

February



LENT BEGINS February 17

Church Staff

Pastor: Evan Lash

Director of Adult Ministries: JoEllyn Chadwick

Director of Music Ministries: Rose Marie Dure

Coordinator of Youth Ministries: Jennifer Casper

Coordinator of Children & Family Ministries: Robin Podell

Secretary: Sharon Daniels—Receptionist: Becky Read

Housekeepers: Phyllis Jones—Maintenance—Paul Lux

Discovery Days Preschool Staff

Dorothy Cahill, Shawn Cothran, Kyleen Fuller,

Laura Gray, Jaunda Kneller, Shae Taylor

calendar



The month of February is here. That means that: Spring is not far off regardless of what the groundhog sees: Valentine greetings are on the way; snow-

birds have gone South: and Lent will soon be upon us. We all have expectations for this shortest month of the year. For us at First UMC of La Porte, we expect to be loving to our friends and neighbors, welcoming to strangers, prayerful about our leaders, generous with those in need, patient with each other, and loving in all things. That is who we are. We count on God for all things, and we seek to be people that God can count on as well. What does February hold in store for you?

February was named after the Latin term februum, which means purification, via the purification ritual. Februa is held on February 15 in the old Roman calendar. January and February were the last two months to be added to the Roman calendar, since the Romans originally considered winter a monthless period. They were added by Numa Pompilius about 700 BCE. February remained the last month of the calendar year until the time of the decemvirs (c. 450 BCE), when it became the second month. At certain intervals February was truncated to 23 or 24 days and a 27-day intercalary month, Intercalaris, was inserted immediately after February to realign the year with the seasons. Under the reforms that instituted the Julian calendar, Intercalaris was abolished, leap years occurred regularly every fourth year (after a few

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years of confusion), and in leap years February gained a 29th day. Thereafter, it remained the second month of the calendar year, meaning the order that months are displayed (January, February, March, ..., **December**) within a year-at-a-glance calendar. Even during the Middle Ages, when the numbered Anno Domini year began on March 25 or December 25, February continued to be the second month whenever all twelve months were displayed in order. The Gregorian calendar reforms made slight changes to the system for determining which years were leap years and thus contained a 29-day February. Historical names for February include the Anglo-Saxon terms Solmonath (mud month) and Kalemomath (named for cabbage) as well as Charlemagne's designation Hornung. In Finnish, the month is called helmikuu, meaning "month of the pearl"; when snow melts on tree branches, it forms droplets, and as these freeze again, they are like pearls of ice. In Ukrainian, the month is called the month of ice or hard frost. (Thanks to the internet for the February facts.)

Will February bring mud, cabbage, pearls? Whatever it brings - God is with us, God loves us, and God wants the best for us. What we want for ourselves is a matter of choice. Belva Jo Ingersoll had a reminder for herself on the bulletin board in her kitchen - this is what it said -

"I choose to be happy - - happiness is not dependent on my circumstances - it is a choice I make. I look

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for the good in everything, although I may not see it now, there is a gift and a blessing in every situation, **the joy within me overflows into all areas of my life.**"

In this month - in every month - know that each of us has a choice.

See you Sunday,

Evan

**Welcome to the Church
Staff - Jo Ellyn
Chadwick**

Jo Ellyn Chadwick has joined our church staff as Director of Adult Ministries. This is a part-time position that will focus on Christian Education for adults, and ministry to and with adults. Jo Ellyn and her husband, Lester have been members of First UMC for 18 years. Jo Ellyn has been involved in the life of the church in numerous ways. **She has been working on a Master's** of Divinity degree and her goal is to work full-time in Christian ministry. Please welcome her and support her in this new challenge and responsibility.





Writers in Our Midst

There's a new section in our UMW Library for books authored and/or illustrated by members of our church family. Check it out!

Ghost's New Old Home, by Carlee S. (Harrell) Mahajan
Carlee is the daughter of Lois Thomas, who attends our first service. She grew up in our church, attended Purdue University, and now resides in Ohio with her husband, Dr. Darshan Mahajan. She has three daughters, two of whom are in medical school and one who is **doing master's work in Ancient Languages**. **Carlee owns a new business designing and making horse blankets.**

No Cream Puffs and Tall Tales, by Karen Day
Karen is the daughter of Jim and Nancy Day, who attend the third service. She grew up in our church as well. Karen currently resides in Newton, Massachusetts, with her husband and their three children. Her love of reading and writing has taken her through careers in journalism and teaching. She has found herself a great niche writing positive novels for pre-teens.

Four Friendly Friends, by Olevia Cascadden, illustrated by Kris Cook.

Olevia is a special friend of the Lash family. She is an artist, writer, biologist, musician, and philanthropist, among other things, and is also a registered physical therapist. At 95, she leads a very active life. Kris Cook attends the second service. She recently retired after

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United Methodist Women at a glance...

It's a brand new year—one month is already behind us and what a month it has been! Congratulations to the Contemporary Service on their tenth anniversary!

United Methodist Women on January 10 at the 10:30 Service, recognized three members of our congregation for their dedicated mission work in our church and in our community. The recipients who received Certificates of Appreciation and Mission Pins were: Dwight Graham, Lester Chadwick and Larry Trueblood. United Methodist Women were pleased to present these Lifetime Achievement Awards to these individuals.

Following the presentation of these awards by Barbara Jackson, the 2010 UMW officers and board members were introduced by Sandy Trueblood and installed by the guest **speaker, Rev. Dr Cynthia Reynolds. "NEW BEGINNINGS"** was the message delivered by Dr./Rev. Reynolds, District Superintendent of the newly established NORTH #1 DISTRICT of the Indiana Conference of the United Methodist Church of Indiana. Her message was both timely and inspirational.

Pastor Evan's birthday cake was served in the parlor following the service.

Thank you to all the ladies of UMW who were responsible for making this such a great day!

See You Next Month!
Alberta



Treasure Sale News

Here is updated information regarding the Treasure Sale for Friendship Hall Renovation.

Please bring in your treasures

BEFORE THE FIRST OF MARCH. If you have furniture to donate, please call Tim Welty @324-2859. He and his crew will set a date with you to pick up your large items the week before the sale. We appreciate clean, working items.

If you need a receipt for tax purposes, please let the church office know and they will give you one.

We have a new design for the sign-up sheets this year. Please turn them in as soon as you are able so I can start filling in the Schedules. The Schedules will be in the hallway or on the hallway bulletin board three weeks before the sale or about February 17th.

Setting up Friendship Hall will be scheduled for only three days this year since we have been getting done early.

On Wednesday, March 10th starting at 4 P.M. we will have a **PRE-SALE FOR THE CONGREGATION** that will last until about 9 P.M. Please come and browse...those items you never knew you needed will be available!

Do you think we can beat our record of \$5,000 we made last year? You can help by donating, buying or working.

In His Service,
Your Treasure Sale Committee

NEW LAPORTE PRAIRIE CLUSTER news

Our last NLPC meeting was held October 1st at LaPorte FUMC. We planned these activities-all have been accomplished:

> October 25 was our first charge conference as a cluster (our six churches).

> Mission Project - We are to collect new hats & mittens and/or money up until conference.

Items, and money collected will be taken up at the Charge Conference (10/25) and will be divided between the two school districts La Porte and New Prairie.

Note: Clothing and money (\$500.00) were distributed.

> The NLPC is also putting together an Advent Devotional Book. Each church will be given four days of scriptures and will need to take each of those days and come up with short devotions or games for families to use during Advent.

Note: The Advent Devotional Books were available to all six congregations prior to the beginning of Advent.

> The next NLP Cluster meeting (this will be our 6th) is Tuesday, January 26 at Salem Chapel 6:30 CST. We plan to have 3 or 4 representatives from every church for each Cluster meeting.

Some review:

We have six churches in our New LaPorte Prairie Cluster. They are Lambs Chapel, LaPorte, Maple Grove, New Carlisle, Rolling Prairie, and Salem Chapel.

Radical Hospitality; Passionate Worship; Intentional

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Discovery Days Preschool

Happy February to Everyone from Discovery Days!

We hope everyone is able to keep warm! Our students were treated to a wonderful play put on by the **Service League** called **"Through The Looking Glass"**. We always love the opportunity to see a live performance.

We are planning our Open House and Registration for next year to be on March 15 at 6:30 pm. We offer early registration and we waive the \$30 registration fee for church members. Packets will be available in the church office and each preschool classroom beginning February 1. Enrollment is open to children who turn 2, 3 or 4 by August 1, 2010. The classes offered are: 2 yr. old class-Tues., & Thurs., 9:00-11:30 Cost \$80/mo.

3 yr. old class-Mon., Wed., & Fri., 9:00-11:30 Cost \$90/mo

Pre-K class-Mon. through Fri.,9:00-11:30 Cost \$110/mo.

We offer an enrichment class on Fridays for Pre-K students, beginning in Oct. Cost: \$25/mo.

Mrs. Cahill's 2 year olds and 3 year olds are learning about Cowboys and Sports this month. The 2's are counting and playing counting games. The 3's have been working hard learning to recognize their numbers 0-10. They are also working on learning the songs for their play "Bear Wants More" which is on March 1.

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Mrs. Taylor's Pre-K class is learning about creatures that live under the sea and about what is in outer space. The students are continuing to work on learning their letters and learning how to add numbers!

If you have any questions about signing up for school, please contact the church office at 362-2443.

Thank you,
Jaunda Kneller, Director



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Faith Development; Risk-taking Mission and Service; Extravagant Generosity-these are the 5 practices contained in a short book by Robert Schnase. Books title is "Five Practices of Fruitful Congregations". This is the text to help us follow the leadership of our Indiana United Methodist leadership.

The mission statement is: "making disciples of Jesus Christ for the transformation of the world".

The book and the mission statement are the two guides for moving forward in Methodism in Indiana.

The Cluster kick-off was March 1, 2009. We're moving right along. More to come in future issues of the Tower Talk.

God bless you and yours,
Cluster members

THANK YOU! THANK YOU! THANK YOU!

Thank you for serving the diners at the Salvation Army this past year: Tim & Sharon Welty, Stan & Katherine Small, Parish Shepherds, Kitty & Jim Maurer, Elle & Cassie Dragos, Jo & Whitey Thornberg, John & Linda Straub, April Chadwick and the Llewellyn Family, Wellness Committee and Newcomers. With all your help we are able to complete a community service and mission of our church. Thanks.

Bev Barnes

Dear Church Friends,
We would like to thank you for the presents for our new baby, Samuel, as well as those for his brother & sister. They are not only cute, but practical and everyone is enjoying them. Samuel is growing fine and appears to be well.

Sincerely,
Dennis & Mariana Zeedyk

Thank you for the beautiful poinsettia plant.

Willetta Butcher

I'm not too sure who to thank for the two Wal-Mart Gift Cards and the AI's gift certificate so I'm thanking the church as a whole. Thank you so much, it was a wonderful surprise. Your gracious gift helped give my kids a better Christmas than they would have had. Thank you again.
I'm very thankful for all your help.

The Darnells

Pastor Lash and Church Family,
Your kindness meant so very much. Your prayers and support were greatly appreciated.

Charlene Grant and
The Family of Amy McKay

Thank You! Thank You!
For signing the Happy Birthday sheet I received in the mail from Our Church. It was challenging to place a person with the signatures.

Many Thanks!
Leona Collins

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Dear Friends from FUMC,
We would like to thank you very much for your generous gifts to our family: Turkey, Wal-Mart gift card and gift certificates. They were very useful.

Sincerely,
Zeedyk Family

I was surprised and quite humbled to receive a Mission pin at the January 10th service. It means a lot to me to have been chosen for this honor. Thank you! And congratulations to Dwight Graham and Larry Trueblood for also receiving a pin.
Lester Chadwick

I would like to express my appreciation for the recognition certificate and pin that were presented to me by the UMW. I am humbled by this recognition and I am grateful for the opportunities to serve in our church.

Larry D. Trueblood

UMW & Church Members
I want to thank everyone for the recognition for community

service. The rewards I have received are far greater than what I have given. I am particularly honored to receive **Reuben Eversman's mission pin** as Reuben was truly a model for helping others and one of my best friends.
Dwight Graham

Thank you church family for the care packages you sent me at the end of fall semester. I appreciated your thoughts and the snacks as I prepared for finals, and I think my roommates appreciated your gifts as well!
I hope for peace and joy for all of you in the coming year.

Mark O'Dell

Thank you to all who helped remove Christmas decorations from the church. Thank you to Jane & Roy Langford, Julie Becknell, Pam Wampler, Bev Barnes, Lester Chadwick, Bernie Garber, and Bill & **Sandy Burkhart. If I've missed anyone, I'm sorry, and thank you also.**

Teri Burkhart

All in our Church Family Life

We celebrate
the Baptisms of
Matthew Kurzydlo
son of Jay & Michelle
Kurzydlo,
and
Gabriel Smelser
son of Chris & Regina
Smelser

We celebrate the
life triumphant of
Belva Jo Ingersoll
who died on January 12

We gratefully
acknowledge the
following gifts

In Memory of
Millie Condon
Jack & Bev Barnes,
Perry & Mayme Stump,
Miriam Thompson

In Memory of
Dorothy Mayer
M/M Bernard Mayer,
Ann & Elwood Scharf,
Leona Collins, William &
Carolyn Carter, Naomi
Circle, Guy & Debbie
Overman, John
Overman, Maureen
Davitt

In Memory of
Belva Jo Ingersoll
Don & Mary Welch,
Joyce Cooper, Jack &
Georgia Whitted, Pat &
Ray Harder, Shirley
Morris, Jim & Nancy
Day, Mayes Manage-
ment, Jan, Jerry, Kevin,
Brian & Kim Mayes,
Gene & Marilyn Bur-
rows, Patti Whitten





Health and Wellness



Ready to get back in shape after the holidays? The library has a growing number of books and DVD's to help.

Richard Simmons, "Sweatin' to the Oldies" (DVD)

Denise Austin "Power Zone: The Ultimate Metabolism Boosting Workout." *Set of three DVD's*: Volume I, Cardio Workout; Volume II, Toning Workout; Volume III, Abs Workout.

Shaped By Faith: 10 Secrets to Strengthening Your Body and Soul. (*Hardback with 25-minute stretching and strengthening workout DVD*) Personal coach and fitness instructor Theresa Lee Rowe shares the ten simple secrets of whole-person wellness that lead to increased strength and energy, self-esteem and joy. This easy-to-follow guidebook encourages each reader to develop her core -her body's as well as her soul's- and build stamina, develop flexibility and more, to find the true fitness God means for her. Shaped by Faith also includes practical information on exercise and attitude, and reflections on Scripture.

Faith & Fitness: Diet and Exercise for a Better World. (*Hardback*) What does faith have to do with fitness? What is the connection between being spiritually well and physically well? Author Tom Hafer answers these questions as he explores the connections between a

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strong faith and everyday lifestyle choices. Filled with practical ideas about food, exercise, and total wellness, the book includes a theology of fitness, directions for exercises at various levels of fitness, and informative material about proper diet. (on the UMW reading list)

YOU Being Beautiful: The Owner's Manual to Inner and Outer Beauty, by Mehmet Oz, MD and Michael Roizen, MD. *Audio CD with companion questionnaire*. Targets three dimensions of beauty: looking beautiful, feeling beautiful and being beautiful. A holistic approach, providing tools, tips and quizzes on physical appearance—caring for hair, skin, nails, teeth, etc.; forming healthy diet and exercise habits; reading labels



and selecting products. They also include practical ways to manage energy levels, ease aches and pains, prevent injury, cope with mood disorders, end addictions and create positive home and work environments. Identifying work and finances as major stressors and loving relationships as key to health and happiness, they offer insights and suggestions for developing a big-picture, spiritualized view of life.

YOU Staying Young: The Owners Manual for Extending Your Warranty. (*Hardback*) Physicians Oz and Roizen and a supporting cast of contributors explain why the body ages and how readers can learn to master their genes, bad habits, environmental pollution and stress while igniting the body's ability to stay fit, strong

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and healthy.



YOU on a Diet: The Owner's
Manual for Waist Management.

(Hardback)

According to Roizen and Oz, waist measurement, not weight, is the most important factor in mortality related to obesity, and understanding the relationship between chemicals and hormones influencing hunger and those signaling satiety is the key to ending yo-yo dieting. Most diets fail, Roizen and Oz conclude, because body chemistry overrules the best plans and intentions. To restore the body's natural ability to balance hunger and satiety and offset the effects of stress on food choices, they list foods and supplements that fight fat, decrease appetite and combat inflammation that causes dis-



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30 years as an educational audiologist for the Michigan City Schools. During that time, she took classes and worked to expand her natural talents to include watercolor painting, colored pencil, and drawing. She paints regularly with a group of local artists and is a member of two local art associations. This piece **represents her debut as a children's book illustrator.**



In last month's Tower Talk, we discussed the services of the area's health and fitness centers—Curves for Women, Fitness Plus Health and Wellness, Ladies Fitness Zone, The Crossing, and the YMCA. Each of these centers offer various programs that will help you reach your health goals. But should you take a yoga class or try Pilates?

Both yoga and Pilates help develop the body's core strength. In her book, The Core Program, Peggy W. Brill, P.T. explains, "The core muscles are the large muscle groups of the back, abdomen, hips and pelvis. This is where strength and mobility originate. **It's these important muscles that stabilize us as we move, keeping the musculoskeletal (muscle and bone) structure in its proper place and in balance.**" By strengthening these muscles, people can "achieve balance and alignment, eliminate everyday aches and pains, prevent bone loss and protect against osteoarthritis, improve sleep, digestion and circulation, feel energized all day long and overcome the effects of aging."

Pilates is described as a health and fitness discipline developed by gymnast Joseph Pilates earlier in the 20th century in Germany. "He recommended a few

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precise movements emphasizing control and form to aid injured soldiers in regaining their health by strengthening, stretching, and stabilizing key muscles. The Pilates Principles condition the entire body: proper alignment, centering, concentration, control, **precision, breathing, and flowing movement,”** explains About.com. In addition to mat work, some hand equipment may be used, such as resistance bands.

Traditionally yoga includes the components of union between the mind, body and spirit. About.com explains that **“In fitness centers the physical benefits of yoga are focused on. Many people think that yoga is just stretching. But, while stretching is involved, yoga is really about creating balance in the body through developing both strength and flexibility. This is done through the performance of poses or postures, each of which has specific physical benefits.”**

Come stretch with us! The Wellness Committee offers a Yoga Class each Monday evening at 5:45 p.m. There is a charge of \$5.00 per class/pay as you go. If you have any questions, please contact the instructor, Toni Lux, at 324-0282.



FEBRUARY BIRTHDAYS

1. Megan Martin
2. Jeannie Martin
4. Matt Baughman, Pete Luther
6. Matt Kirk, Maryann Llewellyn
7. Carol McCombs
8. Romanel Biberstine, Ralph Niles
13. Jillian Fettinger
14. Rob Brenda, Harry Buettner, Samantha Cook, Tom Hilbish, Betty Jones, Becky Zurawski
16. Anita Bandistel
18. Lois Eversman, Kevin Gould
20. John Dunk, Robert Eldridge, Meg Kaiser, Merry Lorenz, Lee Marvel-McLaughlin, Marlene Shreve
21. Shawn Graham, Rosie Rosenow
22. Karen Arden, Sandra Trueblood, Carole Weeks
24. Luis Avina, Don Welch, Josie West
26. Joanne Mathis, Bob Sensow
28. Jack Barnes



USHERS THIS MONTH

8:00—Bob Caldwell, Gordon Kuchel, Pete Luther,
Jack Miller, Dick Ulam

10:30—John Kolar, Leona Collins, Craig Keson,
David McCain, Perry Stump

HOSTESS COMMITTEE: Debi Baughman, Sandy
Burkhart, Lorna Cooksey, Geneva Fraser, Rosalie
Glanders, Joan Graham, Sue Hickman, Bettye Kolar,
Kitty Maurer, Sue McPherson, Phyllis Miller, Willa
Smith, Pat Spahn, Barb Stefano, Jane Stephani,
Lisa Young, Tricia Zila

FLOWER CALENDAR:

February 7	Thornburg
14	Cook
21	Caldwell
28	Available

Year to date average attendance: 290

Year to date general budget income: \$21,689.28

Year to date general budget expense: \$28,671.83



calendar

First United Methodist Church

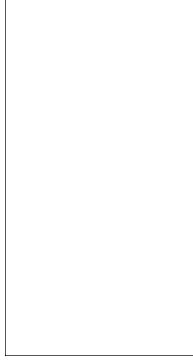
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SUNDAY SERVICES

8:00 - Chapel Service
9:00 – Contemporary Service
10:30 - Sanctuary Service

OFFICE HOURS
Monday - Friday
8:00 to 4:00



Sharing Christ's Love