

February 2009

Special points of interest:

- **Feb 7—Flinthills District Leadership Event**
- **Feb 7, 9 & 11 “Learning to Love in the Midst of Difference” conversations**
- **Feb 12-14 Angel Food Order Dates**
- **Feb 22 Prayer Shawl Ministry**
- **Feb 28 Angel Food Distribution**

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The Language of Love

February may be the month of Valentine’s Day, but let’s face it—sometimes we have trouble relating to those we love. These poems are offered as a starting point for a love-filled conversation. They may not be perfect for your circumstance, but with a little work you’ll be able to say what needs to be said.

Peace.
Pastor Mic

A Son

He never ran a race starting from a four point stance
He never made the winning shot from three point distance
He never was proclaimed the winner, the champion
Nevertheless I am glad he is my son.

He might not be elected to a hall of fame
He might not cure the sick or lame
He might not lead some state or nation
But that’s alright I am glad he is my son.

He did not attend an Ivy League School
He did not create a lasting rule
He did not desire to lead a revolution
But make no mistake I am glad he is my son.

He never abandoned me in all my years
He never hid from me his anger or his tears
He never made me feel less than number one
And I will never deny this fact I am glad he is my son.

Most often he talks of experiencing life
Most often he seeks an end to strife
Most often when he isn’t working he tries to have some fun

That’s another reason I am glad he is my son.

I’ll forever cherish the love he shows me
I’ll forever be amazed he does this freely
I’ll forever be grateful for all he has done.
I’ll forever thank God that he is my son.

A Daughter

I asked for a daughter just like her mother
“Hardly,” said God, “she’ll be like no other.”

Born to be unique she was, a child with special gifts
She comes into my presence and my spirit lifts.

She’s long since left her little girl days
But never forgotten those finger-wrapping ways
Bold in speech, with soft-eyed glances
Fresh in character, never fearing life’s chances

Wise for her years, life seems to be a breeze
But with a heart full of love, pain comes with ease
She writes and sings, my God she is creative
At times when passions rise, she can be quite persuasive

Soft, yet strong, dainty but not weak
nothing like a son
God, in great wisdom, blessed my life with this one
Sometimes I watch her soaring like a dove
Always I see her as a gift of God’s love.

*A warning I must give to any worthy bachelor
Mess with her, you mess with me,
After all, she is my daughter.*

UMW News

The United Methodist Women are ready to serve with our hearts and hands in service! Programs and events are scheduled for the New Year. We invite you to join us at any time. All are welcome!

Our unit has purchased a new shelf to house our Reading Program. It is located across from the church office in the new all-purpose room. The bookcase is large enough to house the brochures, *World Outlook* and *Response* magazines, Campbell Soup and Best Choice labels, and Community Care Points. Please note that the care points *never expire* even though some are printed with an expiration date. We hope *all* of our church family will help with this simple mission project. Hands working together make a big difference in support for God's children.

One way the UMW is in mission locally is to provide scholarships to youth and adults for various projects. Please remember that we have an application process and require approximately 60 days to review and approve

Word of Grace is a collaborative, monthly project of the Communications Ministry and the church office. **Due date is the 20th each month** in order to mail the newsletter by the 29th.

Articles may be submitted to the church office in person or by email at emporiagraceumc@sbcglobal.net

Please save documents in plain text and send graphics in separate files. We are using a variety of computer platforms and this helps ensure files can be opened regardless of the operating system in use.

While every effort is made to accommodate all submissions, priority is given to those that support the Grace UMC mission of making disciples of Jesus Christ.

the requests. Please contact the church office or one of the officers on the Executive Board of the U.M.W to make an application..

We are always seeking new members. Did you know that you do not have to belong to Grace United Methodist Church to become a member? We have many circle groups that meet at various times and places. Please consider visiting any or all of the groups. We also have unit meeting programs where all the circles come together to worship and fellowship. The unit meetings are scheduled for Saturday mornings. We want you to be a part of the heartbeat; join United Methodist Women today! How? Simply talk to any member, call the church office, or contact an officer.

Giving Thanks

Dear Friends in Christ,

Thank you for all the meals you blessed us with when I returned from Houston after my recent surgery. It lightened Todd's load to not have to worry about dinner every evening as I continued to recuperate. We also wish to express our gratitude for all the prayers, cards, visits and phone calls that continue to strengthen and comfort us during this difficult time. Your expressions of Christ's love are appreciated and we feel fortunate to be a part of the Grace family.

Grace and Peace to You All,
Brenda & Todd Street



William Allen White Elementary would like to thank the mission group at Grace for their recent donation of school supplies to our children. We generally have a very needy group of students, but with the combined Tyson unemployment running out and the economic downturn, our students and families are worse off than usual. We and our kids very much appreciate your generosity. Thanks so much, Sheri Bonnet on behalf of WAW Staff

Health & Wellness

Seven Habits for Healthy Eating: Habit #1 Vary Your Veggies

Keep it colorful! Vegetables of different colors provide different vitamins and minerals. You eat healthier when you serve many colors of vegetables.

Serve yourself and your family different vegetables:

- Dark Green: broccoli, spinach, and greens
- Orange: carrots, pumpkin and sweet potatoes
- Starchy: corn, white potatoes, green peas
- Legumes: dry beans and peas
- Others: tomatoes, cucumbers, green beans, cabbage, celery, cauliflower, zucchini, summer squash and lettuce, bell peppers

WOW—makes you want to start planning your garden right now!

Tips on serving vegetables:

- You can mix vegetables with other foods that your family likes, such as broccoli with macaroni and cheese.
- Try your favorite vegetables stir-fried.
- Serve baked sweet potatoes with cinnamon sprinkled on top.
- Keep vegetables in the refrigerator for snacks. Veggies and low-fat ranch dressing are great! It may take some adjustment, but if you don't have chips and pop in the house, you won't fill up on junk!
- Fresh is always best, but frozen and canned vegetables are also smart choices. Check prices and look for sales.
- Frozen and canned vegetables last longer than fresh. They can also save time—no washing and chopping.

--From the *Healthy Family Guide Book*

Next Month: Focus on Fruits

To learn more about food and nutrition, call Lyon County Extension Office at 620-341-3220

**Save the Date: May 16, 2009 is the
Annual Health Fair!**

Flint Hills District Prayer Calendar

We have an invitation from the Flint Hills District to join in on the "Flint Hills District Prayer Calendar" Each month we will be in prayer for the Churches and Ministries and UMC Organizations listed as well as the ministers and staff associated with them. Prayer requests are listed by each week:

Feb. 1 Flint Hills District (District Leadership Team and District Committees)

Feb. 8 Junction City: Korean

Feb. 15 Kansas East Conference and the Episcopal Area Discernment

Feb. 22 Osage City UMC

Let us pray.

Heavenly and merciful Father, we lift up the Flint Hills District of the United Methodist Church. Always we seek your guidance as we strive to make disciples of Jesus Christ. We pray for the churches, ministries, and United Methodist organizations, that they will listen to your wishes for them so that their activities will be pleasing to you and help them to foster discipleship. We pray this in the name of Jesus Christ, our Lord and Savior. Amen.

Invitation to Sing!

You are invited to come and sing traditional hymns with the Golden Grace Singers (this name given by the pianist) at 8:45 a.m. each Sunday. The group meets at the piano beside the Parlor. All ages are welcome to come and sing.

Sunday School classes are available following the music time. Adult classes include a Bible Study book, a study of II Corinthians and a Prayer Group. Please make Sunday morning a time for God.

At Grace United Methodist Church we are **Christ-Centered and People-Oriented**

In all we do, we choose to follow the example of Christ, reaching out to all people with the love and grace of God through worship, Bible study, mission outreach, prayer, and fellowship—so that all nations may become disciples of Jesus Christ.

In the Word

Feb 1 Isaiah 16-22

Feb 8 Isaiah 23-29

Feb 15 Isaiah 30-36

Feb 22 Isaiah 37-43

February Events

Our regular weekly schedule:

Sun

9 am Music/Sunday School
9:15 am Sun School
10 am Worship Service
11:30 am Meals of Grace
6:30 pm Worship Service

Mon

6 pm Cub Scouts
7 pm Boy Scouts

Tues

9 am Bible Study
6:30 Bible Study
7 pm Men's Bible Study

Wed

5:30 pm Worship Planning
6 pm Family Night Meal
6:30 pm Worship
7-8 pm Faith Building Activities
7 pm Voices of Grace

Thurs

4:15 pm Sonshine Choir
5 pm Girlfriend Theology
7 pm Bible Study

Sat

9 am Dresses for Dorcas

Sunday February 1

12 pm Membership Ministry

Saturday February 7

8 am- 3 pm Flinthills District Leadership Event, "Reaching Toward the Future"
5 -6:30 pm *Learning How to Love in the Midst of Difference*

Sunday February 8

12 pm Health & Wellness
12 pm Missions Ministry
1 pm Worship Ministry

Monday February 9

3-4:30 pm *Learning How to Love in the Midst of Difference*
5-6:30 pm *Learning How to Love in the Midst of Difference*
7-8:30 pm *Learning How to Love in the Midst of Difference*

Tuesday February 10

7:30 pm Phebe Group

Wednesday February 11

2 pm Abigail & Joanna Groups
5 pm Abundant Harvest
3 -4:30 pm *Learning How to Love in the Midst of Difference*
5 -6:30 pm *Learning How to Love in the Midst of Difference*

Thursday February 12

10 am Angel Food orders
7 pm Finance Ministry

Friday February 13

2 pm Angel Food orders

Saturday February 14

8 am Angel Food orders
8:30 am UMW Exec Meeting
10 am UMW General Meeting

Sunday February 15

12 pm Church Council
1 pm Education Ministry

Thursday February 19

7 pm Survivors of Abuse

Sunday February 22

12 -3 pm *Learning How to Love in the Midst of Difference*
4 pm Prayer Shawl Ministry

Monday February 23

5 pm Abundant Harvest

Tuesday February 24

6:30 pm Bible Study

Wednesday February 25

1:30 pm Create to Share

Thursday February 26

5:30 pm Parish Visitors
5:30 pm WOW

Saturday February 28

7:30 am Angel Food Distribution

Create to Share

We resumed our Mission of Create to Share in January and will meet on Feb.25, at 1:30 pm. We meet on the 4th Wednesday of the month. Come and enjoy the fellowship as we tie lap quilts, cut blocks for more, or stuff pillows. These activities are easy for anyone. Berniece Kelley
Wanda Chambers