

(con't from front page)

- Think of an elder in our congregation and pay them a visit
- Put together several sack lunches and hand them out to people on the street corner
- Join the team at the wetland we have adopted for an afternoon adventure
- Invite someone you want to get better acquainted with to lunch
- Write a letter to an elected official concerning something you feel is important
- Go to the grocery store and put together a bag of high protein foods for Food for Lane County
- Read to a neighborhood child
- Invite folks in your neighborhood over for coffee – especially those who might not know each other
- Any other random act of kindness

AND/OR join us for a Prayer Walk through our neighborhood. Several of the lay and clergy leadership walked together last week and found the experience insightful as we dream together about the ministry we share in the heart of Eugene. It was so important that we want to invite more of us to participate in the experience.

So consider yourself invited to the Prayer Walk. We will gather in the Fellowship Hall at 12:30 for a light lunch and then move out into our neighborhood, paying attention to God's nudgings and urgings and asking ourselves how we can serve this neighborhood we share. We will go out in pairs, looking for and listening to God's voice. After an hour, we will meet back at the church and share our experiences.

See you in worship...Debbie

Returning to FUMC...
New Visions at First presents...
Diana Butler Bass
March 17-18, 2012

Details Coming Soon
New book release in February
Christianity After Religion:
The End of Church and the Birth
of a New Spiritual Awakening



FUMC 1376 Olive Street Eugene OR, 97401	STAFF SENIOR PASTOR - Debbie Pitney ASSOCIATE PASTOR - John Pitney MUSIC DIRECTOR - Julia Brown YOUTH DIRECTOR - Jessi Rich CHILDREN & FAMILY MINISTRY - Dody Hansen	PERIODICAL POSTAGE PAID IN EUGENE, OREGON	
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- Sunday, January 22, 2012**
 10 to 10 ~ Songs & Celebration
 10:00 am ~ Worship
 11:15 am ~ Classes for all Ages
- Sunday, January 29, 2012**
 10 to 10 ~ Songs & Celebration
 10:00 am ~ Worship
 11:15 am ~ Classes for all Ages

Food for Lane County

Congratulations! Another 714 pounds of food! That makes about 1450 lbs. already for FFLC! At this rate we can fill a whole fleet of buses by the end of next year. Protein rich foods are still the first priority but they are also looking for low sugar content foods particularly canned fruits. As always, any expression of your generosity is welcome.



FIRST UNITED METHODIST CHURCH

A Reconciling Congregation

MESSENGER

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*Life's not about expecting, hoping, and wishing.
 It's about doing, being, and becoming.
 It's about the choices you've just made,
 and the ones you're about to make,
 it's about the things you choose to say – today.
 It's about what you're gonna do after you finish reading this.*
 -Mike Dooley

Dear Friends,

I continue to hear such positive comments about our first Inside-Out Sunday when 191 of us put our faith into action, serving this community God has given us. Many of the comments come with the question, "When are we going to do it again?"

Well, we eventually hope to be able to offer this opportunity four times each year – specifically, whenever we have a 5th Sunday. But because of the incredible amount of planning and the uncertainty of the weather in January, we made a decision to offer a modified Inside-Out Sunday on January 29th looking forward to April 29th when we hope to have 200 people out in the community serving in Christ's name.

Here's the plan. We will come together for worship at the regular time – 10 minutes to 10:00 – and then join together for a final class session "Seeking Balance – Finding Voice... Families: How we help and hinder mental health recovery." Then, we invite you to choose a way to put your faith into action on your own or with a small group. Here are some possibilities:

- Join together with your C-group or put together a group of friends and help an elderly person get their garden ready for spring
- Bake cookies for a neighbor and drop by for a quick visit
- Offer your childcare services to a young family in the church or your neighborhood

(con't on back panel)

Interfaith Shelter Update . . .

A big thank you to the more than 100 volunteers that served 10 homeless families from First Place Family Center during our two weeks of Interfaith Shelter. This ministry comes off every year without a hitch because of the love and commitment our congregation extends in serving others.

We heard many comments from our guests about how welcoming our church is. Forty people enjoyed delicious meals every night and families were able to participate together in traditional Christmas crafting and activities. A healthy breakfast started off their day and kids went to school with sack lunches! Parents were able to do Christmas shopping or provide necessities for their families due to your financial generosity which provided \$50 gift cards to each family member. Free haircuts were provided by Kelly and Amy who, though not members of our church, volunteer their services every year. Free medical consultations were provided again by our own Sparky Rice and a much-needed heart medication was secured for one of our guests. We even prepared a safe and cozy home for newborn twins! As always, FUMC created a welcoming place and "room in the inn." Thanks for saying, "YES, I'LL HELP!" With great appreciation, Karen Ziros-Smith and Lisa Young, Interfaith Shelter Week Coordinators

Dear All Volunteers,

Thank you all so much for hosting our families. As always you did an amazing job of going above and beyond to make everyone comfortable and safe. The holiday season wouldn't be as joyful for our families without your loving care. Thank you! Becky Beck, First Place Family Coordinator

Calling all K-6th graders ~ M&M's! (Meaningful Moments!)

Friday, Jan. 27, 1pm- 5pm, M&M's party (K-6th welcome)
Make communion bread, lunch, games and movie! Bring some food to share and a friend, FUMC will provide Burrito/Quesadilla makings and lemonade! Theme is, what does communion and Lent mean to kids?

Please RSVP one week prior to the event to Dody at Dody@eugenefumc.org or 541-255-5662

All are welcome! Hope you can make it!

Adult Classes in January 2012

"Seeking Balance---Finding Voice" **A Conversation About Mental Health and Coping, Faith and the Role of Our Church**

January 22 ~ What is a Healthy Mind?

Mental health is more than an absence of negative symptoms. The mind is a complex system, and a healthy mind has FACES flow. This represents being Flexible, Adaptive, Coherent, Energized, and Stable. Learn how to promote these qualities in yourself and encourage them in others. See how this can apply to your faith, your spiritual growth, your understanding of and relationship with God. Facilitator: Patty Henry-Schneider, LPC (Licensed Professional Counselor)

January 29 ~ Families

How we help and hinder mental health recovery

Did Jesus say anything about how friends and family can help each other live balanced, healthy lives? Why do those with chronic illnesses take it out on those who love them the most? How can the church provide help for families in crisis? What can I do to have a more "normal" family life? Does this have anything to do with being a better person? A better Christian? Facilitator: Sheila Sundahl, NAMI volunteer and family member.

FUMC Parenting Classes ~ Sundays from 11:15-12:15!

Who? Parents of youth, elementary age and younger children or those interested in the parenting subjects!

When? Sunday Jan. 15, 22, 29, Feb 12, 19 and 26

Where? FUMC in Rooms 13, 14 and 15 (meet in room 13 first).

What will we be discussing? Religion, our children and parenting.

What will be the class format? We will discuss and talk about some of the religious subjects our children are learning about in Sunday School then we will split up into parents of youth, elementary and preschool and younger groups to write down our parenting and religious questions which we will then answer as a group or small groups.

Bible Study ~ Thursdays at 9:30 am

**New study to begin January 26th,
Confessing the Beatitudes**

Earth Care Summit ~ Environmental Justice & Faith Sponsored by the Ecumenical Ministries of Oregon Interfaith Network for Earth Concerns

Join Ecumenical Ministries of Oregon's Interfaith Network for Earth Concerns and co-sponsors on **January 30, 2012**, for a simple seasonal dinner, inspirational speakers, information tables, and presentations from congregations about their earth care efforts. The event will be at **Highland Christian Center, 7600 NE Glisan, Portland from 5 to 8:30 p.m.** **Preregistration is required. Cost: \$25/person (includes dinner) and \$15/students.** Scholarships are also available. Registration forms can be found at www.emoregon.org/emo_events.php, or you may call Alison at 503-221-1054 ext. 210.

Worship With Deep Soul with Marcia McFee Southern District Enrichment Event March 3, 2012 ~ 9:30 a.m. – 4:00 p.m. (Registration opens at 9:00 a.m.) First United Methodist Church 1771 West Harvard Avenue, Roseburg, Oregon

A few thoughts from Gwen Drake, Southern District Assistant to the Bishop: During my last year as the Senior Pastor at Hillsboro UMC, I finally formed a Worship Design Team and wondered - how did I get through 23 years of ministry without one! Marcia McFee is a great advocate for designing passionate worship; however, she doesn't do it by herself. She involves others who are also passionate about worship. Please come and learn and experience Marcia McFee on March 3rd. It will change how you want to experience worship. It will inspire you to design worship intentionally. Let me warn you though, a worship design team doesn't make the work of designing worship easier. It makes it more creative and exciting, and it is a lot more work. It will challenge you! It will also create worship with deep meaning and deep soul. Don't miss this Enrichment Event!!! (Unless you don't want to be inspired or changed or challenged at all.)

Cost to attend: \$20 per person individually
 \$100 for 6 or more from one church
 \$5.00 per student (M.S. - College)
 Children – Free

To register, call the church office at 541-345-8764 to pick up a registration form. Deadline to register is Feb. 24.