

Have you got your ears on?

Anyone with ears to hear should listen and understand! --Matthew 13:43

For a brief period of time in the mid 1970s, spurred on by some country music songs and the Smokey and The Bandit Movies, CB radios were cool. My parents were among those who got into the phenomenon of talking to others on a "Class D Citizens Band" radio system. It was a way to meet people and talk to them over vast distances. They even met many of the folks they made friendships with in person. (Hmm...now that I think about it maybe it was like social media for its day—the equivalent of Facebook and Twitter?)

I remember my Dad building a huge CB radio tower out behind their house. He bought the best equipment he could afford (from Radio Shack, of course). Then in the evenings they would get on the airwaves and talk to their friends. I still remember one of the phrases used by those CB hobbyists. If you were trying to rouse someone you knew you so you could chat you would say something like, "Hey _____, you got your ears on?"



One of Jesus' favorite sayings was a similar refrain. We find the words, "Let those with ears hear" coming from his mouth over and over in all four Gospels. He also made a point of saying in John's Gospel that his sheep will recognize his voice (John 10:3-5). Each of the seven churches in Revelation is addressed in the same manner: "He who has an ear, let him hear what the Spirit says to the churches." (Revelation 2:7; 2:11; 2:17; 2:29; 3:6; 3:13; 3:22)

During the season of Lent we are going to spend time intentionally listening to Jesus. My prayer is that we will all have "our ears on" and hear the Lord's voice clearly.

Blessings and peace,
Pastor Beth Ann

On Sunday, March 22, Reverend Mike Dominick will be sharing the message at First UMC while Pastor Beth Ann shares her testimony and message at his church in Ohio. Prayers for their safe travel.

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Avoiding the Pitfalls of Fasting

Fasting is a powerful means of grace and a centuries old practice for the season of spiritual preparation known as Lent. But in Matthew 6, Jesus warns us that there are real pitfalls to fasting with the wrong motives. How do we avoid the pitfalls the Pharisees fell into?

Wrong Motives for Fasting:

- To be seen by others. (Matthew 6:18) "The critical issue is not whether people know you are fasting, but whether you want them to know so that you can bask in their admiration." Keep the fact that you are fasting primarily between you and God. You may choose to tell a few people who pray for you or hold you accountable. (But it shouldn't be something you talk about or post on social media.)
- To be justified by God. (Luke 18:12-14) There once were two men. One said, "I fast twice a week." The other said, "God be merciful to me a sinner." Only one went down to his house justified.
- To earn something from God or make God answer a prayer. (1 Corinthians 8:8) Fasting does not cause us to "earn" something from God, but it helps us to be more receptive to what He wants to do in and through us.

Right Motives For Fasting:

- Repentance.
- Spiritual strength against an enemy attack.
- To break demonic bondage. "This kind does not come out except by prayer and fasting." (Matthew 17:21)
- To awaken a spiritual hunger for God that may be dulled because of a "desire for other things."
- To test and see what desires control us.
- To forfeit good things for the better and best.
- To express our ache for His return. Jesus said, "I have food to eat that you know nothing about." (John 4:32)
- To demonstrate our love and desire for God above all things (even His gifts).
- To divide our bread with the poor. "To house the homeless poor, to loosen bonds of wickedness, to let the oppressed go free." (Isaiah 58:6,7)



What Type of Fast Is Right For You?

- Water Only Fast—this is the typical fast in Scripture, although in Esther they neither eat nor drink. Esther 4:16
- Wesley Fast—John Wesley, the founder of Methodism, encouraged his followers to eat no solid foods from after dinner Thursday until mid-afternoon on Friday.
- Partial Fasts—some examples of restricted diet fasts are:
 - * Juice Fast—fruit and vegetable juices.
 - * Daniel Fast—basically a vegetarian diet, usually “no meats or sweets.” Some people incorporate fish. It’s safe for athletes, those with physically demanding jobs, and long term fasting. Daniel 10:3
 - * Justice Fast—skipping a meal or eating rice & beans while donating the amount you would have spent to a food pantry. Isaiah 58:6-7
 - * Giving Up Something for Lent—fasting from a favorite food for 40 days during Lent. Traditionally you don’t fast on Sunday. As “little Easters” the Lord’s Day is considered a feast day instead of a fast day.

How do I Fast Safely?

- Before beginning any long-term or strenuous fast, discuss it with your doctor. Individuals who have struggled with eating disorders, those who have diabetes/hypoglycemia or other serious health conditions, and women who are pregnant/nursing should not fast without medical supervision.

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News and Information

Pitfalls of Fasting continued

- Those who are unable to fast food are encouraged to fast from something else they really enjoy, for example television instead.
- You will experience fewer unpleasant side effects if you wean yourself off of caffeine and refined sugars/flours before beginning your fast.
- The most common side effect is “fasting headache.” Many people find Excedrine Migraine helpful because it contains some caffeine.
- A bad taste in your mouth or bad breath is a common side effect of longer term strenuous fasts. Taking Alfalfa tablets will minimize or avoid this. Other supplements like vitamins and fiber can also be useful during a fast.
- If you do a strenuous or long-term fast, break it gently. Start with small amounts of light foods (broth, applesauce, etc.) and gently increase the amount. Your body needs to adjust. Failure to come off of a long-term, strenuous fast gently can actually be dangerous.

A Word about Grace

If you mess up during a fast, press the mental “delete key” and start over. God knows your heart and loves the fact that you are trying. Remember that grace abounds! Praying that God use this season of Lent to draw us into a closer relationship!

Blessings and peace,
Pastor Beth Ann

Dear Friends at First UMC,

We wanted to thank you so much for your generous donation toward our adoption! I (Pete) have so many fond memories of growing up in that church and was pleasantly surprised to see your contribution. You are a part of our family’s adoption story, and you’ve helped give five orphans a home and a family. Thanks again for your support and for helping orphans. We hope you guys are doing well! And it has been exciting to see what has been happening with the Haitian church! Peter and Mindy Dominick



JOY Circle

JOY Circle will meet at the parsonage on Wednesday, March 11, at 9:00 AM. Dawn Fisher will present a program about the 100th Anniversary of Women’s Suffrage. All women of the church are invited to attend.



KIDS Club

We are looking for volunteers to supply/serve cookies for 20-25 children each week. Details are on the sign-up form by the Registration table.



Confirmation and Baptism

The next Confirmation and Baptism service will be held on Sunday, April 19, 2020. If you would like to learn more about membership or are interested in baptism, please contact Pastor Beth Ann.

Call Out for Palm Sunday Cantata

At His Name, the Easter Cantata, will be presented on Palm Sunday during one combined service at 9:30 AM. Want to join the choir for this special musical? Practice is at 6 PM on Wednesdays in Fellowship Hall. Call Elaine Hall at 574-753-4973 or just show up. You will be blessed.



Trustee Report

February:

1. Refinished floors in Fellowship Hall.
2. Replaced hot water valve in Fellowship Hall heating system.
3. Reconnected wires for elevator emergency phone.
4. Ordered new locking systems for outside sanctuary doors.
5. Cleaned air filters in office heater.

Steven C. Longenecker
Chair, Trustees

Finance Corner

The Finance Committee met recently on Feb 17. Expenses were slightly higher than income for January, due to the need to have the floors and pews in the Chapel cleaned and refinishing of floors in the Fellowship Hall.

We recently lost a very faithful and long term member, Elizabeth Billman. Liz, who led and loved LCM left a nice financial gift to the church for the benefit of LCM. The LCM board will be looking at several options to do something to benefit the children in memory of Liz. Thank to all our faithful member who support our Church and all its ministries.

Blessings,
Jerry Miller Finance Chair

Listen to Him sermon series

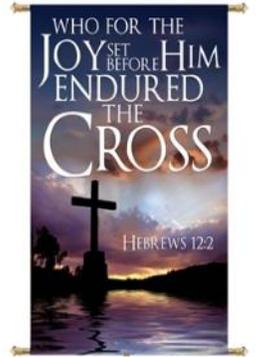
Follow along with Pastor Beth Ann's message series with the devotional, *Listen to Him, Forty Steps on the Road to Resurrection*. Copies of the book are available at the registration table, in the Parlor and church office. Suggested donation is \$11.



Memorial Fund Gift

Funding for the new Lenten Palm Sunday and Easter banners came from Memorial Fund Contributions made for the following people:

Elizabeth Billman
Don Hamilton
Divola Smith
Ina Mae Untiedt



Prayer Concerns

Rev Art Collins
Elizabeth Billman
Family of John Weeks
Nancy Beechler
Karen Starkey
Baby Hagan Bussy
Donna Cook
Unspoken

Nursing Homes McKinney Place

Beverly Hess
Woodbridge
Mike Doering

Military Service

Braxton Baker
Jacob Kaley
Alex Karnafel
Matt Karnafel
Oakley Lewellen
Joshua Lyons
Tim Strubell

Praying Together

To help us partner with you in prayer, please submit all requests in writing so we can add the names to our written prayer list. Thank you.

Church Leaders

Our Bishop

Bishop Julius Trimble

Conference Superintendent

Rev. Lori Blinn

Associate Superintendents

Rev. Rob Seewald
Rev. John Randall

Church Cluster Crosswind UMC

Pastor Nick Robinson

First UMC

Pastor Beth Ann Cook

Main Street UMC

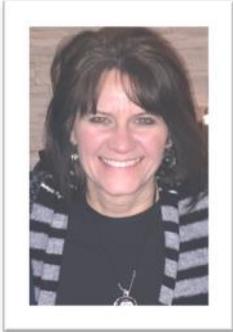
Rev. Colleen Hardin

Wheatland Ave UMC

Bert Stover



Low back pain



Most of us have experienced a back injury at some point in our lives and at that point, we realize just how important it is that we take care of our backs. Often back pain is related to a twisting or jerking injury or lifting a heavy object that causes a muscle strain. This pain may feel sharp, or like a burn, an ache or a tingling sensation and it worsens with movement. Generally, if we avoid a lot of activity for a few days and use cold packs intermittently this strain will lessen.



As we age, we often have more than just a muscle strain causing our back pain. We could have issues with our disks or nerves causing discomfort and those types of issues must be diagnosed and treated by your healthcare provider.

Here are tips for keeping your back healthy and reducing existing back pain:

- Do exercises to strengthen your lower back and core muscles. Good muscle tone helps with prevention of injury as well as reducing pain for those with chronic injuries. Exercise enhances the blood flow to the muscles and that also lessens stiffness and helps to speed the healing process. Look on the internet for multiple exercises focused on your low back and core. You will have plenty of pictures to illustrate options that are suited for you. You may start with repeating the exercise five times, then as your strength improves, increase your reps to 10-15 per move.
- Practice good posture when sitting and standing.
- Get up and stretch and go for a walk instead of sitting for prolonged periods in a chair. Move every 30 -60 minutes to avoid causing damage to yourself.
- Ensure you are sitting in a supportive chair.
- Use proper techniques for lifting such as getting as close as possible to the object you are lifting, giving yourself a wide base of support, bending your knees and using your leg muscles to help lift the weight instead of your arms and back.



Working to obtain and maintain good core muscle tone is key to maintaining the ability to move as we wish. A weak core can cause bad posture and back pain. Our entire body suffers when our core is weak because it's the key to our movement and is connected to the rest of our muscles. Not to mention that a strong core makes it easier to keep up with those younger people in our lives that we so enjoy.

Take care of that back,

Heather

Birthdays & Anniversaries



1 Deuter. 5-7	12 Joshua 5-7	23 Judges 9-10
2 Deuter. 8-10	13 Joshua 8-9	24 Judges 11-13
3 Deuter. 11-13	14 Joshua 10-11	25 Judges 14-16
4 Deuter. 14-17	15 Joshua 12-14	26 Judges 17-19
5 Deuter. 18-20	16 Joshua 15-17	27 Judges 20-21
6 Deuter. 21-23	17 Joshua 18-20	28 Ruth 1-4
7 Deuter. 24-26	18 Joshua 21-22	29 1 Samuel 1-3
8 Deuter. 27-28	19 Joshua 23-24	30 1 Samuel 4-7
9 Deuter. 29-31	20 Judges 1-3	31 1 Samuel 8-10
10 Deuter. 32-34	21 Judges 4-6	
11 Joshua 1-4	22 Judges 7-8	

Birthdays

- March 1** Lacey Ogle
- March 3** Dale Sullivan
- March 8** Tad Wilkinson
- March 12** Max Baker
Steven Longenecker
- March 14** Sally Mauck
- March 15** Jerry Miller
- March 17** Jan Blackburn
- March 19** Phil Starkey
- March 24** John Beachler
Morgan Sailors
- March 27** Gary Provo
- March 30** Rosie Schafer
Erica Yerkes



Anniversaries

- March 14** Bill & Angie Minglin
- March 15** Dale & Jayne Sullivan
- March 23** Duane & Lori Sailors
- March 24** Brad & Heather Platt



March Events and Meetings:

- Sun, March 1** First Day of Lent
- Mon, March 2** Missions Meeting, 6 PM, Parlor
- Wed, March 4** Bible Study , 6 PM, Parlor
- Sun, March 8** Daylight Savings Time
- Mon, March 9** LCM Board Meeting
- Wed, March 11** JOY Circle, Pastor's home, 9 AM
- Sat, Mar 21** Loaves and Fishes
- Sun, March 22** Pastor Mike Dominick speaking



March - Door Hosts

	Education Wing	Nursery Hallway	Narthex Hallway
10:45	Kit Clary	Conna Kitchel	Larry Kitchel

Standing Meetings/Studies

Mondays

- 7:00 AM Men's Fellowship, Parlor
- 10:00 AM Staff Meeting, Pastor's Office

Tuesdays

- 9:30 AM Bible Study, Parlor
- 11:00 AM Prayer Meeting, Sanctuary
- 1:00 PM Women's Bible Study

Wednesdays

- 5:00 PM Bell Choir, Sanctuary
- 6:00 PM Choir, Fellowship Hall
Bible Study, Parlor

March- 1st Service Volunteers

- Scripture Reader:** Penny Schaefer
- Communion Prep:** Steve & Kit Clary
- Coffee Hour:** Steve & Kit Clary
- Café Volunteers:**

- March 1 Kirk Hamilton
- March 8 Doris Regan
- March 15 Conna Kitchel
- March 22
- March 29



Little Children's Ministry News

March 2020

Little Children's Ministry would like to honor Elizabeth Billman. She was the President of the Little Children's Ministry Board and a very big part of LCM and what we are today. We were honored to have had her as our Board President, former Interim Director, as well as a huge supporter of our ministry for several years. Her memory will forever live in our hearts and minds. We are going to miss her very much!



LCM raised funds for its indoor playground with the most recent World's Finest Chocolate Fundraiser. We are hoping to do some other types of fundraising throughout this year to complete this project in 2020. Thank you to everyone who sold and purchased candy from LCM. We always appreciate the support!

March will be full of fun and learning. The March theme will be Saint Patrick's Day. There will be a Dr Seuss week from March 2nd-March 6th to celebrate Dr. Seuss birthday and to promote reading. The following will be the daily themes:

March: 2nd Fox and Sox: Wear silly socks
3rd Green Eggs and Ham: Wear Green
4th Hooray for Hair!: Crazy Hair Day
5th Cat in the Hat: Hat Day
6th 1 Fish 2 Fish Red Fish Blue Fish: Red or Blue

Spring Break will also be March 23rd-March 27th. We are hoping for nice weather so that the children can finally get outside and run off some of the energy that has been building up throughout the winter. Everyone is excited for nice weather!

Our current goals are to replace the dishwasher, remodel the indoor playground, and put up a vinyl privacy fence around the playground outside.

March Bible Verse: "This is the day that the Lord has made. We will rejoice and be glad at it." Psalm 118:24

Sincerely,

Belinda Jordan, Director

LCM STAFF

Director - Belinda Jordan

Administrative Assistant - Nicole Hacker

Treasurer - Julie Slater

First United Methodist Church

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Communication

Phone: 574.753.3491

Email: loganfirst@comcast.net

Web: www.loganfirst.org

Church Office Hours: M-F, 8:30 AM-12:30 PM

LCM Office Hours: M-F, 6 AM-6 PM

Sunday Services

8:15 AM - Worship/Traditional

9:30 AM - Sunday School/Fellowship

10:00 AM - Creole-speaking Church Service, Chapel

10:45 AM - Contemporary Worship/*The Stand*

2:00 PM - Zo Christian Church, Chapel

Bible Studies

Men's Monday Fellowship - 7 AM, Parlor

Tuesday - Women's Study- 9:30 AM, Parlor

Church Staff

- ◆ **Pastor:** Beth Ann Cook
Phone: 812-550-4736
Email: revbethanncook@gmail.com
Instagram: revbethanncook
- ◆ **Administrative Assistant:** Lori Shewman
Email: loganfirst@comcast.net
- ◆ **LCM Director:** Belinda Jordan
Email: fumlcm@gmail.com
- ◆ **LCM Administrative Assistant:** Nicole Hacker
Email: lcmsec@comcast.net
- ◆ **Treasurer:** Elaine Hall
Email: loganfirsttreasurer@comcast.net
- ◆ **Financial Secretary:** Penny Schaefer
- ◆ **Worship Leader:** Ali Williams
- ◆ **Media Coordinator:** Luann Hamilton
- ◆ **Pianists:** Deb Binford, Jeff Smith, Elaine Hall

Logansport Area Church Women United Lenten Breakfasts

Breakfast: 8 to 8:29 AM
Program begins at 8:30 AM



Feb. 29: Speaker: Patsy Scott,
Church of the Brethren

March 7: Speaker: Criscinda Hall, First
Baptist Church, Galveston

March 14: Speaker: Candice Hinkle, Faith
Lutheran Church

March 21: Speaker: Major Michele Harms, Life
Gate Assembly

March 28: Music Program, Pisgah Christian
Church

April 4: Stations of the Cross, Pastor Sharon
Walker, Shiloh Lutheran Church

Men's Lenten Breakfast- 6:29 AM

Feb 29: Crosswind UMC

March 7: Walton Christian

March 14: All Saints Catholic

March 21: Shiloh Christian

March 28: Life Gate

April 4: Pisgah Christian

April 11: Calvary Presbyterian

Our Vision

REACH • EQUIP • SEND

Our Mission

*The mission of the church
is to make disciples of Jesus Christ
for the transformation
of the world.*