

MESSENGER February 3, 2022

Getting through SAD times

Grace and peace to you in the name of our Lord Jesus Christ!

I wonder if you might have been feeling SAD recently? There are many things in life that can bring on feelings of sadness, but this time of year can be especially SAD for many people. We all have, or will have times in our lives when we experience very real feelings of grief, loss, anxiety and even depression due to negative circumstances in our lives. But even when we cannot point to any particular negative event to account for our sadness, we may be especially vulnerable to feeling SAD at this time of the year, due to Seasonal Affective Disorder (SAD).

Following is a description of SAD from the Mayo Clinic: *Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons — SAD begins and ends at about the same times every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. These symptoms often resolve during the spring and summer months.*

I want to be sure that you noticed the good news contained in the last sentence of the above description. SAD goes away for most people as the days get longer, we are able to be outside more and the gloominess of winter gives way to the bursting forth of new life in the spring.

I hope you have been able to notice signs in recent days that the world is beginning to emerge from the bleakness of winter. The hours of daylight have getting noticeably longer, flocks of robins and redwing blackbirds have returned to our back yards, and the buds of flowering plants are beginning to swell. These are all encouraging indications that better days are on the way and SAD is coming to an end.

One of my favorite verses of Scripture is Psalm 30:5 - *Weeping may tarry for the night, but joy comes with the morning.* This verse reminds us that, whether due to negative circumstances in our lives or simply due to the change of seasons, times of sadness will not last forever. When we are feeling sad or hopeless for whatever reason, it is critically important for us to remember that those feelings of sadness and hopelessness will not last forever. There will be brighter days ahead; joy is coming for those who entrust their lives to the care of our loving heavenly Father.

So don't give in to feelings of hopelessness, no matter how dark things seem to be at the moment. Be sure to notice the longer, warmer, brighter days and watch for the signs of abundant life that will soon be bursting out everywhere. SAD is coming to an end. Better times are surely on the way.

Thanks be to God!

Peace and blessings,

Pastor David

SCRIPTURE CARD Week of February 7th

Jesus, help me turn my eyes away from the world and toward you.

Psalm of the Week: Psalm 73

M Philippians 3:3-11

T Romans 12:1-2

W 1 John 2:15-17

Th John 17:10-19

F Matthew 16:24-26

S James 4:4

Key Scripture: Matthew 16:26 *“For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?”*

From the Finance Secretary and Treasurer:

End-of-year Giving Statements were mailed out Tuesday, February 1st.



Congratulations to Bernie and Barbara Poole on the arrival of their great-grandson Hunter Ryan Whitlock. He was born Wednesday, 2/2/22 at 6:41. Both mom and baby are doing well.



The UMC: Yesterday, Today and Tomorrow

ANOTHER VIEWPOINT

Faith Harbor laity continues our search for information regarding possible changes in our denomination. Please mark your calendars and plan to attend a 1-hour presentation of “**Growing a Welcoming Church**”. This presentation will focus on: Speaking our Truth in Love; Understanding Scripture and The Structure of the UMC. An informative video, “An Impulse to Decide”, will also be included.

Sunday, February 13, 2022, at 10:30 AM, immediately following worship services.

All are welcome. Questions will be taken at the end of this informative presentation.



The Colossian Way Sexuality Small Group

You are invited to join us in The Colossian Way Human Sexuality Small Group. It is a Christian practice rooted in the beautiful line in Colossians 1:17 that “all things hold together in Christ”. The goal of this 10-week session is to deepen our love of God and love of neighbor as we work together through the difficult issues facing our church.

The Colossian Way is a Christian practice made up of five parts. Each session will begin with an invitation to **gather**. This will be followed with a reminder through Scripture about the deeper meaning of **Christian unity**. The third section is called **Prayer** as we seek to turn to God and prepare to dialogue about a specific issue. This leads us into a section called **Engage** which offers a deeper dive into the issue itself, and in which each of us are invited to share openly as we freely choose. The goal isn’t to push us to a particular viewpoint, but to learn to focus on our most difficult questions in ways that build up our congregation. We close with a section called **Godward**, in which we offer up praise to God, as well as our worries and hopes and discern any sense of what God is leading us to do.

This five-part practice takes 90 minutes, and we offer 10 sessions so that the practice happens ten times. The goal is to gather as Christians, practice this way of entering **a difficult topic to gain progress on the problem while loving each other and God, and in the process see the body of Christ grow.**

The groups are composed of 8-12 people who make up a diversity of ages, genders, and perspectives on this issue so that the group can learn to grow Christian virtues (patience, long-suffering, forbearance, love, etc.) across their differences as they meet over 10 weeks. ***It is possible to miss one or two meetings, but if you know you cannot make it to three or more of the meetings, it’s probably not good for you to participate at this time.**

Facilitators: Gail Widholm, Kim King and Bescye P. Burnett

Date: Thursday, February 24, 2022-May 12, 2022

Time: from 6:30pm- 8:00 pm

Topic: The issue for this series is *Human Sexuality*.

***Schedule:**

Session 1	February 24, 2022
Session 2	March 3, 2022
Session 3	March 10, 2022
Session 4	March 17, 2022
Session 5	March 24, 2022
Session 6	April 7, 2022
No session	April 14, 2022 (Maundy Thursday or Holy Thursday)
Session 7	April 21, 2022
Session 8	April 28, 2022
Session 9	May 5, 2022
Session 10	May 12, 2022

If you have any questions about The Colossian Way and our purpose for meeting, or participating in the small group, please contact:

Gail Widholm...gwidholm12@yahoo.com, Kim King... kdking60@gmail.com, or Bescye P. Burnett...bescyep@gmail.com and be sure to check out The Colossian Forum's website: www.colossianforum.org/TCW.

The sign-up list is located on the credenza outside the church office (across from the restrooms). Write your name next to date and who the flowers are honoring or in memory of. The list is updated for the 2022 calendar year.



The New Year represents an opportunity to recommit or make new commitments to areas of service in the church. Opportunities include: Acolyte, Children's Message, Sunday School, Greeter, Landscaping, Hospitality, Thrift Store, Choir, etc. For those interested, a sign-up sheet will be included in the bulletin.



YOUTH MINISTRY NEWS.. 😊

***Sunday, Feb. 6th~** Regular youth meeting for the Middle School youth in the Reef from 5-6:30pm.

***Sunday, Feb. 13th~** Regular youth meeting for the High School youth in the Reef from 5-6:30pm. *Note- if parents would like to slightly adjust the times for youth group due to the Superbowl starting at 6:30pm, please let me know. I'll send out a text to the HS parents to check in about this possibility, thanks.

***Saturday, Feb. 19th~** Monday, Feb. 21st~ Youth Winter/Ski Retreat at Lake Junaluska, NC. *Detailed parent email to be sent out about specific times, etc. very soon.

*Note- no regular youth meeting that Sun., Feb. 20th since most of our youth will be gone on this trip.

***Sunday, Feb. 27th~** Youth to serve at the 9:20am Service & share about their retreat. Regular youth meeting for the Middle School youth in the Reef from 5-6:30pm.

Peace & Grace~

Jewels Swain

FHUMC Youth Coordinator, (910)232-9844

CHILDREN'S MINISTRY NEWS....



Due to updated Covid protocols, we are asking that children ages 4 and older wear masks when in the children's classrooms. Thank you for your understanding and cooperation.

Important Dates:

Feb. 13th – Jr. Basic

Feb. 16th – Jr. Basic Field Trip (8:30-4:00pm)

Feb. 27th – Jr. Basic

THOUGHT FOR THE DAY

God's light is infinitely bright.

Then God said, "Let there be light"; and there was light. And God saw that the light was good; and God separated the light from the darkness.

~Genesis 1:3-4 (NRSV)



Members: Joyce Arnette, Judy Beck, Nancy Buckman, Lanae and Buddy Fowler; *Diane Geary*, Delores Miner, Jenny Mizell, Diane Secary, Paula Smith, Melva Lea Stewart; Jill Strohpaull, Linda Wells, Owen Williams, John (and Lou) Wilson.

Military: Joe Fraley, Andy Harrison, Sgt. Joey Horne, John Modlin, Branden Mooney, Tyler Ray, Anthony Ripley, David Ritz, Alex Harris.

Family and Friends: *Barbara's family (Sandy Sly)*; *Sue Heavner*, Paula Hopper's nephew Paul, Bill Kilpatrick; Sarah Kilpatrick; *Dan Pearson*; Sara and Rex White

And all unnamed persons needing God's peace, comfort, and healing.

With the dawning of each new day, we need courage to take each new step in our walk of faith.

Dear Lord, help us to quiet the chaos in our minds so that we can take the time to hear your voice, accept it, and put into practice what you tell us. Amen.



FEBRUARY

4 th	Payton Rice
8 th	Jameela Kerr
9 th	Jim Graziano
10 th	Anita Phillips; Cecilia Watson
12 th	Samuel Kerr
17 th	Dawn Ellis; Laura Frazier; Mike Hopper
20 th	Grace Holmes
22 nd	Tom Fisher; Suzanne Fussell; Lucille Horrell
24 th	Lisa Colman
27 th	Avery Harrison

HAPPENING THIS WEEK AT FAITH HARBOR UMC

Sunday, 2/06

8:00 Communion Service
9:20 Worship Service
10:30 Companions in Christ, Rm. 6
12:15 Handbells Class
5:00 Youth Group "A" (MS)

Monday, 2/07

2:00 MABS, Rm. 6
6:30 Cub Scout Troop 777

Tuesday, 2/08

6:00 Companions in Christ, Rm. 6

Wednesday, 2/09

10:00 Rainbow Circle, Rm. 6
7:00 Choir practice
7:00 Children's Council Zoom Meeting

Thursday, 2/10

12:00 AA Group Meeting, Rm. 6
5:00 GS Troop #2424 meeting

Friday, 2/11

8:30 Women's Breakfast, Rm. 6
7:00-9:00pm Cub Scout's Pinewood Derby

Saturday, 2/12

9:00-2:00pm Cub Scouts Pinewood Derby

Sunday, 2/13

8:00 Communion Service
9:20 Worship Service
10:30 Companions in Christ, Rm. 6
10:30 "Growing a Welcoming Church" Presentation
12:15 Handbells Choir
5:00 Youth Group "B" (HS)

