

(con't from front page)

Together we have read three books – Recreating the Church by Richard Hamm, I Refuse to Lead a Dying Church by Paul Nixon, and Simple Church by Thom Rainier and Eric Geiger. We will read three more in the next few months – Change the World by Mike Slaughter, Winning on Purpose by John Kaiser, and Unbinding the Gospel by Martha Grace Reese.

We are anxious to share with you what we are learning and where our explorations are leading us. Please ask any one of us and we will share. If you are interested in any or all of the books, we will share those too. In the mean time, we ask that you keep us in your prayers as we seek to follow God's call in the life of this congregation. We believe, we trust, we know that our future is in God's keeping.

See you in worship. Debbie

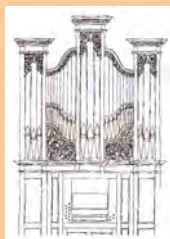
Concerts at First

Sunday, January, 8 at 4:00 p.m.

"To Lament and to Rejoice" – Dramatic instrumental and vocal music from the early Italian Baroque with ensemble *Musica Maestrale*

Bryce Peltier, recorder; Hideki Yamaya, lute;
Polly Gibson, viola da gamba & recorder;
Catherine Olsen, soprano; Julia Brown, harpsichord

Suggested donation \$10
Please bring canned goods for Food for Lane County



Saturday, January 14 at 10:00 a.m.
Introduction to the King of Instruments

Performed by members of the Eugene Chapter of the American Guild of Organists. A fun introduction to the pipe organ—for all ages!

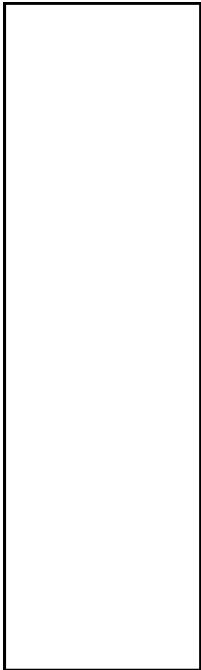
Sunday, February 5 at 4:00 p.m.
Cascade Consort

David Rogers, lute; Joanna Blendulf, viola da gamba & cello;
Aaron Cain, baritone; Julia Brown, harpsichord & organ
(suggested donation \$10)

FUMC
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Eugene OR, 97401

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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 , 8, 2012

10 to 10 ~ Songs & Celebration

10:00 am ~ Worship

11:15 am ~ Symposium ~ Mental Illness

(see details inside)

Sunday, January, 15, 2012

8:30 Adult Classes

10 to 10 ~ Songs & Celebration

10:00 am ~ Worship

11:15 am ~ Classes for all Ages



Baptized January 1, 2012
Jackson Edward Morris

FIRST UNITED METHODIST CHURCH

A Reconciling Congregation

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Dear Friends,

January 3, 2012

Happy New Year! This is the time of year of looking to the future with new hope and expectations. It is the time of year when we review the resolutions we made last year and make new ones for the coming year. It is the time of year when the days begin to grow longer even as the nights grow colder.

I want to take this opportunity to share with you something new we are involved in here at First United Methodist Church. In an effort to continue to find ways to be a healthy and vital congregation, a leadership team from our church is involved in a Congregational Leadership Development program with six other United Methodist churches in the Southern District – FUMC, Corvallis; FUMC, Roseburg; Cottage Grove UMC; Trinity UMC, Ebbert Memorial UMC; and Wesley UMC.

As a leadership team from our congregation – Blake English, Donna Haines, Patty Hine, Karen Morray, John Pitney, and Debbie Pitney – we have made the commitment to meet monthly with the teams from the other six congregations for an extensive program led by Rev. Scott Harkness, Rev. Erin Martin, and Rev. Eilidh Lowery. In addition to these monthly meetings, we have been meeting almost every week as a Leadership Team, reflecting on our learning and exploring new possibilities for our future as a congregation.

(con't on back panel)

ANNOUNCEMENTS

Sunday, January 8, 2012

Styrofoam and Plastic Collection Day

Bring your CLEAN white block Styrofoam and plastic that won't go in the blue box (i.e., bags and lids.) If your neighbors have any, bring theirs too.



Monday, January 9, 2012

Ruth Fellowship meet the second Monday, January 9th, at 7 pm in the church library. Duane and Carol Hildebrand will share their experiences of traveling abroad and singing with a choir composed of people from various countries. All women of the church are invited. Contact Ronnie Egger, 541-344-2075, if you have questions.

Tuesday, January 17, 2012

The **Cancer Support Group** meets Tuesday, January 17th for a noon salad potluck at the church in the library. This group is open to those touched by cancer in any way. Contact Ronnie Egger (541-344-2075) or JoAnn Zinniker (541-683-5985) if you have questions.

Food for Lane County

Keep up the great work and give what you can to fill up the bus. The greatest need is still protein rich foods and hearty meals like canned meats and stews.

*On behalf of FFLC, thank you for your generous gift of \$765.00. We appreciate your support and partnership in our mission to alleviate hunger in our community.
Beverlee Hughes & Darrel Kau, Directors*

Stewardship Campaign Update

Our Stewardship Campaign continues to celebrate the remarkable *Extravagant Generosity* of our members. To date we have received 123 pledges for a total of \$325,746. We are within \$80,000 of reaching our very modest 2012 budget, so if you have not yet turned in your pledge to the office for the coming year, please do so. I give thanks to God for all of you who generously support this congregation through your many gifts, prayers, presence, service, and mission. Our doors are open. Our hearts are full. Our mission continues. Sheila Sundahl, 2011 Stewardship Chair

January 2012 ~Mental Illness/Mental Health ~ Adult Classes

This series of classes will give an overview of coping with common depressive illnesses, looking at how a healthy brain copes with the mundane to the traumatic, and discussing how families can be supportive of those who live with chronic mental disorders.

January 8 Symposium ~ *In Our Own Voice* Presentation

What are the personal challenges of people who experience brain disorders, mental illnesses, mental disorders? *In Our Own Voice* is a program that will banish the stereotype of mental illness. The best way to understand how people with mental illnesses move toward recovery (a term not used even ten years ago) is to learn from those who have been there, to hear about their struggles and how they have managed to cope. What you will discover is that people with brain disorders are not defined by their illness but by who they are, what they do, their dreams and goals.

January 15 ~ Depression and Anxiety

On a scale of 1-10 how depressed or anxious do you feel? Depression and anxiety are common words used frequently as well as common experiences to many. There are, however, variations and intensities important to understand about these conditions and questions that need answering, such as: How do you know if the unpleasantness will pass on its own? Does positive thinking make a difference? Will time really heal all wounds? What can I do to feel better? Does scripture provide any help? Facilitator: Kay Osgood, Laurel Hill Center, Team Leader & Clinical Supervisor

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 **F**lexible, **A**daptive, **C**oherent, **E**nergized, and **S**table. Learn how to promote these qualities in yourself and encourage them in others. Facilitator: Patty Henry-Schneider, LPC (Licensed Professional Counselor)

January 29 ~ Families:

How we help and hinder mental health recovery

Why is it those with chronic illnesses take it out on those who love them the most? Are there tips for surviving those mental health/illness episodes that usually leave families in chaos? How can we communicate with those we don't understand or who make us feel afraid? Is there hope for our dysfunctional family? What can I do to have a more "normal" family life? Facilitator: Sheila Sundahl, NAMI volunteer and family member.

Tai Chi QiGong Classes at the First Methodist Church

Monday & Wednesdays from 10:30-11:30 a.m. at First United Methodist Church 13th & Olive St.

Transformation Arts has just begun its first round of classes in Eugene and we wish to thank the FUMC staff and their constituents for their open and generous welcoming. Our classes are off to a good start and our new practitioners are gaining new tools for self health care and prevention of illness and injury. We wanted to share a few testimonials with you:

"In 5 classes, I've gained more energy, better balance and increased strength in my legs, and feel that's a miracle for someone 92 yrs. old. The instruction is adapted to different abilities and ages." Mildred Wilson

"I came to support my husband Lew in his balance problem solution but have benefitted so much in my own mind-body connection." Gloria Bailey

"I'm working on my breathing, balance and posture; I feel this is accessible at any fitness level." Maggie

"I feel this is a great help for me in the balance area; I have stability problems and it certainly helps me." Lew Bailey

If you are considering learning new tools for Health & Wellness, and you want a self practice that really develops these skills, please consider coming to try our on-going classes. Mental, emotional, physical and spiritual Health are connected to each other and require regular development, maintenance and support. The practices are neutral, self-directed, and act as the common foundation to whole health and aid in past trauma recovery.

We would like to invite other members of our greater community; class is open to all ages: Elders, adults and youth, people needing recovery-support, and members of other congregations, to partake in a common-ground practice that unifies the mind/body/spirit. Please feel free to visit our website or call for more information.....**First session finishes on Dec. 21st and will start back up on Jan. 4th. Begin your New Year with the gift of Health & Wellness!**

Michael Vasquez, Director / Transformation Arts
www.transformationarts.org ~ 541-708-1050