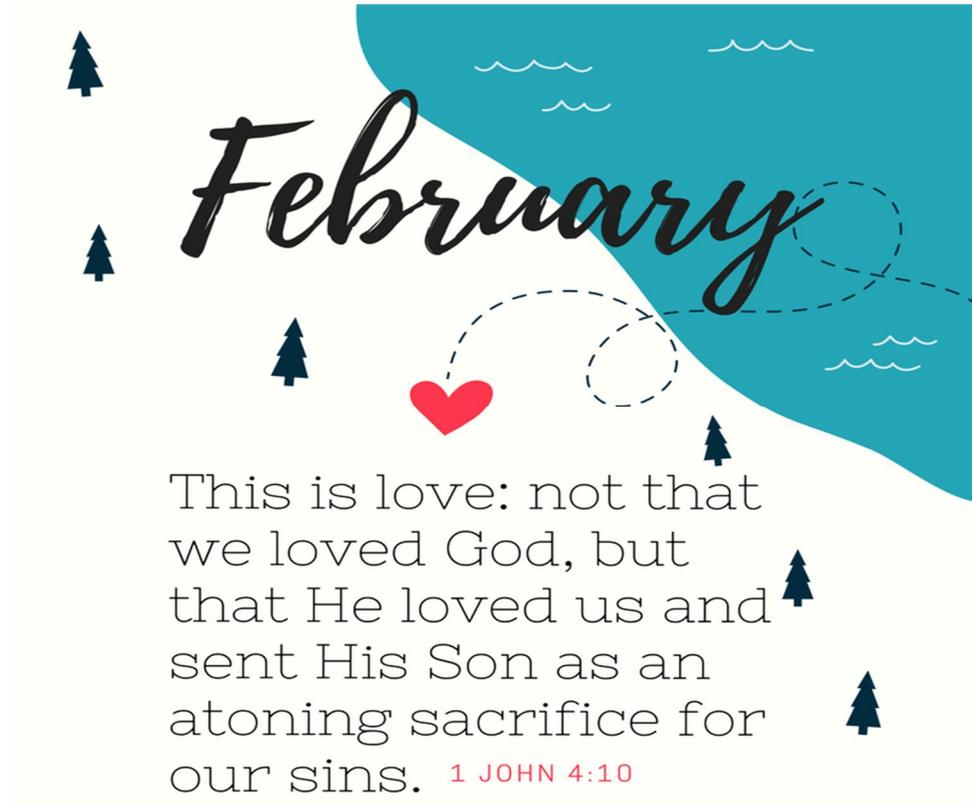


# The Methodist Messenger

In the Spirit of John Wesley

*“Bringing faith into life by loving God  
and all people as God loves us”*



This is love: not that we loved God, but that He loved us and sent His Son as an atoning sacrifice for our sins. **1 JOHN 4:10**

February 2018

First United Methodist Church  
505 N. Redington Street  
Hanford, CA 93230

Office (559) 584-4075 Fax (559) 584-5438  
E-mail [office@fumchanford.org](mailto:office@fumchanford.org)

Office Hours: Monday through Friday, 10:30 a.m. to 1:30 p.m.  
Pastor's Office Hours: Tuesday, Wednesday, & Thursday 11:00 a.m. to 2:00 p.m.  
Pastor Cynthia Stateman: [pastorc@fumchanford.org](mailto:pastorc@fumchanford.org)

## Notes for the Journey

Someone once said that to recognize the signs of God, pay attention to your stirrings. Look closely when you feel the swell of joy within, or the tightness as your throat closes up in sorrow. Live in that moment, poke around in its corners, and feel the texture of its walls. Sit with it for awhile, long enough to sense the presence of God sitting with you. For many of us, this attention falls in the realm of discipline. We are so consumed with the goings-on around us that slowing down and looking inward requires a determined act of will. For Christians, Lent is a time to do exactly that.

Beginning 40 days before Easter, Lent has traditionally been a time of looking inward, a time of self-evaluation and self-examination in order to identify one's sins and go through a process of repentance and renewal. Many Christians have fasted during portions of Lent, others have found ways to mark the days by "giving up" something that is particularly delightful to them, even if not sinful. For some it's giving up sweets or red meat, for others cigarettes or alcohol, habits which oftentimes are picked up again when Easter rolls around.

In recent years, there has been less emphasis on *giving up* and more emphasis on *taking on*. Some will choose to go to church more often, or serve the poor, or be more disciplined in meditation.

As you work through the days and weeks of the Lenten season also keep in mind three things that may help you develop interior peace:

First, **live attentively**. The Buddhists call this *mindfulness*. All it means is to be aware of life. Hear the silence of the snow. Feel the cracks in the earth. Look into one another's eyes. Pay attention to every single moment and that moment alone. Feel it. Take it into your bones. Let it transform you.

Second, **learn to let go**. Start to simplify your life. Simplify your possessions, your thoughts, your desires, your expectations. When you can let go, your arms are open and ready to receive all the good things God longs to give you.

Third, **develop intimacy with God**. Gather in yourself a phrase or thought such as: "lead me, guide me," or "peace within, peace without." Choose something that is meaningful to you. Let the thought or phrase filter through your heart and mind throughout the day. Say it when you stand in the grocery line, when you eat your lunch, when you scrape ice off your car. Let it settle deeply in your heart so that it can work from within to bring you into closer intimacy with God.

Lent need not be a time to live in guilt and shame. Instead it may be a time when we find ourselves in the place where we pay attention to our stirrings—in that place of deep stillness where the hunger of our souls and the heart of God meet.

Blessings,  
Pastor Cynthia Stateman

## **Buildings and Grounds Report**

By Jim Gregory

Rivera's Air installed a 20,000 BTU cabinet style furnace in the church office. The furnace is turned off and on and the temperature setting is on a thermostat on the wall above the furnace. The furnace is hooked up to the existing exhaust vent. The new gas furnace is a nice upgrade for providing heating in the office, and it is a smaller size than the original furnace.

Champi Fence installed the two new courtyard gates and attached seven-foot tall fencing.

A rechargeable leaf blower has been donated and is in a narthex closet. Its intended use is to blow leaves from the exterior deck and steps outside the sanctuary doors, prior to church service.

A propane heater was rented from ACTION Rentals to provide heat for Founders Hall for Jim Taylor's memorial service luncheon. It performed well for temporary service.

Handyman Randy McNary replaced the acoustical ceiling tiles in the corner of the pastor's office, which had water damage.

Randy removed the three east windows to Millie Kraft room. Once the custom windows are made and available, Kings County Mobile Glass will install them.

A lock has been installed in the door of the janitor supply closet in Friendship Room.



# United Methodist Women

FAITH • HOPE • LOVE IN ACTION

Hi all, please come and join us at our upcoming meetings.

\*Executive meetings are first Thursday of the month at 2pm, our next one is Feb 1, 2018

\*General meeting Feb 18 at noon, our next one is Feb 18 at noon.

\*Central Valley District United Methodist Women Spiritual Retreat Episcopal Conference Center Oakhurst (E.C.C.O.) March 9, 10 and 11 (Friday, Saturday & Sunday), 2018, scholarship are available, as soon as I get my computer to work, I will post a flier on the hall bulletin board

\*Mission u events are:

Aug 4 Korean UMC Santa Clara Valley San Jose

Aug 10-11 Trinity UMC Chico

Aug 17-19 Wesley UMC Fresno

I am looking for volunteers to help. I will be putting information on the bulletin board about cost, etc.

\*I want to say thank you for your prayers, I am slowly healing from my shoulder replacement surgery. \*Please also pray for Delfa Randels

\*Suzanne Garcia would like letters and prayers, she is feeling depressed and wants to stay connected to her church. Her mom said that Suzanne felt at home when she attended our church. Her address is:

Suzanne Garcia-#WF8547P

FCRF, C/ 644

P.O Box 1488

McFarland, Ca 93250

(McFarland Prison)

You UMW local president

Andrea McDonald 360-4477

# UNITED METHODIST MEN

In February, the monthly dinner meeting of the United Methodist Men falls on Monday the 12th. Please let me know if you are planning to join us so we can get enough dinners ready.

- David Beeman, 584-7510

[dpbeeman@icloud.com](mailto:dpbeeman@icloud.com)

By the way, in January we took a few minutes to look into Life Tree Café. We learned you don't get food; it is a conversation café. If you get there on time you'll see a short video, and then you'll get time to talk about it. The seating is in small groups, like three or four to have your conversation. And the topics change every week.

This was relevant because Life Tree Café has begun operation here in Hanford. It started meeting in January, and the topics so far have included

Dreams not fulfilled, living with Alzheimer's in the family, and The Future.

The other thing you get is a preview of the following week's topic in case you want to invite somebody to talk about that topic with you. That's the only way I know (so far) to find out the next topic.

And Life Tree Café has been happening on our church campus, so the place and time should be in this newsletter.

## **WORSHIP CONNECTIONS**

<u>Worship Coordinator</u>		<u>Coffee Hour</u>	
<b>February 4:</b>	Chris Payne	<b>February 4:</b>	
<b>February 11:</b>	Cat Barclay	<b>February 11:</b>	
<b>February 18:</b>	Peggy Gregory	<b>February 18:</b>	
<b>February 25:</b>	Mary Jane Gozun	<b>February 25:</b>	
 <u>Lay Worship Leaders</u>  			
<b>February 4:</b>	Vicki Beeman		
<b>February 11:</b>	Patty Ferrell		
<b>February 18:</b>	Cat Barclay		
<b>February 25:</b>	Larry McDonald		
 <u>Ushers</u>  			
<b>February 4:</b>	Jim Gregory, Mike Bertaina		
<b>February 11:</b>	Creed Cavazos, Mike Bertaina		
<b>February 18:</b>	Creed Cavazos, Mike Bertaina		
<b>February 25:</b>	David Beeman, Jim Gregory		
 <u>Counting Team</u>  			
<b>February 4:</b>	Sue Hensel, John Meadows		
<b>February 11:</b>	David Beeman, Jim Gregory		
<b>February 18:</b>	Sue Hensel, Karen Shoemaker		
<b>February 25:</b>	Vicki Beeman, Patty Ferrell		



### **Ministry Support Team (MST)**

MST is the leadership group in our church that is tasked with caring for our resources; money, staff and building. They meet every second Thursday of the month at 6:00 p.m.

**At FUMC Hanford, we take the vows of membership very seriously. We have promised to uphold the United Methodist Church through our prayers, presence, gifts, service and witness.**

***Please keep the following in your prayers this month:***

**Prayers of Health Concern**

Andrea McDonald, Marilyn Peden, Dorothy Jensen, Bonnie Peters, Mark Dickenson and Jan Junell.

**Other Prayer Requests**

Prayers for the victims of natural disasters and of violence across our nation and *in all parts of our world*. With Christians around the world, we pray for peace with justice and for health, safety and well-being of our neighbors near and far. Thanksgiving for all the church volunteers;

Prayer for: For Dianna Newton and the Castanon family for their wellbeing; for the health, healing, comfort and well-being for Andrea McDonald, Jessica Maris' mother, Peggy Gregory's brother, Steve Frazee, Bob & Jan Junell on the recent passing of her father, Jim Taylor, Marilyn Peden, Jennifer Wagner, Sherrie, Dorothy Jensen, Bonnie Peters, Mary Durham's family, her nephew Charles Gifford in Texas, having by-pass surgery on January 6, 2017, her friend, Casey Lehtinen in Texas, enduring extensive bone cancer treatment, her friend Ann Eitinger & family; and all of their families & loved ones.

# Depression Group

*“Love Yourself To Wholeness”*

**Patricia George-Group Leader**

- B.A Music • PhD Life • Teacher • Musician • Writer/Artist •

[patricia.george91@yahoo.com](mailto:patricia.george91@yahoo.com)

Cell 559 309-6928

Bring a spiral notebook for taking notes and for journaling  
We meet in my home, so come prepared to take off your shoes  
(you are welcome to bring your slippers or just wear socks)

**What happens in this group?**

- sharing stories • discovering tools to manage depression •
- exploring the human condition •

**Who is welcome?**

God centered people of all faiths, backgrounds and ages

Wednesday Nights

7pm – 8:30pm

**Prayer Group**

Come refresh you spirit as we join together to lift up the joys and concerns of our lives and of the world to the One who loves us all.

Thursday Nights

5pm – 6pm

**Lifetree Café!**

**Explore Life – Meet Friends – Experience God**

Lifetree Café is a weekly, hour-long interactive experience that features real people’s real stories on film, guided conversation, biblical insights, and time to build relationships. Simply put, it’s a “conversation café”—a place and time for people to gather weekly to experience stories and talk about thought-

# SECOND SATURDAY®

The Central Valley District Council on Ministry Presents 2018 2<sup>nd</sup>  
Saturdays! Save The Dates!

**First UMC, Hanford**  
505 N Redington St., Hanford, CA 93230  
9am-3pm

**February 10**  
Basic Lay Servant Training

**April 14**  
Prayer  
UMVIM Training

**June 9**  
United Methodist Heritage and Polity

**August 11**  
Preaching II  
Basic Lay Servant Training

**Board of Discipleship**

BOD is the "Think Tank" of our church at which all church participants dream and suggest programs to help us all in our journey of faith and service.

At the BOD meetings everyone is welcome to bring an idea or a concern about any of the following practices:

- Worship
- Christian Education
- Service to the Community
- Mission and Outreach to the World
- Spiritual Growth
- Social Activities in the church
- Youth Activities
- Meetings are always on the 1st Wednesday of the month

**Next BOD meeting:**

**February 7 @ 3:30 p.m.**



**Episcopal Church  
Soup Kitchen  
Canned Food Drive:**

This a great opportunity to help in our community but will not be possible without your support, so please join our church in this battle against hunger. **Please no expired items.** There's a container in the main entrance where you may drop off your donations. Thanks again and God

**Peden's Family Cookbook  
For Sale \$20**

Makes a great gift this holiday season! Books can be purchased through church office.



The United Methodist Committee on Relief (UMCOR) is already on the ground in response to Hurricane Harvey. And Hurricane Irma

Donations can be made to this church and we will send them on the UMCOR. Write "HURRICANE" on memo line.

Flood Buckets for cleaning up are \$65, but all donations are welcome and will be added to the clean up and rebuilding efforts.

—○—

JOIN US FOR

**WORSHIP**

the 2nd & 4th Sundays  
of the month

at 2:00 p.m. at

**HANFORD  
POST ACUTE**

1007 W. Lacey Blvd, Hanford

—○—



LAUNDRY LOVE IS A COOPERATIVE EFFORT AMONG SEVERAL CHURCHES IN OUR COMMUNITY TO OFFER A REGULAR OPPORTUNITY FOR PEOPLE WHO ARE STRUGGLING FINANCIALLY TO COME AND DO THEIR LAUNDRY. LAUNDRY LOVE PROVIDES SOAP, MONEY FOR THE MACHINES AND FELLOWSHIP.

Our next Laundry Love event is planned for  
**Thursday, February 15, 2018**  
**from 3-8 p.m.**

Volunteers are needed! Talk with Peggy Gregory or just come on by!

**Shower Ministry**

for the Homeless at The Hanford Pentecostal Church has been wonderful.

**Thank You to everyone  
who has donated.**

We will continue to collect in the coming months. Put items in the Narthex.

Needs: *Shampoo, Tooth Brushes, Toothpaste, Talc or Baby Powder, Terry Bathmats*



**Mission Service  
Opportunity**

Friday, February 16, 2018

8 a.m. to noon

Salvation Army

380 East Ivy Street

*Join us in helping distribute  
fresh food to those in need  
in our community.*

*Volunteers are needed!  
Many hands make light work!*