paul Strachan, and Rosalind Welder.

Is Pledging Gone?

A Note on Stewardship

No. Not at all. We still have a lot of members who traditionally pledge financial support for the church and we will still solicit pledges during the

early part of 2022. We'll still encourage pledging, at least a part of giving, and will still seek to keep our church funded with both pledged and non-pledged income.

What we give is between us and God, as is how we give it. Pledges are confidential and tracked only for the giver's convenience. As we start what we all hope will be a positive New year for all, please give consideration to the gift you share, through the church, to all humanity. – Gordon Hubbell

At large Conference Delegates Needed

As of this time, Annual Conference will take place "in-person" at Lake Junaluska, from June 17th-19th. The district has put out an appeal for individuals to serve as "at-large" delegates. In agreeing to serve as a delegate, you are committing to attend the events, and to vote during business sessions. The district will be able to reimburse you \$100 to help cover expenses, but you are responsible for securing your own hotel and travel. If you are interested, please contact Pastor Tim or the church office.

Thank You, FUMC LINC Meals Team!

Our LINC Home Delivered Meals route is successful thanks to church members. Many members deliver meals to Lincoln County residents every Monday through Friday except holidays. A recent Lincoln Times News reminds us that "the drivers that deliver meals for LINC are often the only contact some of these people have with the outside world so in addition to nourishing food, LINC provides a check-in of sorts to those who are shut in due to illness, disability, or other reason."

Church members delivering meals are Steve and Lou Ann Cain, Kathy Dedmond, Kathy Douglas, Patsy Herman, Carl Henline and Rosalind Welder, Carol King, Whitney King, Kathy Kirksey, Rosemary and Tim Leonard, Wanda Lutz, Ron Metzger, Faye Morris, Peggie Shuford, Suzanne Peeler, Randy Ramsey, Nancy Rhyne, Alison Thompson, and Beth Wiseman. Also, Beverly Beal

packs meals for delivery.

LINC Home Delivered Meals is operated by Christian Ministry of Lincoln County.

Parish Nurse Notes

Aspirin has long been Americans go-to pill to ward off cardiovascular disease. But regular use may cause serious side effects, notably internal bleeding. In 2019, 28% of US adults 40 and older who had not had a heart attack or stroke were taking a daily aspirin to try to prevent it. This is based on a study of 50,000 people. Recent research has suggested that for many people, the risks of a daily aspirin may actually outweigh the benefits.

I personally have taken a 81mg aspirin for about 20 years. I have a history of atrial fibrillation is the reason I began taking aspirin on the recommendation of my cardiologist. I used the enteric coated aspirin which is dissolved in the small intestine instead of the stomach. A few months ago, I noticed a dark discoloration to my BM. I suspected bleeding in my digestive system, so I stopped the aspirin. Within a few days, the color of BM returned to normal. I think the bleeding was from small blood vessels in the small intestine. I then asked my doctor to order a COLOGARD test. It came back negative which meant there was no blood in my digestive system. I discussed this information with my cardiologist, and he concurred that I should discontinue the aspirin.

Research and medical information is changing constantly, so the health recommendations are modified as the information is obtained. I have shared my personal experience because I think that is most helpful in this situation. My recommendation is that you keep a watchful eye about your physical changes and notify your doctor when something is different. – Betty Parker, A.P.R.N. BC 704-435-9042

Financial Snapshot

December 2021 YTD Revenue	\$368,350
December 2021 YTD Expense	\$360,948
December 2021 YTD	\$ 7,402

Introduction to the Season of Lent

Believe it or not, the church's Lenten season is just around the corner, beginning with Ash Wednesday on March 2.

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. The English word "Lent" comes from the Anglo-Saxon word *lencten*, which means "lengthen" and refers to the lengthening days of "spring." In many other languages, the word used for this season refers to the 40-day length of the season (*cuaresma* in Spanish and Tagalog, *carême* in French, *quaresima* in Italian) or to the fasting that characterizes it (*Fastenzeit* in German, *fastan* in Swedish, *paasto* in Finnish, *posta* in Russian). The season is a preparation for celebrating Easter.

Historically, Lent began as a period of fasting and preparation for baptism by converts and then became a time for penance by all Christians. The First Sunday describes Jesus' temptation by Satan; and the Sixth Sunday (Passion/Palm Sunday), Christ's triumphal entry into Jerusalem and his subsequent passion and death. Note that the readings during Lent, until Passion/Palm Sunday, focus primarily on the meaning of baptism and discipleship, in continuity with the season's original purpose. Because Sundays are always little Easters, the penitential spirit of Lent should be tempered with joyful expectation of the Resurrection.

Holy Week is the final week of Lent, beginning with Passion/Palm Sunday and concluding with Holy Saturday. It is during these days that the readings focus primarily on the last days and suffering and death of Jesus.

The Great Three Days—sometimes called the Triduum or Pasch—from sunset Holy Thursday through sunset Easter Day are the climax of Lent (and of the whole Christian year) and a bridge into the Easter Season. These days proclaim the paschal mystery of Jesus Christ's passion, death, and resurrection. During these days, the community journeys with Jesus from the upper room, to the cross, to the tomb, and to the garden. They should be seen as a great unified service beginning with a service of Holy Communion on Holy Thursday and concluding with the services of Easter Day. These services may be connected with a prayer vigil lasting from Holy Thursday evening (or Good Friday) until the first service of Easter and may be accompanied by fasting.

In addition to the acts and services of worship on the following pages, see the two Great Thanksgivings for Lent in the Book of Worship (earlier and later, pp. 60-61 and 62-63) and the scripture readings for Lent in the lectionary.

Somber colors such as purple or ash gray and rough-textured cloth are most appropriate for paraments, stoles, and banners. Unbleached muslin cloth with red stitching is also appropriate. Remove all shiny objects from the worship area. Some may wish to omit flowers. Other visuals may include a large rough cross (possibly made from the trunk of the Chrismon tree) or a veil over the sanctuary cross.

Visuals for Holy Week may include red paraments, stoles, and banners, and symbols such as perfume, coins, a whip, a crown of thorns, a torn garment, nails, a spear, a sponge, or a broken reed. On Good Friday and Holy Saturday the church may be stripped bare of visuals.

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United Methodist Women Notes and News



The first executive board meeting of First UMC Lincolnton UMW was held January 9th. Many possibilities for 2022 were discussed including a possible restructuring of our group, how women's ministries fit into the new CLC, and of course, budget. Here are a few things for your consideration:

1. Re-examining our relationship with the district UMW
2. Re-organizing our current circles to maximize participation and opportunities to serve
3. Better understanding ALL the ministries and acts of services performed by the women of our church
4. Continuing our focus on service to our community beyond the church walls
5. Inviting and encouraging all women of the church to serve in whatever capacity works best for their gifts and talents, life, and available time

I am honored to serve on your 2022 1st UMC-L UMW Executive Board with the following fine ladies:

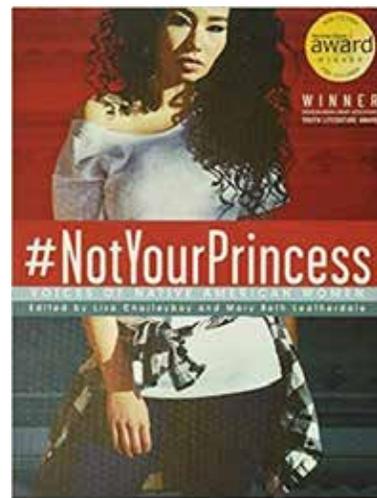
Vickie Andrews – Secretary
Chris Ausband – Treasurer
Kay Lowe – Mission Education & Interpretation
Kaye Waters – Social Action
Lisa Cherry – Program Resources
Betty Parker – Helen Combs Circle Chair
Joanne Parker – Ruth Quinton Circle Chair
Opportunity to serve – Jill Owens Circle Chair

Helen Combs Circle

The Helen Combs Circle will not meet in February. A decision about the March meeting will be made at a later date.

UMW Reading Program

Whether looking back to a troubled past or welcoming a hopeful future, the powerful voices of Indigenous women across North America resound in this book. In the same style as the best-selling *Dreaming in Indian*, *#NotYourPrincess* presents an eclectic collection of poems, essays, interviews, and art that combine to express the experience of being a Native woman.



Stories of abuse, humiliation, and stereotyping are countered by the voices of passionate women making themselves heard and demanding change. Sometimes angry, often reflective, but always strong, the women in this book will give teen readers insight into the lives of women who, for so long, have been virtually invisible.

This book can be found in the Leadership section of the UMW Reading list.



Memorials and Honorariums

A gift to the church has been made in honor of Jennings Benfield and in memory of Peggy Benfield by Lori Ann Benfield

In memory of those who passed away in 2021: Carol Connor, Phyllis Hoffman, Kelly Edwards, Anna Land, Sherry Noles, Blake Ballard, Mary B. Abernethy, Doris Lail, Hazel Robinson, and Bob Rankin by David and Kay Lowe

In memory of Jerry Herman, Carol Connor and Pam Metzger's mother by Michael and Letha Owen

A Gift to the Bereavement Fund, given in honor of Jane Finger and Joey Lockman by members of their Griefshare group.

The Right Mixture - continued from page 1

suddenly dawned upon me that I was the one moving forward and it was not my truck that was sputtering; it was that candy-apple red, 1966 Mustang convertible with the 289 small block engine and white pony interior! As I proceeded on, I saw my dream car sputter into a side street where I knew the driver would then open his hood to wonder why his prized possession would be acting up like it was. Of course, anyone with minimal car knowledge (of which I consider myself to be the posterchild) will begin to surmise that the culprit is the carburetor.

The carburetor is a component that is rarely found on cars today, having been replaced by the fuel injection system. Its purpose is to mix the right amount of gas and air to support combustion. If too much gas is in the mixture, the engine runs "rich" and will not perform right. If there is too much air in the mixture, the engine runs "lean" and will fail to perform right. For optimum performance, the right mixture of both gas and air is required.

I believe James, the writer of a Biblical letter, would understand this concept. He used a similar postulation in reference to our faith and how we live it out:

James 2:14-17

14 Dear brothers and sisters, what's the use of saying you have faith if you don't prove it by your actions? That

kind of faith can't save anyone. 15 Suppose you see a brother or sister who needs food or clothing, 16 and you say, "Well, good-bye and God bless you; stay warm and eat well" -- but then you don't give that person any food or clothing. What good does that do? 17 So you see, it isn't enough just to have faith. Faith that doesn't show itself by good deeds is no faith at all -- it is dead and useless. - (NLT)

So how does this relate to a carburetor? Think of it this way: If we say we have faith (air) but it is not combined with the right amount of action (gas), what good is it? It gets us nowhere. Similarly, if our action (gas) is not mixed with a right amount of faith (air), then again, we are at a loss in our performance.

So, in essence, for us to have optimum performance in our lives as followers of Jesus, we must combine both faith and action. When we do so, our lives will show it as we live it out.

Godspeed,



201 East Main Street
Lincolnton, NC 28092

Sunday School at 10 am

Service at 11 a.m. each Sunday.

Office Hours: 9 a.m. until 1 p.m.: Mon.-Thur.

Office: 704.735.7489

NEW Email: firstumclinc@gmail.com

Website: fumclincolnton.com



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Due to an increase of COVID numbers in the county, it has been decided to cancel blood pressure screenings in February. A decision about blood pressure checks for March will be made at a later date.

Events this coming month

GriefShare meets every Monday at 10 a.m. in the Philathea Class (behind the sanctuary)

Lincolnton Rotary Club meets every Monday at 11:30 a.m. in the Fellowship Hall

