



# The Messenger

## Pastor's Ponderings...

### ***Slay Your Dragons Before Breakfast***

Leigh introduced me to the blogger, Michael Hyatt, past CEO of Nelson Publishing. This post inspires me and can help us have the best year of our lives, individually and collectively in 2012, if we find ways to “slay our dragons” and triumph in life.

*I awoke this morning to the dragon's hot breath on my face. I was disoriented, not quite knowing where I was. I struggled to open one eye. Then another.*

*And there he was. A dragon. A very big dragon. With three heads. Sitting in my bedroom, like so many mornings before, he was waiting. His heads swerved back and forth, dancing in the dim light. Each head alternately belching fire and hissing smoke.*

*I groaned. Here we go again, I thought. If only I could shut my eyes and will him away. No such luck. His presence only grew more menacing.*

*I knew that I had to act. I leapt from the bed and ran straight at him. I have learned by experience that my only chance at victory is to slay the dragon while it is still dark. Before the first rays of sunshine strengthen his already substantial advantage.*

*Fortunately, once again I prevailed. But my victory is short-lived. I will face him again tomorrow. And the day after that.*

*Although this sounds like a fairy tale, it's not. It's my reality, day after day. I face a dragon named Lethargy every morning. It has three heads: Pneuma (spiritual), Soma (physical), and Nous (intellectual).*

*If I don't slay this dragon before breakfast, he usually gets the best of me. After breakfast—when the day's activities are crowding into my life—my chances of doing battle and winning drop dramatically. Sometimes I can emerge victorious. But rarely.*

*My chances are better if I get in my basic disciplines before I get assaulted with the demands of the workday.*

*So, before breakfast, I complete the following:*

**1. Read the Bible.** *I use this weapon to cut off the dragon's middle head. I don't know why it is so hard to defeat, but it is. A thousand and one distractions vie for my attention. That's why I grab a cup of fresh tea, head to my favorite den chair, and begin reading at once. The Scriptures prime the pump and strengthen my resolve. If I can cut off the middle head of spiritual lethargy, the other two go down much easier. Currently, I am reading through the Bible in a year, using [The NKJV Daily Bible](#) (Kindle Edition).*

**continued on page 3.....**

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## Make UMYF A Part of Your Life!

### Schedule for February

**Saturday, February 4:** WinterJam!

Meet at FUMC at 3:45pm

Details below!

**Sunday, February 5:** No Meeting

**Sunday, February 12:** UMYF 5pm

**Sunday, February 19:** NO UMYF  
(Long Weekend)

**Sunday, February 26:** UMYF 5pm

### Winter Jam 2012!

Saturday, February 4th 2012  
at the Greensboro Coliseum

Featured Bands: Skillet, Sanctus Real, Peter Furler,  
Kari Jobe, Building 429, Newsong, Group 1 Crew,  
Dara Maclean, We as Human, & For King  
and Country!

Tickets are \$10 at the door (cash only)  
Show starts at 6:00 pm

We will meet in the church parking lot at 3:45 and  
plan to eat an early dinner on our way. Youth should  
plan to bring money for dinner. We will leave  
Greensboro by 9pm and should arrive back at the  
church around 9:45.

Let Catie know if you will be attending NO LATER  
THAN Tuesday, January 31st. Parents, please let  
Catie know if you would be willing to drive/  
chaperone. Any Questions:  
Contact Catie (919)801-5924

[briggs.catie@gmail.com](mailto:briggs.catie@gmail.com)

<http://www.jamtour.com/shows/greensboro-nc>

**Pick up your copy of DEVOzine  
(a magazine for youth)  
in the Narthex or the UMYF room!**



### KIDS IN CHRIST

We are having a great time in  
KIDS IN CHRIST learning  
about our Methodist family  
and history. We are also  
making some neat stuff for  
the UMW Bazaar in the fall.

Come join us (ages 4-5th grade) each time from  
5-6 pm for lots of fun and fellowship!

February 12 and 26

March 11 and 18

April 15 and 22

May 6 and 20



**Plans for February are still being made.  
It will probably be a movie and snacks  
at the church near the end of the month.  
Please watch your Sunday bulletins for  
more information.**



**Our Seniors of the Month  
are Fred and Janice Poston.  
Their address is  
106 Olde Manor Court, Siler City.**

**Take some time this month to visit  
and/or send a card.**

### SHARE

**WEDNESDAY, February 8 at 12 noon  
Chris Carter from Council on Aging will  
share information about their agency.**

**Pastor's Ponderings continued from page 1...**

2. **Engage in exercise.** I use this weapon to cut off the dragon's left head: physical lethargy. Sometimes, I think this is even more important than the middle head. Why? Because if I am not exercising regularly, it negatively impacts every other area of my life. It becomes more difficult to manage stress. I find that I just don't have the energy to fight the other beasts I encounter. Currently, I am doing cardio four mornings a week for one hour and strength training two days a week for one hour. Weather permitting, I run outside. Otherwise, I am in the gym. Gail and I usually go together. It's helpful to have an accountability partner.

3. **Listen to books.** I use this weapon to cut off the dragon's right head: intellectual lethargy. I learned a long time ago that "leaders read and readers lead." By definition a leader (as opposed to a mere manager) stays out in front of his people. To lead, you have to set the pace. You have to be a thought leader. The problem I have is that it is difficult for me to sit still. I have a hard time finding a long enough stretch in the day to sit down and really read. I keep getting interrupted—or distracted. However, by downloading books from [Audible.com](http://Audible.com) onto my iPhone, I can listen to books while I'm working out. Honestly, there are days when I hate to stop running or exercising because I am so engrossed in my book. It makes the time fly by.

Though I don't do it before breakfast, I have one other discipline that I try to practice daily: prayer. I find that the best time for me to pray is in the car. This was easy when I had a commute. It usually took 35–40 minutes, so I had plenty of time. Now, I take advantage of any trip in the car. It's become my rolling "prayer closet."

***So what are your biggest dragons? What is your strategy for defeating them before breakfast?***

My love to you all,  
*Clyde*



## **Lent at First United Methodist Church**

Our Ash Wednesday Service at 7 pm on February 22 begins our 40 Day Journey toward Easter. During this service, we will share in the Imposition of Ashes. Then on each successive Wednesday evening, a lay person from our church will bring a brief meditation to prepare us for Holy Communion. These 45 minute services will help us prepare our hearts and minds to better celebrate Holy Week and Easter.

Our Sunday School Superintendent, Janet Joyner and Angela are in the process of choosing a Lenten Study for Sunday School. There are several good studies available for all ages. Please watch your Sunday bulletins, March Newsletter and emails/phone tree for more information about this and all Lenten opportunities at FUMC!

**Join us as we Journey Toward Resurrection!**

## Upcoming Community Events here at FUMC

### BBQ and Auction Saturday, February 4 Siler City Scouting—Unit 924 First United Methodist Church Fellowship Hall

Bar-B-Que plates (1/2 pound BBQ, green beans, slaw & bread) for \$7.00 will be available starting at 4:00 and served until 7:00. Drive Thru or Dine In

AUCTION items to include baked goods, items or services donated by local businesses. Scout popcorn & drinks will be available for purchase during Auction. Preview begins at 4:00 pm Auction begins at 6:00 pm

*Your support will be greatly appreciated by the Siler City Cub Scouts, Boy Scouts & Venturing Crew. Proceeds going toward various projects, trips, and equipment.*

**Note:** In case of severe or hazardous weather, the make-up date will be February 18, same time, same place. (Postponement will be announced on WNCA AM 1570)

### Siler City Lions Club's All You Can Eat Pancake and Sausage Breakfast

Saturday, February 11  
First United Methodist Church  
Fellowship Hall  
6:30-11:00 am

Adults: \$5.00  
Children (6-12): \$2.50  
Children under 6: Free

*Proceeds support the Lions Club's service to the visually and hearing impaired in our community. Thank you for your support!*

### Chatham Charter School BBQ Friday, February 24

10:30 am–12 noon  
Carry out only  
3 pm-7 pm Eat in or take out

**\$7.00 per plate includes drink and dessert**

**Chance to win a KINDLE FIRE  
You do not have to be present to win.**

*Proceeds support the 8th grade class trip to Washington, DC this Spring!*

### Life Line Screening

**Identifying Your Risk = Disease Prevention**  
First United Methodist Church will host a preventive health screening event on Tuesday, March 20, 2012 for residents in and around your community.

Life Line Screening will perform screenings for:

- 1) carotid artery blockage (stroke)
- 2) atrial fibrillation
- 3) abdominal aortic aneurysm
- 4) peripheral arterial disease
- 5) osteoporosis (bone loss)

These screenings are recommended for anyone 50 and older, or 40 and over with cardiovascular risk factors. They are non-invasive, painless, and take 60-90 minutes to complete. The results, which are mailed directly to you, will help you and your doctor protect your health. Stroke, Vascular and Heart Rhythm Package range from \$129.00 to \$159.00.

Call 1-888-653-6441 or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners) to schedule your appointment.

## February Birthdays & Anniversaries

- |                    |                    |
|--------------------|--------------------|
| 1 Cindy Snipes     | 19 Anne Frickey    |
| 3 Kenny Clark      | 21 Richard Kirkman |
| 4 Baxter Reitzel   | Preston Stackhouse |
| Ashlyn Phillips    | 24 Anna McBee      |
| 6 Nancy Palmer     | 25 Shirley Brewer  |
| 7 Burton Wood      | Doug Townsend      |
| 9 Matthew Elliott  | 26 Dick Huddleston |
| Josh Hudson        | 28 Michael Frickey |
| 10 Sara Wrenn      | Jeff Davis         |
| 13 Jay Underwood   | 29 Jane Maness     |
| 14 Myrtle Stephens |                    |
| 16 Betty Willette  |                    |
| Megan Snider       |                    |
| 17 Archie Adcock   |                    |

If you would like to be sure that the birthdays of you and your family members are listed each month, please email Angela at [amillsaps@fumcsilercity.org](mailto:amillsaps@fumcsilercity.org).

The deadline for submission of information for next month's issue of The Messenger is the 15th of this month. Please note that due to space limitations and the desire to cover as much of our church's ministries as possible, all editing will be at the discretion of The Messenger Staff.

## Our Loved Ones in Long Term Care Facilities

- Ashton Place: Helen Burns  
5533 Burlington Road, McLeansville 27301
- Baptist Health Care Center: Margie Barker  
700 Williams Ferry Rd., Room 29 B  
Lenoir City, TN 37771
- Cambridge Hills of Pittsboro:  
Amos and Alice Butler (Jane Butler's parents)  
140 Brookstone Lane., Pittsboro 27312
- Coventry House: Dixie Brown, Mott Blair,  
Betty Hughes  
Marian McManus (mother of Keith McManus)  
Bessie Andrews (Terry Andrews' mother)  
260 Village Lake Road, Siler City 27344
- Greensboro Retirement Center:  
Sallie Dockery (mother of Brenda Dunn)  
3301 Garr Place, Greensboro 27406
- Laurels of Chatham:  
Doris Hart (sister of Louise Adcock)  
72 Chatham Business Dr., Pittsboro, NC 27312

- Penick Village: Farish Justice  
PO Box 2001, Southern Pines, NC 28388
- Siler City Care and Rehab:  
Dr. Lois Crider, Rebecca McDaniel,  
Mary Ray (Faye McLaughlin's mother)  
900 W. Dolphin St. Siler City, 27344
- The Arbor House at Galloway Ridge:  
Zouline Machado  
300 Clynelish Close, Pittsboro, 27312
- Universal Health Care: Maurice Tanner,  
Reverend Eugene Beane  
7166 Jordan Rd., Ramseur, 27316

### Temporary Address:

Bob and Loveda Helbert: Rex Rehab  
911 Hughes St., Apex, 27502  
Loveda's phone (919-363-6073)

**Please take time to send a card or visit!**

**LOOKING AHEAD!  
WORSHIP AND ACTIVITY  
OPPORTUNITIES**

**This month's responsibility for West Chatham Food Pantry is Canned Fruit.**

**March 14: SHARE**

**March 17: Lions Bloodmobile**

**March 18: Children's Council**

**March 19: JOY Circle Meeting**

**March 20: Lifeline Screening**

**March 21: Events Planning**

**April 1: Palm Sunday**

**April 5: Maundy Thursday Service**

**April 6: Good Friday Service**

**April 8: Easter Sunday**



**Military Families Away From Home**

**\*Alex Daniels, US Navy, Norfolk, Virginia**  
*(son of Le and Marti Greene)*

**\*Doug Sparrow, US Army, Fort Bragg, NC**  
*(son of Bernie and Sara Sparrow)*

**\*Bray Harvey, Army National Guard**  
*(grandson of Lee and Beulah Harvey)*  
*Fort Rucker, Alabama*  
*Helicopter Flight School*



**Coming in March!!!!!!!  
CANS for March Madness!**

Canned goods will be collected in the Narthex before and after church services each Sunday during March!  
You may bring cans or money...

All donations will be divided between the West Chatham Food Pantry and the Salvation Army!

Counts will be made on Wednesday and reported in the next Sunday's bulletin.

Put your cans in the box representing your favorite North Carolina ACC team:  
UNC; NC State; Wake Forest and Duke!

**Mark your Calendars!!!!  
Make sure your team isn't the underdog!**

**UNITED METHODIST  
MEN**

**UNITED METHODIST MEN NEWS  
FAMILIES IN NEED MINISTRY**

During the month of **December, 2011**, the UMM Families in Need ministry aided **14** households. A total of **\$1,155.56** was spent to assist with utilities and rent. If you would like to contribute to this fund, please make your check out to the Church and earmarked "Families in Need".

**Year end report:**

Responded to 171 requests  
Aided approximately 266 children  
Aided approximately 20 senior adults  
Referrals came from Council on Aging, Salvation Army, Department of Social Services and other churches.

**Total amount provided: \$14,044.53**



## Stephen Ministry News

### What Is a Stephen Minister?

Stephen Ministers are faithful Christians sent by God to help you through a life crisis.

They are filled with God's love and knowledge, which you will find quite priceless.

They'll walk closely with you and be your trusted friend.

Keeping everything in confidence until you're whole again.

Maybe you've lost a loved one or job on which you depend.

It could be a serious illness, and you feel you need a friend.

So you don't have to go it alone when life's challenges you must bear.

Just let them know of your need, and a Stephen Minister will be there.

To find out more about Stephen Ministry and how you could become a Stephen Minister or how you or someone you know could be matched with a Stephen Minister, talk with Brenda Dunn (919-663-3717).

*Our Stephen Ministers are ready to care for you!*



### Messages from our Church Family And Community

*Thanks for naming me the Senior of the Month for December. The flowers, cards, visits and most of all your love and support at this special season of the year were most appreciated and treasured. With my love and blessings to my church family,*  
*Marjorie Stackhouse*

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*Thank you for honoring us as Seniors of the Month for November. We appreciate the prayers, cards, and gift. It is comforting to have such a caring Church Family.*  
*Love, Baxter and Nancy Reitzel*

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*Dear Friends of The Salvation Army, Thank you so very much for your recent donation to your Salvation Army of Chatham County. Because of your generosity, our service unit can continue to serve the residents of Chatham. As I am sure you know, the needs of our neighbors are many. It is a blessing to know that in these dire times, when most people are struggling, our communities come together to help. First Methodist is a blessing to the Salvation Army.*  
*Thank you again for your support.*  
*Merry Christmas and Happy New Year,*  
*Jane Wrenn, Director*

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*Dear Staff, enclosed is a donation for any needs and/or maintenance toward the multi-purpose room (fellowship hall). Thank you for its use in sessions for my developmentally delayed kids.*  
*Take care. Happy 2012!*  
*Sincerely, Lisa Ellis, Physical Therapist*

**The Church at Worship**

**February 5 (5th Sunday after Epiphany )**

Isaiah 40:21-31; Psalm 147:1-11, 20c  
I Corinthians 9:16-23; Mark 1:29-39

**February 12 (6th Sunday after Epiphany)**

II Kings 5:1-14; Psalm 30  
I Corinthians 9:24-27; Mark 1:40-45

**February 19 (Last Sunday after Epiphany)**

**Transfiguration of the Lord**

II Kings 2:1-12; Psalm 50:1-6  
II Corinthians 4:3-6; Mark 9:2-9

**February 22 (Ash Wednesday)**

Joel 2:1-2, 12-17; Psalm 51:1-17  
II Corinthians 5:20b-6:10;  
Matthew 6:1-6, 16-21

**February 26 (1st Sunday in Lent)**

Genesis 9:8-17; Psalm 25:1-10  
I Peter 3:18-22; Mark 1:9-15

**Sunday Morning Schedule**

- 8:30 am Worship
- 9:30 am Intercessory Prayer Team in the Chapel
- 9:45 am Sunday School
- 11:00 am Worship

Worship Service CD's are available,  
please contact the church office.

**Please see the enclosed insert for a calendar**

**Faithfulness in Stewardship**

		Christian Education	Worship 8:30	Worship 11:00
<b>Dec.</b>	<b>4</b>	54	34	92
	<b>11</b>	83	15	159
	<b>18</b>	37	no service	162
	<b>25</b>	no classes	no service	90
<b>Jan.</b>	<b>1</b>	35	24	71
	<b>8</b>	68	31	96
	<b>15</b>	60	23	93

**Financial Statistics are as of January 15, 2012**

Building Fund Giving	\$ 1,025.00
General Budget Giving	\$ 22,306.41
General Budget Paid Expenses	\$ 29,777.62
Over/Under Obligations	(\$ 7,471.21)

Church Office hours:  
9:00 am – 5:00 pm  
Monday – Thursday

Phone: 919-742-2722  
Fax: 919-663-5640

**www.fumcsilercity.org / Join us also on Facebook and Twitter!**

Reverend Clyde Denny Minister (cell - 910-512-5785) clyde@fumcsilercity.org  
 Reverend Travis Owen Pastor Emeritus  
 Angela Millsaps Director of Lay Ministries amillsaps@fumcsilercity.org  
 S. Timothy Davidson Director of Music ch4bubble@yahoo.com  
 April Craven Director of Finance acraven@fumcsilercity.org  
 Catie Briggs Director of Youth Ministries briggs.catie@gmail.com  
 Jeff Brown Custodian

Sanford District Web Page.....www.sanforddistrict@nccumc.org



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