



Heart Beat Newsletter

Zion United Methodist Church
Loving God, Loving People, Serving the World

February, 2022

Pastor Carol's Comments

I'm sitting at my kitchen table, watching the snow that was predicted. Well, actually what was predicted was a HISTORIC WINTER STORM with MANY FEET OF SNOW! (The TV stations all seem to speak in capital letters.) I had to pick up a couple things at the grocery store that I'd forgotten when we shopped last weekend. The shelves were completely empty of bread, and the freezers were stripped of frozen pizza (neither of which I needed). You would have thought the Blizzard of '22 was on its way, we'd be snowed in for days, and starvation was a real possibility. Now, four hours into this "Snowmageddon," there's less than an inch of soggy, slushy snow on my deck. The plows have been by twice, and there's been regular traffic on my street.

One of the best pieces of advice I ever heard was given to me by a friend, who heard it from a counselor during a difficult time in his life. The counselor told him, "Don't catastrophize!" In other words, don't anticipate a catastrophe when it may never happen. Reasonable preparation is one thing, but jumping to the conclusion that a catastrophe is looming isn't helpful. It will only increase your anxiety and often leads to making poor choices based on fear rather than facts.

Actually, Jesus was the one who first gave this advice. In Matthew 6:34, we read Jesus' words: "Do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today." In other words, "Don't catastrophize!" Take care of what you can take care of today, and meet tomorrow's challenges as they come. (Feel free to pass this along to any weather forecasters you know.)

Ham Loaf Dinner Coming Up Soon!

Our Ham Loaf dinner will be held once again in an all take-out format on Thursday, 2/17, from 4:30 - 7 p.m. The price is \$12 for adults and \$5 for children 10 and under. As always, we need all hands on deck to make this the success it is. Based on how quickly we sold out our ham/turkey dinners in the fall, Lee is planning to amp up his ham loaf production. If you have access to a community bulletin board (physical or online), please post the info there to help us advertise. And, share our Facebook "Event" page on your own Facebook page to help spread the word.

News Around Zion

Electronics Recycling Day a Repeat Success

Our 5th Annual Electronics Recycling Day was a success on many levels. We attracted well over 200 cars and trucks, with everything from small bags of batteries to truck beds piled with outdated electronics, filling our biggest truck yet. Each car received a flyer with information about upcoming worship and events at Zion. Although we don't charge anything and aren't paid by our recycling partners, we were given \$125 in donations from grateful recyclers. Ten of our members pitched in, including Louella and Pat L., who provided lunch, snacks, and beverages to keep everyone warm and energized. And, seven community members of all ages joined in as well.

If you or someone you know still needs to recycle an LCD, LED, or plasma TV, Recycle IT USA Toledo will accept it at their site (5265 Tractor Road, Suite N, in Toledo) *by appointment only.*

There's a fee of \$10.00 for each 32" TV and smaller, and \$20.00 for each larger model. Call 833-419-2989 or go online at <https://recycleitusa.net>.



Sam, a member of the Waterville Boy Scouts, and Casey, a student at Otsego, worked hard all day.

Not Too Soon to Think About VBS

Summer seems a long way off, but planning for Vacation Bible School is already underway. The program to be used is called "How to Train Your Emotions." The program web site describes it this way: "Our emotions can sometimes feel like



we're trying to tame a dragon. But God shows us how we can take control of our anger, fear and sadness, and have joy and peace in the midst of our other emotions." With all that our

children have had to adapt to in the past couple years, this should be a good resource for them. Helpers in various areas will be needed; details will be provided as plans develop.



Valentine's Day Cookies

We will again be delivering Valentine's Day cookies to those who serve our community. Pastor Carol will deliver them on 2/14 to the Fire Dept., Library, Police Dept., Village Hall, Post Office, and nursing home. Please have your cookies at the church by Saturday, 2/12.

Lenten Season

It's hard to believe that last year, our Ash Wednesday service was held in the dark in the parking lot, and our Lenten Bible Study was held online by Zoom. What a difference a year makes!

This year, we're working in cooperation with Hope UMC on our Ash Wednesday observances. There will be a mid-day service and simple lunch at Hope. ((We'll be looking for people to lend a hand with serving the lunch.) We will host the evening service on 3/2 at 7:00 p.m. That way, members of our churches and the community will have two separate opportunities to worship on Ash Wednesday. Pastor Warren will lead the mid-day service with Pastor Carol participating, and Pastor Carol will lead the evening service with Pastor Warren participating. We're also in conversation with other local churches about their participation as well.

Our Bible Study for Lent will be a video study by Ray Vander Laan called "Faith Lessons on the Death and Resurrection of the Messiah." Vander Laan will take us on location to weave together the historical, cultural, religious, and geographical settings of Jesus' life and ministry. The study will begin on Thurs., 3/3, at 2:00 p.m. and continue through 4/7. A book is available but not required. If you purchase one, please remember to use iGive or Amazon Smile so that your purchase will benefit Zion.

Traditional Christian Hymns Word Search

S	U	R	V	E	Y	P	D	K	F	Y	U	K	P	L
H	C	Z	K	G	H	N	I	O	W	L	P	B	I	P
N	E	S	I	R	E	N	U	L	F	O	R	V	B	F
B	D	B	A	I	G	N	I	U	A	H	E	E	G	E
G	A	E	R	I	D	K	F	F	I	S	D	C	X	R
A	T	F	S	A	G	L	A	Y	T	P	L	M	H	M
K	Y	G	T	S	L	Q	Y	O	H	L	O	R	Y	P
Y	W	I	M	E	E	W	R	J	F	N	F	W	V	S
S	O	A	W	L	Z	L	X	Q	U	M	N	J	E	D
N	J	V	X	I	Q	Q	B	R	L	T	V	G	V	R
G	T	Q	R	G	N	G	G	N	S	A	Z	K	C	
E	S	H	K	Q	O	F	V	R	E	L	Z	E	I	M
P	X	P	O	S	R	F	F	A	S	P	Q	Q	R	F
S	S	E	R	T	R	O	F	C	S	B	I	W	Z	G
U	G	Z	M	Z	U	F	K	E	Q	R	B	N	P	I

Find the capitalized words:

- A Mighty FORTRESS Is Our God
- All Hail the POWER of Jesus' Name
- How Firm a FOUNDATION
- Because He LIVES
- It Is WELL with My Soul
- JOYFUL, Joyful, We Adore Thee
- Christ the Lord Is RISEN Today
- What a FRIEND We Have in Jesus
- Great Is Thy FAITHFULNESS
- When I SURVEY the Wondrous Cross
- BLESSED Assurance
- Amazing GRACE
- How GREAT Thou Art
- HOLY, Holy, Holy

Church Information

Pastor Carol Williams-Young
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Worship at 10:25 a.m.
Sunday School at 9:00 a.m.

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pastorcarol@bex.net

Find us on Facebook: whitehousezionumc

Website:
<http://www.zionumcwhitehouse.org>

Upcoming Events

- Tues., 2/8, 6-7 p.m., Girl Scout Troop #16232
- Thurs., 2/10, 2:00 p.m. Bible Study
- Sat., 2/12: Valentine's Day cookies due
- Tues., 2/15, 4-6 p.m., Food Pantry
6:30-7:30 p.m., Girl Scout Troop #10143
- Thurs., 2/17, 4:30 - 7 p.m. Ham Loaf Dinner
- Tues., 2/22, 6-7 p.m., Girl Scout Troop #16232
- Wed., 3/2, Ash Wednesday Services
Mid-day: at Hope UMC (Time TBA)
Evening: 7:00 p.m. at Zion
- Thurs. 3/2, 2 p.m. Bible Study