

# Ottawa First UMC

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Dear Friends,

In his book *Six Amazing Bible Stories to Strangely Warm Our Hearts*, James W. Moore told about retired public school teacher who, on her eightieth birthday, was given a reception in her honor by several of her former students. Most of those who gathered around her that afternoon credited her with being one of, or the *single*, most influential person in their lives.

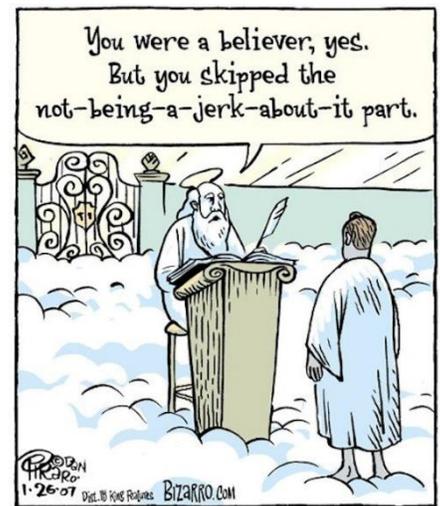
What is amazing about the story is that when the woman began her teaching career, she was assigned to one of the toughest schools that the city of Boston has ever known. The drop-out rate was phenomenal and violence, both in and around the school, was an everyday occurrence.

But then something happened – something that no one ever expected. Students who were once considered incorrigible began to show signs of improvement. Their behavior and their attitudes began to change. Those who were once flunking every subject began showing signs of some academic promise. There were even a few who, in place of looking forward to dropping out, began talking about attending college or trade school.

And what did all of these students have in common? They had all been students of the same incredibly dedicated teacher. While not everyone who had the privilege of being in her classroom went on to become highly successful adults, many of them *did* go on to accomplish amazing things. Some of those who gathered around her that day were now doctors, lawyers, political leaders, teachers, professors, social workers and economists. Not bad for a group of kids who had been labeled as failures by everyone **except** a very naïve and inexperienced teacher who refused to give up on them!

When asked by a reporter how she had instilled such high values in her students, the woman replied....continued →

## How to Share Your Faith without Being a Jerk



Sunday  
February 19<sup>th</sup>  
1:00pm – 3:30pm

Potluck Lunch  
Our DS, David Watson  
will be the presenter

**2016 Contributions  
Statements are in the First  
Cup area...alphabetically.  
If you see a discrepancy in  
yours, please contact the  
church office.**

that she really did not know. *After all, she said, compared to today's teachers, I wasn't as well educated or prepared as they are. I guess the only thing I really had to offer them was my love.*

Love. According to the Apostle Paul, it *hopes all things; believes all things; endures all things.* Love, according to Paul, *will never end.*

One lone teacher believed it and the lives of hundreds of lost children were changed forever. Who is it that God is calling you to love? Whose life can be changed because you care?

See You in Church,  
Pastor Kathleen



The Prayer Room or small chapel, located just inside the Northwest entrance to the sanctuary is going through some renovating following water damage to the north wall. People

have worked diligently, sanitizing, and painting. Now it is being thoroughly spruced up and hopefully put back together soon. This will provide a sanctuary for meditation or counseling, a workshop for ministries, or another classroom for up to 12 people. Please enjoy the benefits of solitude in this place and also the Upper Room at the South end of the 3<sup>rd</sup> floor gym.

Prayer Friends/Prayer Shawl Ministry is still an active and loving the outreach it has blessed many. Even though we do not regularly meet, shawls are being made and donated to the ministry and occasionally blessed by the attendees of the Tuesday Donut & Devotion crowd. We welcome shawl donations and would even provide yarn & needles if you need them.

If you know of someone who could benefit from a Prayer Shawl (warm hug) please contact:  
The Church Office at 242-1419 or Bonita at 242-5674

## OUR MISSION

BUILDING RELATIONSHIPS  
THROUGH EXAMPLE SO OTHERS  
MAY SEE JESUS CHRIST"

Pastor Kathleen Whitmore  
Cell: 785-393-2803

Office Hours for the  
Church Office are:  
Monday – Thursday  
9am – 3pm

If you would like to add someone to the shut-in list to receive our weekly bulletin or monthly newsletter, please contact the church office.



Radio Broadcast: KOFO,  
1220 on your AM radio  
& 103.7 on your FM dial.

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**Cathy Sutton is taking  
care of this again for us!  
We have already seen the  
benefits.**



# FRETSA



**FRETSA is deep in budget preparation for 2017, as are so many others. We thank each of you who contributed last year, and since we are a 501c3 tax identity, if you gave a gift of \$100 or more you have received a tax gift letter for income tax purposes. If you feel you gave that or more DIRECTLY TO FRETSA and haven't received a letter, please let me know and I will correct the error. (Gifts given through FUMC receive a letter from the church.)**

May God Bless you, *Mabel Gilliland, FUMC liaison to FRETSA*

It hurts to lose someone. Find help at [GriefShare](#).

**GriefShare** is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences. You don't have to go through the grieving process alone. [How GriefShare works](#) - Seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

[Free daily email encouragement](#) - Receive an encouraging email message every day for a year. These short messages will inspire you and provide practical information as you grieve the loss of your loved one. [Sign up for the GriefShare daily emails.](#)

Each Wednesday Night - 6:30pm - 8:00pm  
in the Parlor

*"Helped me simply get through each day."*

## 5<sup>th</sup> Quarter

**We are in need of volunteers to help with 5th Quarter.**

The need is for adult supervision and snacks. Usually just 2 adults are good for supervision until our numbers increase. In order for us to build this fantastic youth program, we have to depend on our volunteers. **We will have 5th Quarter each Friday Night from 8pm til 10pm.** *You must be certified through Safe Gatherings process.* This is an easy process that you can do at home online. Questions? Contact the office.

The next section of the *Covenant Study* will be Feb. 26<sup>th</sup> during the Sunday School hour at 9:00a.m. We are still needing a few more folks to sign up for the Tuesday night session. It will start at 7:00pm on Feb 28<sup>th</sup> provided we have at least 6 participants. If you are interested and would like to attend an evening study, please sign up in First Cup.

*It is not necessary to have taken the first series of lessons to participate. We will need at least eight people to make a class.*



# Ottawa First UMC in the Community

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Derrick Larcom is getting his Bachelors of Science in Information Technology with an Advanced Software Developer's Certificate (Programming). He has been working so hard to finish early taking as many as 33 credit hours a semester while working full time with 2 children. Now the Larcom's are just praying that the right job comes along so that he can reach his dreams! Thank you so much for every one's support for the last 3 years. ~Mary Larcom



**TROOP 77 Chili Supper Feb 11<sup>th</sup> 4:00pm – 7:00pm**

**All proceeds go to support local activities for Troop 77**

**Tickets: \$5 in advance, \$6 at the door, \$3 for kids 10 & under**

**Chili, Hot Dogs, Mac n Cheese, Dessert**

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## Everybody has a motivation to stay healthy. What's yours?

We at Life Line Screening understand that sometimes we put others in front of our own needs. But we also know that having a healthy body enables us to enjoy more life experiences that are important to us. Our screenings allow for patients to be proactive about their health. The preventative health screenings we conduct go beyond regular checkups to provide you and your doctor with valuable information about your health. You'll be able to get information you need to take action to prevent chronic disease before it's too late. Only pay **\$149** for all these screenings (normally \$330):

### **Carotid Artery Screening (Plaque)**

Ultrasound evaluation of the carotid arteries that screens for buildup of fatty plaque - the leading cause of strokes

### **Peripheral Arterial Disease Screening**

Uses ultrasound and blood pressure measurements to check for peripheral arterial disease (plaque build-up) in the lower extremities.

### **Abdominal Aortic Aneurysm**

Ultrasound is used to screen for the existence of an aneurysm (enlargement) in the abdominal aorta that could lead to a ruptured aortic artery.

### **Atrial Fibrillation**

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence of an irregular heartbeat at the time of screening. Atrial fibrillation increases the risk of stroke by 5 times.

### **Osteoporosis Risk**

An ultrasound measurement of the heel bone to determine abnormal bone mass density.

**LAY LEADERSHIP**  
**OTTAWA UNITED METHODIST CHURCH**  
**2016-2017**

**COMMITTEE ON NOMINATIONS** (Pastor Kathleen, Chair)

<b>2017</b>	<b>2018</b>	<b>2019</b>
Ginny Lancaster	Jeanne Driver	Bonita Kitts
Cindy Ayers	Lee Harshberger	Mary Holland
		Pat Mourning

**STAFF PARISH RELATIONS COMMITTEE** (Bev Brands, Chair)

<b>2017</b>	<b>2018</b>	<b>2019</b>
Louise Ratliff	Carolyn Elder	Marcella Daughatery
Dorothy Hewitt	Linda Thurston	Ken Peterson
Bev Brands	Amanda Lyman	*****
(Ex Officio: Lay Delegate to Annual Conference)		

**BOARD OF TRUSTEES** (Rick Johnson, Chair; Mark Carey, Vice Chair; Ruth Jansen, Treasurer)

<b>2017</b>	<b>2018</b>	<b>2019</b>
Ruth Jansen	Mark Carey	Judd Perry
Joyce Green	Rick Johnson	Phil Gibson
Rick Johnson	Kay Wilburn	Linda Normile
(Ex Officio: Lay Leader; Frank Hamilton)		

**FINANCE COMMITTEE** (Jim Lancaster, Chair)

<b>2017</b>	<b>2018</b>	<b>2019</b>
Lee Harshberger	Jacque Kramer	Jodi Iams
Jim Lancaster	Gary Hogelin	Brett Lyman
Jana Carey	Ruth Chapman	*****
(Cindy Hamilton, Treasurer; Sara Mitchell, Co-Treasurer; Lay Delegate to Conference, Lay Leader, Chair of Church Council, SPRC Representative, Trustees Representative, Chair of Stewardship)		

**FOUNDATION** (Vic Mitchell, Chair; Ron Matthews, Vice Chair)

<b>2017</b>	<b>2018</b>	<b>2019</b>
Vic Mitchell	Russell Thomas	Roger Carson
Marna Riddle	Brad Howard	Carolyn Newmaster
Mabel Gilliland	Shelly Frank	Ron Matthews

**MEMORIAL COMMITTEE** (Marilyn Noah, Chair)

Marilyn Noah	Mary Royse	Claudia Gibson
Dorothy Hewitt	Ruth Jansen	Jacque Kramer

**EVANGELISM** (Micheal Whitmore, Chair)

Judy Lanning	Jeff Mourning	Ginny Lancaster
Chuck Tilman	Jerry Harnden	Cheryl Allen

**WORSHIP** (Cathy Sutton, Chair)

Marilyn Noah	Lynda Turner	Chris Johnson
Linda McCune	Paul Rayson	Dorothy Matthews
Darrell McCune	Donna Rayson	

**CHILDREN CHRISTIAN EDUCATION** (Anessa Nation, Chair)

Janet Wiles	Lisa Schrick
Linda Thurston	Liz Smith

**YOUTH AND YOUNG ADULTS** (Derrick and Mary Larcom, Co-Chairs)

Micheal Whitmore	Ericka Perry (?)
Robert Allen	

**ADULT CHRISTIAN EDUCATION** (Ruth Chapman, Chair)

**MISSIONS COMMITTEE** (Sue Petersen and Mary Thomas, Co-Chairs)

Paul Rayson	Lynda Turner	Ruth Jansen
Celia Davis		

**VISITATION COMMITTEE** (\*\*\*\*, Coordinator)

Jeanne Driver	Sara Mitchell	Georgia Whiteford
Howard Driver	Kay Wilburn	Barbara Donart
Modine Wolfe	Martha Christian	Brenda Wray

**HISTORICAL COMMITTEE** (Marion Marsh, Chair)

Dorothy Hewitt	Marion Marsh
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**HEALTHY CONGREGATIONS** (Cheryl Allen, Chair)

Sue Petersen	Jodi Smith	Terri Turner
Dean Royse	Mary Royse	

**CHURCH COUNCIL**  
**(Formerly the Executive Committee)**  
Steve Brands, Chair

**STAFF PARISH REPRESENTATIVE**

Bev Brands, Chair

**MISSIONS COMMITTEE REPRESENTATIVE**

Sue Petersen or Mary  
Thomas, Co-Chairs

**BOARD OF TRUSTEES REPRESENTATIVE**

Rick Johnson, Chair

**VISITATION COMMITTEE REPRESENTATIVE**

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**FINANCE REPRESENTATIVE**

Jim Lancaster, Chair

**HISTORICAL COMMITTEE REPRESENTATIVE**

Marion Marsh

**FOUNDATION REPRESENTATIVE**

Vic Mitchell, Chair

**RECORDING SECRETARY**

Cindy Ayers

**MEMORIAL COMMITTEE REPRESENTATIVE**

Marilyn Noah, Chair

**LAY LEADER**

Jeanne Driver

**EVANGELISM COMMITTEE REPRESENTATIVE**

Micheal Whitmore, Chair

**LAY DELEGATE TO CONFERENCE**

Jeanne Driver

**WORSHIP COMMITTEE REPRESENTATIVE**

Cathy Sutton, Chair

**HEALTHY CONGRATIONS**

Cheryl Allen, Chair

**CHRISTIAN EDUCATION REPRESENTATIVES**

Annessa Nation, Children's Ministry  
Mary or Derrick Larcom, Family and Youth  
Ruth Chapman, Adult Ministry

**AT LARGE MEMBERS**

Louise Ratliff  
Charlotte Carner  
Lee Harshberger  
Dorothy Hewitt



# LOOKING AHEAD



This year we will be having a combined Ash Wednesday Service with 1<sup>st</sup> Baptist and West Minster Presbyterian on Wednesday, March 1<sup>st</sup>. More details will be shared closer to the date.

## CHICKEN NOODLE DINNER

**MONDAY, APRIL 10, 2017**

We will start making preparations for this annual event! Please keep an eye out for the sign-up sheets and an open heart for volunteering to help have another successful year! We can't do it without you. Thank you!



**Celebrating 150 Years!**



**1865 - 2015**

On April 30<sup>th</sup> we will be celebrating 150 YEARS!

We have a committee assembled that has been working behind the scenes planning many activities and sending out invitations. Our next planning meeting is Monday, Jan 30<sup>th</sup> at 3:30pm.