

The MESSENGER

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Sunday, February 10, is Boy Scout / Cub Scout Sunday at our Church as we host boys and young men with their families in our 10:45 worship service. Let's be sure we are prepared to speak and welcome others among us on this special day!

A publication of Steele Memorial United Methodist church

A SPECIAL GENERAL CONFERENCE for the United Methodist Church

As some of you know, clergy and lay members representing their United Methodist churches from around the world will meet in St. Louis, MO from February 23-26, to address a contentious debate over human sexuality that has been brewing for more than 30 years within the Church. At the center of this current debate is whether church policy within the United Methodist Church will be changed, allowing gay clergy to be ordained and appointed within our churches and whether United Methodist Churches will permit same-gender marriages in their buildings.

Because the sides are so obviously split over orthodox Wesleyan theology and a more progressive theology, a few petitions to reach the special conference has to do with church congregations exiting from the United Methodist Church.

It's impossible to know, at this time, how the Church will move through the proposals before them. Those who are interested in following the most current news can log onto the UM News website: www.umnews.org

To You Who Bring Small Children to Church [Copied: (Author Unknown)]

There you are sitting in worship or Bible study. Your child, or toddler, is restless. Perhaps they're even a little boisterous. You try to shush them, and nothing. You try to pacify them with food or toys, and nothing. Eventually you resort to the last thing you wanted to do: you pick them up, and before a watching audience, you make the march out of the room. All the while, you're a little embarrassed. Maybe you're a little frustrated too. You might even think to yourself, "There's no point coming to church. I get nothing out of it because I have to

constantly care for my kids."

I want you – you mothers and/or fathers – to know just how encouraging you are to so many. The little elderly woman who often feels alone beams with a smile at the sight of you wrestling with your little one. She's been there before. She knows how hard it can be, but she smiles because to hear the sound of children brings back precious memories. To see young parents and their small children brighten her day, and she may have just received bad news this week about her health,

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**MARCH 31st**

Meet & Greet
Gymnasium
10:15 AM

APRIL 21st

**Easter Sunday-Sunrise
Service**
6:30 AM
Easter Breakfast
7:30 AM

JUNE 9th

Pentecost Dinner
New Fellowship Hall
6:00 PM

AUGUST 18th

**Ice Cream Social, Bake Sale
& Corn-Hole Tournament**
Church Picnic Shelter
5:00 PM- Corn-Hole
6:00 PM- Ice Cream/Bake Sale

SEPTEMBER 29th

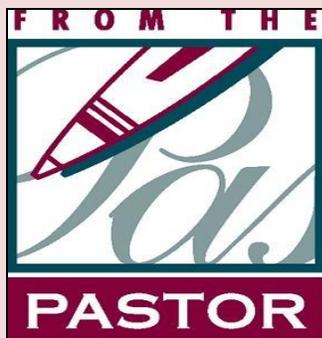
**Church Picnic & Corn-Hole
Tournament**
Church Picnic Shelter
5:00 PM- Corn-Hole
6:00 PM- Dinner

NOVEMBER 3rd

**Pizza, Popcorn & Movie
Night**
New Fellowship Hall
6:00 PM

DECEMBER 1st

Holiday Dinner
New Fellowship Hall
5:00 PM
Hanging of the Greens
6:00 PM.



February: A Month For Love

In her book *"An Unfinished Marriage,"* Joan Anderson (2002) puts it this way: "It's through trial and error, yielding and resisting, retracing and reinventing, dependence and interdependence we assemble our lives together. Love's deep realization is in the growing, struggling, longing and reaching toward what is possible and living fully in the here and now." (p. 138)

"[Cherishing each other] is the melody that makes a marriage sing."

If you want to be fully satisfied in your marriage, if you want your wife to feel cherished, then mentally treat your wife like Eve. Let her be, in your mind, the only woman in the world. Say with King Solomon, "My dove, my perfect one, is the only one." (Song of Songs 6:9, ESV)

Remember that day when your bride walked down the aisle and you lost your breath seeing your woman in all her glory, marching forward to give herself to you? No one else existed for you at that moment. No other woman came to mind. Everyone else was background furniture compared to the glorious bride who was about to become your wife.

This doesn't have to be a once-in-a-lifetime experience. It can be a daily reality. To cherish our wives this way, we have to mentally choose to not look at any other woman that way. Gary Thomas wrote, "I prayed early on in my marriage: 'Lord, let my wife define beautiful to me. Let her be the standard for what I find most attractive.' God has answered this prayer. However [my wife] is, this what I am most attracted to." (*"Cherish Your Wife"*)

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REMIND!

The Church will be using a simple tool to help spread news by sending a text to those who sign up to use the Remind app, a handy program that will allow us to let the congregation know if we have to cancel a program or Sunday worship due to sudden or extreme weather conditions. In order to be included in the messaging, you must do the following:

- send a text: type **81010** as phone number.
- with **@church733** in the text message box – and *send!*

If you would rather receive the message by email, send a blank email to church733@mail.remind.com.



NEWS FROM THE HIVE



We hope everyone is staying warm through these cold winter months! February's Bible story is David & Goliath, our Bible verse is "Psalms 23:1 The Lord is my shepherd. I have everything I need.", and our mission project is collecting pet supplies for local animal rescues. This month we will have a Busy Bees Birthday Bash. On this day we celebrate everyone's birthday by having cupcakes and ice-cream AND we all get to open our own birthday gift! Also, this month we celebrate Valentine's Day with a party and exchange Valentines with our friends. During our party we all get to run a giant obstacle course that is set up in the gym. It's so much fun and it helps us work on our coordination, gross motor skills and spatial relation skills. Our older classes celebrate the 100th Day of School this month with many special counting activities.

Reminder community registration is next month! All new families must meet with the director prior to registration. If anyone is interested in a meeting, I can be reached at 304.638.2611 or email me through the website, <http://www.busybeeswv.com/index.html>.

Thank you for your continued prayers. We love our Steele Memorial family!
 —Mary Howerton



Women's Fellowship

UNITED METHODIST WOMEN

If you are looking for a fellowship of believers to help strengthen and deepen your individual spiritual growth; then come join one of the circle study groups. We meet **ONE TIME EACH MONTH**, and share a wonderful fellowship of study and service.

- The **LYDIA CIRCLE** meets in the church Parlor at 1:00 PM on the **SECOND** Thursday of each month.
- The **ESTHER/RUTH CIRCLE** meets on the **THIRD** Thursday of each month at 7:00 PM in the Old Fellowship Hall. Their current study is *A WOMAN'S GUIDE TO HEARING GOD'S VOICE* by Leighann McCoy. In this study, the author shares that although God doesn't usually speak audibly, He is always speaking to us. The hard part is learning how to listen to His still, small voice. And it is during times of trial or heartache that the Lord most wants to communicate and assure us that He is with us, and at work in our life. This study challenges us to take hold of God when our faith is shaken. We invite you to COME - join us in this study, and in our journey to serve - IN JESUS NAME.

ALL-STARS 4 JESUS!

"Do everything in love."

1 Corinthians 16:14

All-Stars 4 Jesus have a heart and are lending a hand as we help fill Valentine Blessing Bags with "hugs" and "kisses" - Hershey chocolates!

Our 2nd jug of "pop" tabs has been filled for the Ronald McDonald House.



Each ALL-STARS class will exchange Valentines with their class on Wednesday, February 13th.

MISSION TEAM

MISSIONS HEADLINES

Look at what we are doing:

Looking back over 2018, let's highlight some of the local organizations that Steele Memorial continues to support on an ongoing basis:

- **ECCHO** - the Eastern Cabell County Humanity Organization was founded in Milton almost 40 years ago to meet the needs of those in eastern Cabell County. With the continued support of area churches like Steele Memorial, numerous business organizations, and private donations, ECCHO has continued to provide food, clothing, toiletries, school supplies, etc. to over 500 different families each month. As a church we were able to not only supply over a 1,000 food items with our ECCHO food box that highlights a particular item each and every month, but also with \$500+ with cash donations from our Sunday School Classes and private donations. The "angels" on our Angel Tree at Christmas are given to us by ECCHO. Steele Memorial supplied over \$600 in food cards to ECCHO families at Thanksgiving and also at Christmas. Many donations to our clothing closet are sent to ECCHO. Thanks to everyone who takes the time to support a wonderful, local organization.
- **EMOGENE DOLIN JONES HOSPICE HOUSE** - the house was built in 2006 by Hospice and designed to be a home away from home a loved one needs care that cannot be provided for at home. Steele Memorial along with other area churches donate snack items on a monthly basis that are provided free to the residents and guests in their communal kitchen area. A small way in which we show God's love during a difficult time.

Also included in the list of local organizations are: **Recovery Point, Pretera, Huntington City Mission, Mildred Bateman Hospital, Ebenezer Community Outreach, Marshal University Campus Christians,** and the **Boy Scout Troops** that use Steele Memorial as their meeting spot.

THANKS to everyone who contributed in whatever way to any of these institutions....May God richly bless you in your generous giving.

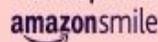
As we prepare for the year ahead, if **YOU** have a heart for missions and helping meet the needs of God's people, make plans to attend our upcoming Mission Team meeting.

"Carry each other's burdens and in this way you will fulfill the law of Christ". Galatians 6:2

-Gina, Kay, and the Mission Team

Share the love

Shop for your Valentine
at [smile.amazon.com](https://www.amazon.com/smile) and
Amazon donates.

You shop. Amazon donates.






February

BIRTHDAYS

- 2nd Cathy Conard
- 3rd Chandler Call
Jack Nichols
Stephanie Taylor
- 6th Kathy Lester
- 9th Harvey Morrison
- 11th Mark Call
Elayna Conard
- 12th Ernestine Blake
- 16th Betty Beckett
Brandon Childers
Sherry Paugh
- 17th Colleen Johnson
- 18th Phyllis Griffith
Kim Schmidt
Christie O'Bryan
- 20th Chad Fisher
- 23rd Jim Reiter
- 25th Bobby Bannister
- 27th Lilly Smith

February

ANNIVERSARIES

16th
Marvin & Doris Staton

CABIN-FEVER PARTIES: ENGAGE Your Friends for Christ!

Doesn't this winter grey get a bit old in a hurry?

Do you get tired of doing the same old thing day after day?

One way to break up the monotony and participate in the mission cycle of the Church is host a *Cabin-Fever Party!* Yes, don't we all get a little tired looking at the same four walls this time of year? A *Cabin-Fever Party* is an opportunity for you and another couple in the Church to host a game night, movie night, cookie baking party, or share a recipe with other couples in your home!

Pray for guidance, asking God to nudge you with the names of one or two other couples and do what you can do so naturally – plan a get together!

The ministry focus for this winter is to ENGAGE other un-churched people in order to build new friendships. You don't even have to share the 5-Steps to Salvation; just work on friendships! It could be another parent whose child attends school with yours or someone with whom you talk in the neighborhood. Plan a "date" to meet together – and follow that gathering up with prayer as you ask God to teach your new friend about His grace and love! It's the least we can do in our spiritual journey with faith!



REACHING NEW PEOPLE

The central mission of the church is to go and make disciples, "Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost." *Matthew 28:19*. John Wesley believed that the "world was his parish". Our church needs to look at our whole community as our parish. We need to build allies in the church and in the community to foster an effective disciple-making initiative. We need to ENGAGE others on their turf. Go where the crowds are located such as community events.

The church faces a change today; it's no longer the culture center of communities. The church of today has to find ways -strategies of taking the church into the community, this will take new skills and new ways of thinking.

Upcoming events:

FEBRUARY

- Valentine Appreciation Blessings Bag Hand-Outs
- Cabin Fever Party (No date at this time)

MARCH

- Cabin Fever Party (No date at this time)
- Legends Luncheon (bring a friend) – March 21st at 11:30 AM (Location to be announced)

APRIL

- Cook-Out for Scouting families, our church picnic shelter – April 29th at 5:30 PM

MAY

- Appreciation Luncheon/Cook-Out for The Village of Barboursville workers – May 24th 11:00 AM to 1:00 PM at our church Picnic Shelter.

-Jack Perkins





THE WINTER-TIME BLUES

Dear Friends,

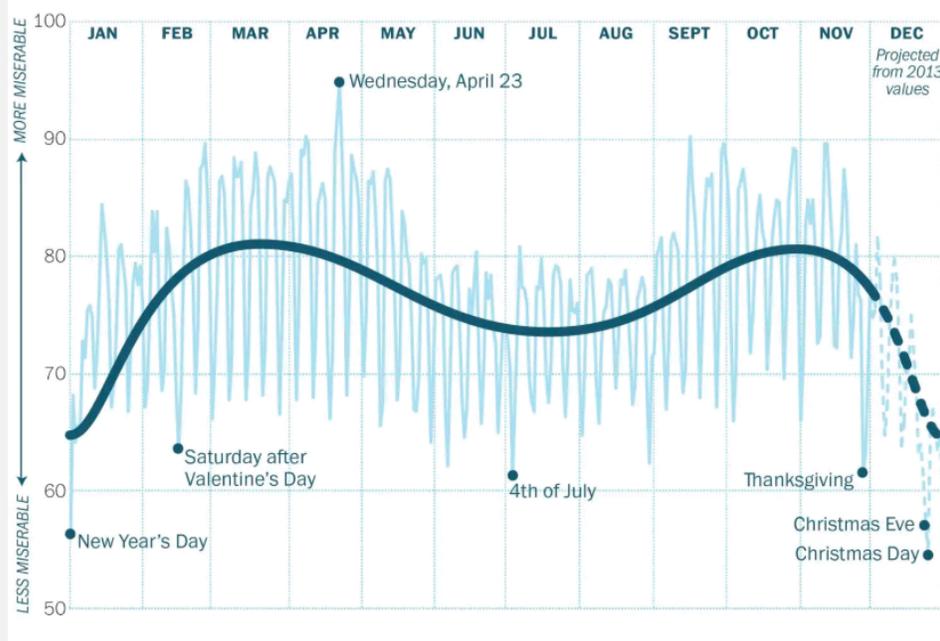
[I'm writing this on the threshold of the worst week of winter about to attack our area. They've called it a "Polar Vortex."]

This is a message for those who feel an increase in depression and anxiety at the start of the year. If you are like most Americans, you likely made New Year resolutions about all aspects of your life – your diet, relationships, and your mental health, among others.

It is not uncommon to ultimately fall short of your goals early in the year. If you are already struggling with your resolutions, you may double down on self-pity and self-loathing. Look at this "Misery Index" chart created by Google Search Trends studied in 2014 and published in the Washington Post.

Daily Misery Index, 2014

Higher numbers = more search interest for "depression," "anxiety," "pain," "stress" and "fatigue."
Light blue line (—) shows raw value, darker line (●) shows trend.



WASHINGTONPOST.COM/WONKBLOG

Source: Google Trends

It is no surprise that January and February see huge spikes in depression and anxiety. If you have sensed a heightened awareness of depression and/or anxiety, you are certainly not alone.

In fact, about 1 in 6 U.S. adults suffer from significant forms of anxiety. That is about 40 million Americans – the population of the state of California. Left untreated, anxiety will not go away, and will likely get worse.

But most who struggle with depression and anxiety do not seek help. That is truly unfortunate because both are very treatable, and many major insurance carriers now cover most, or all, of treatment.

Let's look at a couple of things you can do personally to help with your anxiety.

How to Positively Affect Your Depression and Anxiety in February.

Commitments vs. Resolutions. Therapists often encourage clients to make commitments to improving, instead of resolutions. While it can seem to be semantics, most believe that committing to a specific pledge, promise or obligation is more effective than a resolution. Instead of resolving to "get in shape" or "lose 10 pounds by March," commit to actionable specifics that you can measure.

Examples include commitments like "I will complete 30 minutes of cardio activity four times a week." I will "consume 30 grams or less of sugar every day." Or "I will do ten minutes of positive talk every morning before eight am."

Understand Anxiety. Do you know the symptoms of anxiety? Understanding symptoms can help you better determine if treatment may be needed.

Do You Know the Different Types of Anxiety? There are many different types, some you might recognize well ... others not as much. Knowing how your symptoms associate with known types of anxiety can be helpful in understanding why you feel the way you do. It can also help you determine if treatment may be appropriate for you.

A Place of HOPE Anxiety Resources. I have included two good articles below that address General Anxiety Disorder and Overcoming Severe Anxiety. There are also additional re-sources on the Anxiety section of our website, including an Anxiety FAQ section.

[See our church web site for the link and further reading.]



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This may be a new mind-set for some of you! But just because it's a new way to think doesn't mean you should resent it. The New Testament in the Bible is filled with the instruction to "set your minds" on healthy thoughts with new ways to think!

- "We take every thought captive to obey Christ." (2 Corinthians 10:5)
- "Seek the things that are above, where Christ is... Set your minds on things that are above, not the things that are on earth." (Colossians 3:1-2)
- "Do not be conformed to this world, but be transformed by the renewing of your minds..." (Romans 12:2)

One of the marks of an immature man is that he wants to do things his way, whatever the cost, believing this makes him a genuine man; his own man! But, we can't be our own man. We belong to God! We are created in His image and He has a great desire to shape us into the image for which we were created!

A great man is a humble man who gives himself to serve the Lord, allowing his heavenly Father to form him in His own glory!

Our lives are shaped by the things we desire.

– Thomas Merton

A Collection of Facts, Figures, and Quotes:

88% of Americans say the most important reason for getting married is love (followed by: making a lifelong commitment, companionship, and having children).

— Pew Research Center (2018). 8 facts about love and marriage in America. Retrieved from Pew Research Center.

Same-sex marriage is becoming more and more supported by society.

— Pew Research Center (2017). Support for same-sex marriage grows, even among groups that have been skeptical. Retrieved from Pew Research Center.

The number of adults who cohabit is increasing every year.

— Pew Research Center (2017). Number of U.S. adults cohabiting with a partner continues to rise, especially among those 50 and older. Retrieved from Pew Research Center.

40% of marriages include partners that are remarrying.

— Pew Research Center (2014). Four-in-ten couples are saying "I do," again. Retrieved from Pew Research Center.

43% of college women who date say they have experienced violence/abuse while dating.

— Love Is Respect (2010). Dating abuse statistics. Retrieved from Love Is Respect.

"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things." – 1 Corinthians 13:4-7

"Practice saying no to the things that are not good for you and, over time, you will find it easier to do." – Daniel G. Amen, M.D. (physician, author, and speaker)

"... We are designed brain and body to only think good thoughts and be in health (3 John 2) and that toxic thinking ravages the brain and body in the same way sickness ravages the brain and body." – Caroline Leaf, Ph.D. (cognitive neuroscientist, author, and speaker)



UNITED METHODIST GENERAL CONFERENCE REPORT

Bishop Sandra Steiner Ball will lead debriefing sessions for clergy and laity following the Special Session of General Conference. There are four options listed below; it's only necessary to attend one. Please consider car-pooling to the events.

Clergy Meetings:

- March 2, 2019 at St Marks UMC in Charleston from 10:30 - 12:30 or
- March 8 at Avery UMC in Morgantown from 4pm - 6 pm.

Laity of the Western District:
March 16, 2019 at Community of Grace from 4 pm - 6 pm.

Clergy and Laity together – March 9, 2019, 1:30 - 3:30 p.m. at John XXXIII Retreat Center in Charleston.

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but seeing the vitality of young ones removes – if but for a moment – her fears.

The older man who always seems to be grouchy notices you too. He's always talking about how children in this day have no respect or sense of good. But, he sees you – a young family – in church, and you don't miss any gathering. Like clockwork, he can depend on the sight of you and your young family. You give him hope that maybe the church isn't doomed after all, because there are still young parents who love God enough to bring their restless children to worship.

Bring your children to church. If you don't hear crying, the church is dying. As hard as it might be for you as a parent who's half-asleep, keep on doing what you're doing. You are an encouragement, and you're starting off your children's lives as you should.

C.O.M.E. – A CELEBRATION OF MISSION EVENT 2019

Why should your church support the Celebration of Mission Event?

The Celebration of Mission Event is an ingathering of money and goods for West Virginia Mission Projects sponsored by the WV United Methodist Conference. This year, the churches of the Western District are supporting the following:

- Heart and Hand Outreach Ministries, S. Charleston
- Tyrand Cooperatives Ministries, Inc.-Mill Creek

In 2018, churches across the West Virginia Conference raised \$103,038.34 in cash for the West Virginia Mission Projects. That means each mission received \$10,422.00 and each Church and Community Worker received \$5211.00. Another \$9,240.34 was banked with the UM Foundation. Last year, Western District churches gave more than \$14,160.57 in cash and over \$3000 in donated goods.

Think how many families we could help if every church in the District gave as little as \$100. It can be as simple as a special offering or a collection of items. You can get as inventive as you want and even have FUN for Mission.

The event will be held in conjunction with the District Conference, 1-3 p.m., Sunday, May 5, First Church, Barboursville.

ASH WEDNESDAY

Wednesday, March 6, leads the Church into the season of Lent. Lent is a time of spiritual formation as we approach the forty days of Lent from a variety of different perspectives within the Christian journey. During this season, new and longtime Christians alike hear the call to *return to God with all their hearts*, thus entering a season historically characterized by much prayer and fasting. These works of discipline have for hundreds of years served as a means by which new converts prepare for baptism, which occurs as a part of the Easter Vigil. Using the words of Wesleyan theology, we believe all this work is initiated by God, who invites us to come before God with all our hearts.

Members and friends are invited to take part in our special worship on March 6, at 6:30 p.m. as we receive the sign of Christ with the mark of the cross placed onto the forehead using ashes from the previous year's palms from Palm Sunday service.

Father Randy Stice, of the U.S. Bishop's Conference said that the ashes made from the previous year's palms remind us of what Lent is all about: "Those branches herald Holy Week, the suffering death and resurrection of Christ," Stice said. The feast of Palm Sunday occurs the beginning of Holy Week, which leads up to Easter. "Then that helps us identify with (Jesus) in Lent...it connects us with events in Christ's own life," he said.

Ashes have also long been a symbol of repentance and conversion, even in the Old Testament, Stice added. "It's an Old Testament and a New Testament symbol of repentance and conversion, sorrow for our sins, awareness of our frailty and mortality - [symbols] that have been taken up by the Church from the earliest stages."



WINTER JAM TOUR – Spectacular

Christian music's largest annual tour is bigger! The national tour for Winter Jam is Saturday, March 23, 2019 at the Charleston Coliseum, 6:00 PM. Cost is only \$15 at the door; no tickets required!

See the following groups: **Newsboys United, Danny Gokey, Mandisa, Rend Collective, Ledger, and speaker, Greg Stier.** This is one of winter's great time-outs from the long dark cold of the season!



4th Jack, Levi, Chip
11th Larry, Julia, Russell
18th No School
25th Kevin, Connie, Jerry

MERCY ME IN CONCERT



Mercy Me is coming to the Big Sandy Super Arena with **Crowder** and **Michah Tyler** on Friday, March 15th at 7:30 PM. For tickets call Big Sandy Super Arena Box Office phone number 304-696-5990 or use Ticketmaster online.



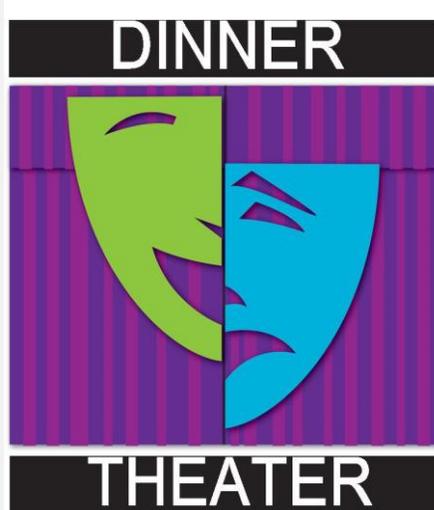
3rd Becky & Sarah
10th Stephanie H.
17th Stephanie F.
24th Carla & Mandy

First United Methodist Church, Huntington

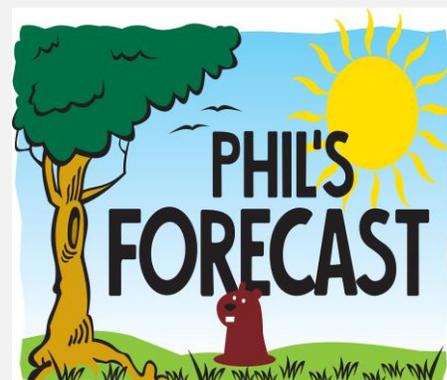
DINNER THEATER

Each year First Huntington UMC presents a dinner theater which helps raise funds for the congregation's mission work. This year's program, **"The Bitsy and Boots Radio Hour"** will be presented nightly, February 14-16, with Dinner at 6 p.m. and the Show at 7:30 p.m.

Reservations are required so please call 304 522-0357



3rd Kelly, Pat
10th Mike, Larry
17th Donnie, Gary
24th Larry, Pat



EARLY SPRING!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February 2019</h1>						
					1	2 8AM Men's Study
3 4:30 <u>Seamless</u>	4	5 Celebrate Recovery	6 1PM <u>Creed</u> Study	7	8	9 8AM Men's Study
10 Scout Sunday *Noon: Spiritual Form Team Mtg. 6PM <u>Seamless</u>	11 6:30 PM Celebrate Rec. Meeting	12 Celebrate Recovery	13 1PM <u>Creed</u> Study *All-Stars Valentine's Party	14 1PM Lydia Circle	15	16 8AM Men's Study
17 Noon: Girls of Faith (Candy Delivery) 6PM <u>Seamless</u>	18 Office Closed  PRESIDENTS DAY	19 Celebrate Recovery	20 1PM <u>Creed</u> Study	21 6PM Busy Bees Advisory Bd. Mtg. 7PM Esther/Ruth	22	23 8AM Men's Study
24 6PM <u>Seamless</u>	25	26 Celebrate Recovery	27 1PM <u>Creed</u> Study	28 5PM - 9PM District Lead Team Mtg		**Refit - Monday, Wednesday, Friday 9:30 AM

STEELE MEMORIAL UNITED METHODIST CHURCH
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BARBOURSVILLE, WV 25504

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