

FIRST UNITED METHODIST CHURCH  
Mailing address: P.O. Box 1386 Fulton, KY 42041  
200 Carr Street Fulton, Kentucky 42041  
Church – 270-472-3514 Willingham Center – 270-472-3510  
Rev. Nancy Johnston Varden, Pastor

# The Visitor

Early Church – 8:45 a.m.  
Sunday School – 9:45 a.m.  
Worship Service – 10:50 a.m.

Visit our web site: [www.fulton-umc.org](http://www.fulton-umc.org)

February 23, 2017



Lynn Yates, Family of Max Britt, Jimmy Greer, Greg Barclay, Matt Gore, Bryan Sadler Family, Kelly Johnson, Joe Pete Mann, Family of Kenneth Crews, Family of Anne Moss, Cynthia Smith, Kate House, Ken Wade, Betty Workman, Phil Clifton, Pastor & Church, Pat Dunker, Ronnie, Leslie Marcum, Peggy Crews, Susan Parr, Pearl Mann Thompson, Jim Ketterman, Barbara Ann Rumley, Kim Murray, Bubba Grooms, Greg & Debbie Williams, Three-In-One Children, Parents, and Volunteers, Harry Bushart, Carolyn Dodd, Carol Walsh, Annette Morris, Charles Sisson, Tom Kelly, Jerry Laceywell

## SUNDAY VOLUNTEERS

### Nursery

Feb 26 Amy Barclay  
Mar 5 Kelly Barnes  
Mar 12 Annalise Bing  
Mar 19 Savannah Copeland

### Children's Church

Feb 26 Greg & Carmen Barclay  
Mar 5 Dave & Amy Barclay  
Mar 12 Linda Barclay  
Mar 19 Nancy McConnell

### Acolytes

Feb 26 Jentry McConnell  
Mar 5 Myranda Parr  
Mar 12 Hannah Varden  
Mar 19 Elizabeth Pirtle

### Wednesday Night Volunteer

Mar 1 Julie Riddell  
Mar 8 Linda Barclay  
Mar 15 Linda Faulkner  
Mar 22 Kay Williams

## Wednesday Night Meals

Wednesday Night Fellowship Meals are well under way!  
The meal begins at 5:30pm. Bible study for all ages follows the meal each week. The cost is \$6 for adults, \$3 for children, under age 4 is free. (\$20 cap for families)

### The menu is:

- March 1- Vegetable Beef Stew, Rolls, Salad, Dessert
- March 8- Enchiladas, Beans, Rice, and Dessert
- March 15- Meatloaf, Baked Potato, Green Beans, Salad, & Dessert
- March 22- Baked Chicken Breast, Salad, Wild Rice, Rolls, & Dessert
- March 29- Spaghetti & Meatballs, Salad, Garlic Bread, & Dessert

# Happy Birthday!

## February

Tim Grubbs  
Abigail Reese Nanney  
Ryan Mullins  
Jacob Crittendon  
Margaret Lynn Yates  
Brenda Mahan  
Betsy West  
Marvin Lynch

Sara Gossum  
Ginna Simpson  
Caden Mullins  
Glen F. Ivey  
Shirley Branch  
Bill Fossett  
Robin Whitesell  
Rita Pirtle

Dr. Bill Smith

## Electronic Waste Recycle Program

The United Methodist Men (UMM) will accept "E-Waste" on Saturday, March 4<sup>th</sup> between the hours of 9:00 and 11:00 am. The types of scrap being accepted for recycling include: Computers, Flat Screen Monitors, Printers, Other Computer Accessories, Cellphones, and Smartphones. The rules imposed upon us by the recycler state that CRT (tube type) Monitors will be accepted for a \$5 charge each. Old televisions WILL NOT be accepted for recycle. The UMM organization offers this as a service to the general community and we encourage your participation!

## United Methodist Women

The UMW are not meeting in February.

## United Methodist Men

The UMM meet again March 4<sup>th</sup> at 8:00 am.

## UMYF

The UMYF Mystery Trip is scheduled for March 25<sup>th</sup>-26<sup>th</sup>.

# Announcements

The code to the office door has changed. For everyone who has the code: It is the old code MINUS the last number.

## Mark Your Calendars

*Ash Wednesday Service*, March 1 at 6:15 p.m.  
All-age worship to begin Lent.

*Thursday Lenten Breakfast Gathering at 6:30 a.m.* Prayer, fellowship, and Book discussion. Join us for a light breakfast and book discussion of Cross-Shattered Christ. Breakfast gathering begins March 2.

*Wednesdays following Fellowship Dinner, 6:15 p.m.* Lenten focus on Jesus' last seven words from the cross. Study begins March 8.

# Wanted

Elizabeth Hickman has requested that if anyone has any broken jewelry or extra beads, she would appreciate them being donated to Ms. Thelma. Ms. Thelma attends our community meal each month and makes jewelry and key chains to give out for free to everyone. Her funds are limited and she really enjoys doing this for people.

## From The Pastor's Desk

In the days and weeks after the terrorist attacks of September 11, 2001 we did not have a T.V. in our home. We thought about a T.V. as we were acquiring furniture and household item in our first home. We just didn't get around to purchasing one. I was amazed that I did not miss it. Well, I wanted one for March Madness or for the Oscars' Award Show but for the day to day noise of news, reality shows, soap operas, and gossip journalism it was good to not have the constant blaring in the background.

I didn't realize how that constant noise could affect your spirit until 9/11/2001 happened. I like everyone was shocked, anxious, and grieving as I heard and later saw the media coverage of that tragic day. I remember getting together in the evening at the Fellowship Hall of Maury City UMC to watch with others reports about what had happened to make those planes crash. We ended our viewing by cutting off the coverage and having a prayer service. John and I went home and for days later we only read print media or heard radio coverage as the story of what happened unfolded.

Weeks later we received a phone call from a childhood friend of John's who was paralyzed by fear as she watched the events. She said, "I just keep seeing the planes crashing over and over again. And the rubble that is left and I can't move. It is too overwhelming!" John then, in a moment of great wisdom, told her to cut off the T.V., go outside, find a park or a church and pray.

The images had gotten to her. Later, it was reported that constant viewing of the footage of the planes crushing into the World Trade Center had a similar effect on many. Anxiety and stress was inevitable but that constant viewing was hypothesized by noted psychologists years later to have long-lasting negative consequences, not just for mental health but also for physical health (see Psychology Science September 2012).

We are right now a country in conflict. The T.V., and now on-line media outlets are ablaze of stories with hostility, tension, and strife. We are at another height of anxiety, grief, and shock in our culture. But this time we are not united in our grief but are greatly divided. I hear many of us saying again, "I am just so worried about what is going to happen!"

The gift of those days without a TV for me was that I became more disciplined in my prayer life. Instead of checking the morning news shows I would sing a hymn as I made breakfast. And I had more silence to listen and offer thanksgivings. I found myself praying more as I folded laundry or I would pick up a book that was good for the soul instead of checking out the newest TV sitcom.

Lent is a calling back to discipline-- spiritual disciplines that help us make sense of the world that we live in. Strife, conflict, and grief are a constant in this broken world. And it is the Gospel truth that Jesus came into this world to show us the way to love, wholeness, and forgiveness. Christ does not give as the world gives—He is the healing balm that overcomes death.

On Easter we celebrate that Christ has conquering the grave. But we have to go through Lent first. We have to change our ways and renew the practices that make room for God in our days. We take on more scripture reading, fasting, praying, or service to remind ourselves that our focus is to be on God. And then we are ready to cut the world off of its power over us and to walk humbly in the knowledge of where our true joy derives.