

# The Link: Connected in Christ

## February 2023



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Our Mission:  
“Bring People  
to Christ”

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### Church Service Times

Sunday Sanctuary  
Worship 9:30 AM,  
in-person worship.

Sunday Children's  
Church 10 AM

Live Worship  
Streamed Online  
Sunday 9:30 AM  
Facebook, YouTube,  
and KNIA

Radio Worship  
Worship with us via  
the radio at 1320 AM,  
95.3 FM or 94.3 FM at  
9:30 AM. on Sundays.

### Holy Donut Hole Sundays!

Did you know that beginning January 1, 2023, our Narthex fellowship time is changing?

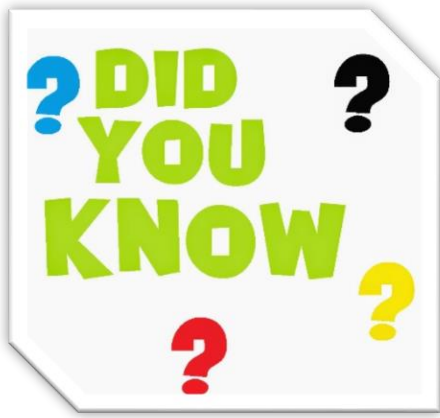
That's right .....**Fellowship is changing from after service, to 30 minutes before service!**

Also, we will have lots of donut holes to enjoy!

Not done with your coffee when service starts?

No problem because we will have lids for the drinks, so take it into the Sanctuary and enjoy it as we get started celebrating our Lord and Savior!!

Join us for Holy Donut Hole Sundays, 9 am every Sunday. Can't wait to see you there!



## **"Did You Know"**

Did you know that signing up when the clip boards are passed around in Church is so much more than being a volunteer?

When you sign up and commit time to any ministry you are serving God.

Some of these ministries require very little effort, some a little more. What I have found, in addition to serving God, you will be building community, you will get to know the congregation, you will learn new skills, you will feel a deep

gratitude for the those serving with you and those you are serving. You will make amazing friendships.

You will hear the stories of this church and how we got to where we are, and where we are going.

You will make memories that are so rewarding. You will laugh and have the best time.

In my Wings group we are using Heather M Dixon's book "Determined", for our bible study. She writes,

"Have you ever noticed God rarely calls us to places of comfort when he is leading us to our calling? It takes courage to step outside of our comfort zones. But we should do it because of one simple reason: Jesus said so."

Well, let's take a leap of faith this year, volunteer for a group like **Cooking for a Cause, Fellowship in the Narthex**, filling the **Blessing Boxes, F.U.N. group, Almost Free Shop, Christmas in July, Conspiracy of Kindness, small groups**, or any of the other great ministries we have here at KFUMC.

Let's step out of our comfort zones until it becomes comfortable to do so. That's what Jesus wants us to do.

Call me at 641-842-3712 to find out more!

Deb Greiner

## Classical Stretch

Classical Stretch is a series of 23 minute no impact workouts that stretch and strengthen all your muscles, joints, and connective tissues, and improve your range of motion and alignment for good posture --- keeping you strong, flexible, mobile, pain free, and full of energy!

Each DVD episode is led by the founder and NY Times best selling author Miranda Esmonde-White, a former world-class ballerina from Canada.

She leads you through a series of movements and stretches that will not make you sweat or out of breath, but definitely make you feel noticeably better when you're done.

(Leslie tapes her show on IPTV daily and then does them in the evening.)

I started using a DVD on the big TV down in the West Fellowship Hall last fall on Tuesday and Thursday from 12:00 to 12:25.

After the 23 minute workout we sit at a table and close by reading the Upper Room Daily Devotional.

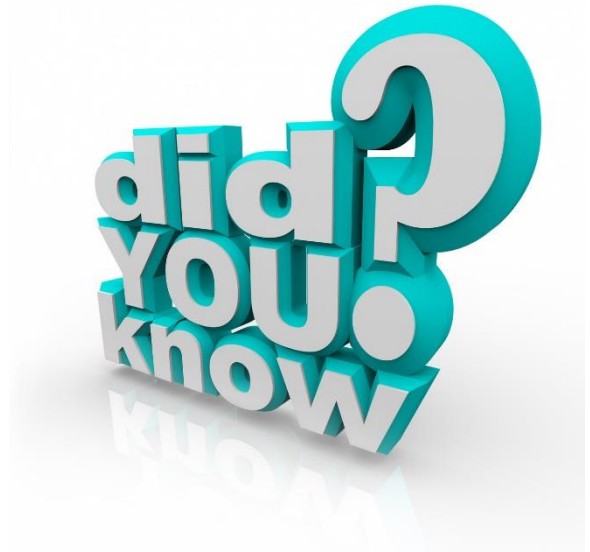
Recently I talked with Kay Bauer about offering it at the Senior Center on Wednesday and Friday so we could do it 4 days a week. (We can't lead it Mondays cause of staff meeting, but the DVD is always available if someone wanted to play it.

Miranda does all the leading, you just watch the TV and do what she does.

Stop by the office if you'd like to know more. OR,

Come to the WFH next Tuesday at 12 noon and you can see it for yourself.

Just wear casual clothes or sweat pants. We take our shoes off during the DVD because she says it's better for our feet and balance.



# Shrove Tuesday Pancake Dinner

February 21st 5-6:30pm

Plain, Chocolate Chip, & Blueberry Pancakes  
plus toppings, sausage, and drinks.

Free will donation, proceeds go towards  
the summer 2023 Youth Mission Trip!

313 E Montgomery St, Knoxville



## Ash WEDNESDAY

Service on February 22 @ 7:00 p.m.

# **2023 LENT SUPPERS & SPEAKERS**

## THE JOURNEY **Lent**

Ash Wednesday is February 22 and we will be having our traditional service in the sanctuary at 7 p.m.

Lenten meals will begin on March 1 in the Fellowship Hall, starting from 5:30 to 7:00 pm. Hosting the Lenten meals this year will be Women of Faith on March 1st; Pathfinders March 8; Trustees March 15; SPRC March 22, and Wings March 29. A brief program will follow each meal.





FUMC 2023 Cooking for a Cause Free Meal Schedule  
Please join us for awesome home cooked meals and fellowship downstairs in the fellowship hall.

*Dates*

March 29	4:30-6:00
April 26	4:30-6:00
May 31	4:30-6:00
June 28	4:30-6:00
August 30	4:30-6:00
September 27	4:30-6:00
October 25	4:30-6:00
November 29	4:30-6:00
December 27	4:30-6:00



Children, Youth, and Family Ministries

2023 is off to a great start. All of our CYF ministries are meeting regularly, and we have a lot of fun stuff planned. It is not too late to start coming to any of our programs. We always welcome new faces! If you have any questions, please contact me at [lpetersen@kfumc.com](mailto:lpetersen@kfumc.com). Blessings, Lauren

## Living Way Youth Meetings

Youth group began again on January 8<sup>th</sup> and will meet weekly (with the below exceptions) through February. In February we will assess if we should continue weekly meetings or go back to bi-weekly meetings beginning in March.

Mark your calendars:

- February 10<sup>th</sup> - Winter Jam concert at Wells Fargo Arena in Des Moines!
- February 21<sup>st</sup> - Shrove Tuesday Pancake supper, proceeds go towards Summer 2023 Mission Trip
- April 29-30<sup>th</sup> - Wesley Woods Overnight Retreat
- June 22<sup>nd</sup>-26<sup>th</sup> – Mission trip to St. Louis



**Exceptions (no Youth Group):** February 12<sup>th</sup>

## Children's Church

Children's Church is from 10-10:30 on Sundays during service. Our curriculum is designed for kids ages 2 – 2<sup>nd</sup> grade, but we welcome older elementary kids and even youth. Our youth are invited to come and help the adults in leading Children's Church.

## Pathfinders

Our 3<sup>rd</sup>-5<sup>th</sup> graders will begin meeting again on February 1<sup>st</sup>. They will meet on Wednesdays from 3:45-5pm with transportation available from Northstar Elementary. They will meet February 1<sup>st</sup> through March 8<sup>th</sup>. Katie and I look forward to seeing these kids again! If you have a child interested in participating, contact Lauren Petersen at [lpetersen@kfumc.com](mailto:lpetersen@kfumc.com).



### Mark Your Calendars:

**Family Easter Experience** – March 23<sup>rd</sup> (please note date change), from 5-7pm.

Experience the Easter Story in a whole new way through games, crafts, and more. This event is fun for the whole family!

**Good Friday Day Camp** – April 7<sup>th</sup>, 2023 from 9am-12pm

Kids ages 4 through 5<sup>th</sup> grade will enjoy a fun filled morning learning about the Easter Story.

**Mother Child Tea Party** – May 6<sup>th</sup>, 2023 from 11:30am-1pm

Come enjoy a fun tea party where the kids will serve their moms in honor of Mothers Day. This will be a fun event for Moms and kids of any age!

# Montgomery Street Preschool

REGISTRATION FOR  
2023/2024 OPENS  
MARCH 1, 2023

**OPEN HOUSE**

MARCH 23, 2023  
4:30 TO 6:30 PM

313 E. MONTGOMERY ST.  
KNOXVILLE

## Preschool Enrollment

Enrollment for the 2023/2024 school year will begin on March 1. Classes are available for 2 year olds, 3 year olds, and PreK. MSPS does accept 5-year-old students. Please reach out if you would like more information or registration materials. Katie at [mspschool@hotmail.com](mailto:mspschool@hotmail.com) or 641-842-2193.

MSPS will be having an open house and registration night on Thursday, March 23 from 4:30 to 6:30. Please watch for more details as the date gets closer.

**Contacts:**

**[mspschool@hotmail.com](mailto:mspschool@hotmail.com)**

**call: 641-842-2193**



## Thank You



The United Women in Faith would like to thank the Church Family for supporting The Almost Free Shop this past year.

Maybe you donated or maybe you shopped. If it wasn't for you, we won't be doing the mission work that we do. We would like to share with you that last year the shop took in \$56,460.55. We have in turn disbursed this money to local, state, and national missions.

Again thank you for all your support.

## Manifesting Love

*Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudices and the acceptance of love back in our hearts. Love is the essential reality and our purpose on Earth. – Marianne Williamson*

In recent months, I've been trying to understand this war, those behind it and the reasons for all of this insanity. Every time, however, I get stuck. One level, I get it and understand it, even if I know it's wrong. On the other hand, I completely and utterly fail to understand why and how this is even an option in someone's mind. The fact...this failure to understand...makes me happy. I know I have humanity; I know I understand love.



And suddenly, I realized: for all my anger at those perpetrating this, what I really feel for them is pity. There are the weak ones because they'll never really understand compassion...or empathy...or true friendship...or love. I truly feel sorry for them for these are the greatest gifts given to us. This also made me realize that these are the greatest weapons we have to combat the evil we see in the world, with love being the greatest of all. After all, 1 Corinthians tells us very clearly: "Love never fails."

Just prior to the holiday season, I was reminded of the power of love. In particular, the gift of this church is to help others in Moldova was an surprise that has brought blessings for many. Grains of sand make beaches; small drops fill oceans; and acts of love (no matter how small) permeate hearts. It amazes me and many here that so many people in smalltown Iowa care about them and their wellbeing. Life may be difficult in Eastern Europe right now, but the power of love shines like a beacon, giving hope, warmth, and joy.

Over the course of the next few weeks or so, I plan on sharing some stories with you of how your act of love was and is being put to use here. I'll tell you how you were part of literally keeping refugees warm and providing their children with some Christmas treats; I'll introduce you to a young couple with a baby girl facing a scary medical situation; and I'll tell you of our plan to teach others to (metaphorically) fish.

If we have faith, love will find a way. And love will win. Peace be with you. Brian, Dorina and Ami

## Report from Moldova

From the Columbia UMC, I received \$200. So far, approximately \$700 dollars of this has been used.

- \$300 Was provided a family that has a 2-month old baby girl (Emma). We know the family (they live in our building). The family is very sweet but sometimes struggles as neither of them has parents (she was an orphan, and his parents died when he was young). We pass along a lot of things that Ami has outgrown and have become very friendly with them. At about the same time we found out about the church's generous plan, the baby lost consciousness and had to be taken by ambulance to the hospital. The baby and mom ended up staying about a week in the hospital and, thanks to God, is ok and doing well now. We also found out during this time that they were behind on their rent, mostly due to energy prices soaring (more than doubling for gas for heating and nearly tripling for electricity...this is a direct result of Putin's ecoterrorism trying to control Moldova). We gave them no pre-conditions for the money, but \$300 is approximately 3 months rent for them.
- Approximately \$400 was used to support Ukrainian refugees for Christmas. This was a tag-team effort with some funding from a group from the Netherlands. There are about 40 Ukrainian families in the area that are still here and considered vulnerable. Each family received a large, warm blanket, and each child received a gift filled with chocolate and a toy. Most of this was given to them at a special service held just for them. The service was conducted in Russian (most Moldovans and Ukrainians speak Russian due to the Soviet Union) by Dorina's cousin, our local church's pastor whose father is Ukrainian. When I send the piece for the church bulletin on this, I will send along pictures and a video of this event. Any families that couldn't make it (there were a few due to illness) had their blankets and, if there were children, gift boxes delivered later.
- The remaining approximately \$1300 is planned to be used to fun area projects. The idea here is to use a simplified application form for anyone who has a small project



they want to do. They would need to apply using the form and attach a budget. This will be announced to the churches in the Orhei raion (district...kind of the county). The rationale for this is to give people a chance to gain experience in applying for and using grant funds. With Moldova and EU candidate country, there is more development funding becoming available. By doing a small simple project, we hope to prepare them for something bigger if they wish. This process will start toward the end of this month as it is still the holiday season in Moldova (many celebrate the holidays using the old calendar, on which Christmas is January 7 and New Year's is January 14). Blessings, Brian

## Loving Strangers

Imagine losing your home and most of your possessions. Imagine fleeing to a strange place that looks similar to home but, at the same time, is so very different. Imagine being in a place where most people can communicate with you in a language you understand (Russian), yet the language you hear around you and on most signs when out and about is one you do not understand (Romanian). Imagine having the certainties in life all pulled out from under you because some man in a far away city doesn't want you to be friendly with people he doesn't approve of. Imagine having to leave friends and family behind. Now imagine trying to celebrate Christmas in context. This is the situation so many Ukrainian refugees have found themselves in.



What would you do to help someone that found themselves in this situation? After all you can't give them their home and possessions back; you can't make the war stop and everything go back to the way it was; you can't perform miracles. Or can you? Here's what Columbia's kindness and generosity helped us do.

We identified about 40 vulnerable refugee families still living in and around Orhei. We invited them to a special Christmas service just for them. The service was conducted by the pastor of our local church, whose father is of Ukrainian descent. He conducted the service in Russian (a language understood by almost everyone from post-soviet countries). Prior to and following the service, the families were invited to enjoy coffee, tea and snacks and the company of fellow Ukrainians and Moldovans who care. Towards the end of the service, everyone was invited to join together and sing Christmas carols we all recognize.

At this point you may be asking yourself how you fit into this. Well thanks to the kindness of the church and a partnership with like-minded souls from the Netherlands, each family received a small token of friendship and love to help them enjoy this wonderful time of year. Each person was given a new, large and very warm blanket (a useful gift given the soaring

energy prices). Each child was given a present containing a small toy and a lot of chocolate. Some families couldn't make it due to illness and other obligations. We made deliveries to them later in the week. The smiles on their faces were the greatest gift I could have received. Small miracles make major differences. You can perform miracles. Thank you! With love, Brian, Dorina and Ami

## Strength for the Day



*"God does nothing apart from prayer."* --- John Wesley

February is the month when Hallmark and Valentine's Day make our hearts beat a little faster as we remember that "special someone". And for some of us who are struggling to hold onto our New Year's resolution to get in shape, February is the month when we are still trying to exercise in order to get our heart beating faster so it can pump more oxygen to our brains and bodies! We want to feel better, stronger, and more alive!

Rev. Tom Albin, dean of the Upper Room Ministries in Nashville, maintains the idea that prayer is a natural way for us to feel spiritually better, stronger, and more alive! It should be a part of our daily life.

"Breathe in love and grace and the oxygen of God, and breathe out worry, doubt, fear and anxiety," Albin says. "It is as natural to pray as it is to breathe. Prayer is oxygen for the soul.... Prayer is universal. Prayer is found in every culture of the world. There is some attempt to connect to the deity."

Albin's theology of prayer has changed just a few years ago.

"I always believed it was up to me to start a prayer. I now believe God takes the initiative. Samuel said 'Speak, Lord, for your servant is listening.' Prayer begins with God, comes to us, and we pray it back to God."

Friends, the season of Lent begins in February. For those who wish to breathe in love and grace and the spiritual life-giving oxygen of God, you are invited and encouraged to gather with others on Wednesdays during Lent in the West Fellowship Hall of the church. We'll gather to eat, to sing, to hear the faith walk stories of some of our brothers and sisters in Christ, and, of course, to pray! To align ourselves once again with the Way, the truth, and the life of Jesus.

Remember the ancient proverb: "Sow thought, reap action. Sow action, reap habit. Sow habit, reap lifestyle."

Peace, Pastor Jamie



## Your Quiet Time



*"And when you fast, don't make it obvious, like the hypocrites do, for they try to look pale so as to show others that they are fasting. I assure you, that's the only reward they will ever get. But when you fast, comb your hair, and wash your face, so that your fasting may be seen not by others, but by your Father who knows what you do in secret, and your God who knows all secrets will reward you."*

--Matthew 6:16-218

When you have successfully accomplished something, you have to tell someone—or do you really? Maybe you want to, but be sure that you share for the right reasons. For example, you had a personal goal to read a best seller book, or you have walked and logged "x" number of miles. You might want to celebrate your achievement with others, or, just maybe, you can celebrate it privately. This month of February ushers in a month of love, with Valentine's Day, and also some special presidents' birthdays.

Perhaps you can quietly perform some neighborly acts of love without letting others know. We see in the scripture passage above how Jesus reacts to people who make their spiritual actions a matter of public record. Jesus is doing more than relating to the topic of fasting. Jesus is hinting toward all hypocrisy among the people trying to look so religious, trying to make some type of impression.

So Jesus, what's your point? God doesn't play pretend. God is genuine. God loves us and is truly concerned about what is upon our hearts and what our motives are. God cares about our quiet time. Jesus blesses those who quietly attend to helping others, loving our neighbors as ourselves, praying, quietly giving, living in God's Holy Word. We don't need to impress others around us, in fact, it can be a real turn off. So, in this month of February love, let's continue to grow in Christ, to develop a deeper relationship with God. Grow in your quiet time with God.

In anything you do, it is important for you and Jesus to know, and many times, that's just the right amount. Treasure your quiet time with God and Jesus.

See you Sunday! —With God's love, *Pastor Brent*

# February 2023

February 2023							March 2023						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	5	6	7	8	9	10	5	6	7	8	9	10	11
	12	13	14	15	16	17	12	13	14	15	16	17	18
	19	20	21	22	23	24	19	20	21	22	23	24	25
	26	27	28				26	27	28	29	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Jan 29</b> Financial Peace University Living Generously (5 week) 8:30am Homebuilders 9:00am Holy Donut Hole 9:30am Worship Service 10:00am Children's Church	<b>30</b> 7:30am Monday Morning Panthers Fellowship 11:45am Staff Meeting 1:00pm Neighbor Helping Neighbor (Activity) 2:00pm Almost Free Shop 5:30pm Free Clinic Activity 6:00pm Girl Scouts (Kids)	<b>31</b> 9:00am Almost Free Shop (Annex) 12:00pm Classical Stretch (Fellowship Hall) 7:30pm Grant Writing Meeting (Office) 7:30pm Alcoholics	<b>Feb 1</b> Heather Off at Noon 12:00pm WINGS (Fellowship Hall) 1:00pm Neighbor Helping Neighbor (Activity) 3:45pm Pathfinder Kids (3rd) 5:30pm Gospel Goulash 6:30pm Preschool Board	<b>2</b> 12:00pm Classical Stretch (Fellowship Hall) 12:30pm UWF Executive Meeting (Kids Kingdom) 1:30pm UWF General 5:00pm Pickleball (Pete) 7:30pm NA Meeting (Activity Center)	<b>3</b> Heather Off @ 11:30 9:00am Almost Free Shop (Annex) 12:00pm Alcoholics Anonymous (AA) 6:00pm Narcotics Anonymous (Activity)	<b>4</b> 4:00pm Clean & Sober Social Group (Activity Center)
<b>5</b> Communion Sunday/Food Financial Peace University Living Generously (5 week) 8:30am Homebuilders 9:00am Holy Donut Hole 9:30am Worship Service 10:00am Children's Church	<b>6</b> 7:30am Monday Morning Panthers Fellowship 11:45am Staff Meeting 1:00pm Neighbor Helping Neighbor (Activity) 2:00pm Almost Free Shop 5:30pm Free Clinic Activity 6:00pm Girl Scouts (Kids)	<b>7</b> 9:00am Almost Free Shop (Annex) 12:00pm Classical Stretch (Fellowship Hall) 7:30pm Grant Writing Meeting (Office) 7:30pm Alcoholics	<b>8</b> 12:00pm WINGS (Fellowship Hall) 1:00pm Neighbor Helping Neighbor (Activity) 3:45pm Pathfinder Kids (3rd) 5:00pm Preschool Family 5:30pm Gospel Goulash	<b>9</b> 12:00pm Classical Stretch (Fellowship Hall) 5:00pm Pickleball (Pete, Paul & Pickleball) (Knoxville Memorial Hall) 7:30pm NA Meeting (Activity Center)	<b>10</b> Youth @ Winter Jam concert, Wells Fargo In (Annex) 9:00am Almost Free Shop (Annex) 12:00pm Alcoholics Anonymous (AA) 6:00pm Narcotics	<b>11</b> 4:00pm Clean & Sober Social Group (Activity Center)
<b>12</b> Financial Peace University Living Generously (5 week) 8:30am Homebuilders 9:00am Holy Donut Hole 9:30am Worship Service 10:00am Children's Church 10:30am Faith Forum	<b>13</b> 11:45am Staff Meeting (Conference Room) 1:00pm Neighbor Helping Neighbor (Activity) 2:00pm Almost Free Shop (Annex) 6:00pm Girl Scouts (Kids)	<b>14</b> 9:00am Almost Free Shop (Annex) 12:00pm Classical Stretch (Fellowship Hall) 7:30pm Alcoholics Anonymous (AA) Meeting (Activity Center)	<b>15</b> 12:00pm WINGS (Fellowship Hall) 1:00pm Neighbor Helping Neighbor (Activity) 3:45pm Pathfinder Kids (3rd) 5:30pm Game Night 5:30pm Gospel Goulash 7:00pm Chancel Choir	<b>16</b> 11:00am Homebuilders Lunch Meeting 12:00pm Classical Stretch (Fellowship Hall) 5:00pm Pickleball (Pete, Paul & Pickleball) 7:00pm Rebecca Circle UWF 7:30pm NA Meeting	<b>17</b> 9:00am Almost Free Shop (Annex) 12:00pm Alcoholics Anonymous (AA) Meeting (Activity Center) 6:00pm Narcotics Anonymous (Activity)	<b>18</b> 4:00pm Clean & Sober Social Group (Activity Center)
<b>19</b> Financial Peace University 8:30am Homebuilders 9:00am Holy Donut Hole 9:30am Worship Service 10:00am Children's Church 10:30am Faith Forum 1:00pm Financial Peace	<b>20</b> 7:30am Monday Morning Panthers Fellowship 11:45am Staff Meeting 1:00pm Neighbor Helping Neighbor (Activity) 2:00pm Almost Free Shop 6:00pm Girl Scouts (Kids) 6:30pm SPRC (Library)	<b>21</b> 9:00am Almost Free Shop (Annex) 12:00pm Classical Stretch (Fellowship Hall) 5:00pm Shrove Tuesday Pancake Supper 7:30pm Alcoholics	<b>22</b> ASH WEDNESDAY 7:00am Ash Wednesday Service (Sanctuary) 12:00pm WINGS 1:00pm Neighbor Helping Neighbor (Activity) 3:45pm Pathfinder Kids (3rd) 7:00pm Chancel Choir	<b>23</b> 12:00pm Classical Stretch (Fellowship Hall) 5:00pm Pickleball (Pete, Paul & Pickleball) (Knoxville Memorial Hall) 7:30pm NA Meeting (Activity Center)	<b>24</b> Deb's Birthday (Birthday) 9:00am Almost Free Shop (Annex) 12:00pm Alcoholics Anonymous (AA) 6:00pm Narcotics Anonymous (Activity)	<b>25</b> 4:00pm Clean & Sober Social Group (Activity Center)
<b>26</b> Financial Peace University 8:30am Homebuilders 9:00am Holy Donut Hole 9:30am Worship Service 10:00am Children's Church 10:30am Faith Forum 1:00pm Financial Peace	<b>27</b> 7:30am Monday Morning Panthers Fellowship 11:45am Staff Meeting 1:00pm Neighbor Helping Neighbor (Activity) 2:00pm Almost Free Shop 6:00pm Ad Council 6:00pm Girl Scouts (Kids)	<b>28</b> 9:00am Almost Free Shop (Annex) 12:00pm Classical Stretch (Fellowship Hall) 7:30pm Alcoholics Anonymous (AA) Meeting (Activity Center)	<b>Mar 1</b>	<b>2</b>	<b>3</b>	<b>4</b>