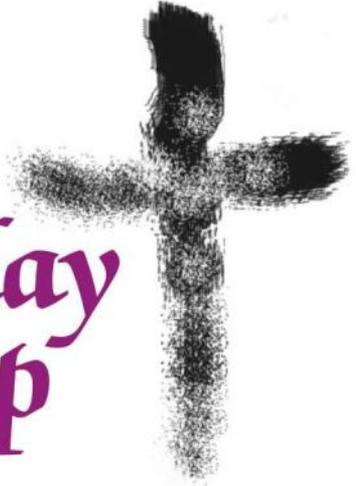




The Circuit Rider

A comprehensive report on the ministry of Lebanon First UMC

Ash Wednesday Worship



Wednesday, February 22, 6:30 PM

He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.

Micah 6:8 New International Version



“True Love”

Just then a religion scholar stood up with a question to test Jesus. “Teacher, what do I need to do to get eternal life?” He answered, “What’s written in God’s Law? How do you interpret it?” He said, “That you love the Lord your God with all your passion and prayer and muscle and intelligence—and that you love your neighbor as well as you do yourself.” “Good answer!” said Jesus. “Do it and you’ll live.”

Luke 10:25-27 (The Message)

It seems like we just celebrated Christmas and here we are at February! I was literally out shopping the day after Christmas, and I noticed in addition to all Christmas items being on sale for up to 75% off, they were already putting out all the Valentine’s merchandise! It used to be it wasn’t until late January that pink and red, roses, hearts and candy dominated the shelves. But you know, there are a lot of people who don’t enjoy the season of Valentine’s – perhaps their loved one or significant other has died, or they have had an end to a long-term relationship. When such things happen, one can sometimes feel left out of the festivities. We need to realize, though, that all people need love — and certainly love is not limited to the romantic kind.

Jesus taught that loving one another is second only in importance to loving God (Matt 22:37-40), and that when we love one another, God lives in us (1 John 4:12). There are so many ways to do that — beyond all that the commercials and stores try to sell us; and I think Valentine’s Day is as good a reminder of what true love is.

...Pastor's message from page 2

Bowen Hammitt was born in 2010 with HLHS (Hypoplastic Left Heart Syndrome - essentially half a heart) - and the odds were stacked against him. Statistics have shown over 30% of children born with HLHS won't make it until their fifth birthday. Despite the odds, and after numerous surgeries, procedures and setbacks, Bowen is now an active 12 ½ year-old who raises awareness about congenital heart disease. He's also a budding Christian musician, following in the footsteps of his dad, Matt, who was with the Contemporary Christian group "Sanctus Real." Bowen and his family use Bowen's story to offer hope amid adversity; something the world really needs right now. The documentary "Bowen's Heart" features this tagline: "Is it worth giving your heart to something that can break it?" Absolutely, say his loved ones, who describe Bowen and his life as an incredible blessing from God.

A story is often repeated of a young preschooler, swinging in the backyard and loudly singing: "Oh victory in Jesus, my Savior forever. He socked me and bopped me with his redeeming blood." Though perhaps that isn't the most effective way to share Jesus with your neighbors, the mistaken words might contain a nugget of truth! The hymn, "*Victory in Jesus*" is probably one we all recognize, even with the mistaken interpretation by a child. It was written by Eugene (EM) Bartlett; who, as a side note – was born in Waynesville, MO. He penned it in 1939, after a stroke rendered him partially paralyzed and unable to perform or travel. Amid such bleak circumstances, he wrote his final and most beloved song. You will, undoubtedly recall the actual words as: "O victory in Jesus, my Savior forever. He sought me and bought me with his redeeming blood." Isn't it beautiful to realize that Jesus did indeed seek us out and pay the ultimate price for us. But you know, if you are anything thing like me, sometimes I forget — and that's when he "socks me" and "bops me." Jesus loves me too much to let life's chaos and struggles distract me from him and what he's done.



Pastor's message continued on page 4...

...Pastor's message from page 3

Jesus expects his followers to have an all-encompassing love for him, and for others. In fact, He commands us in that verse at the beginning of my article. We were created to love God and others, even in the paradoxes that life can throw at us such as: "We love with all our heart, even when it's broken. We love with our soul, even when our humanity wrestles against our situation. We love with our strength, even when it's almost gone. We love with our mind, even when we don't understand."

Jesus, out of love gave all to us – the least we can do is give him our heart in love. I encourage you to listen to the music. The links are below.

Say with me – "I love the Lord my God with all my passion and prayer and muscle and intelligence—and I love my neighbor as well as I do myself!"

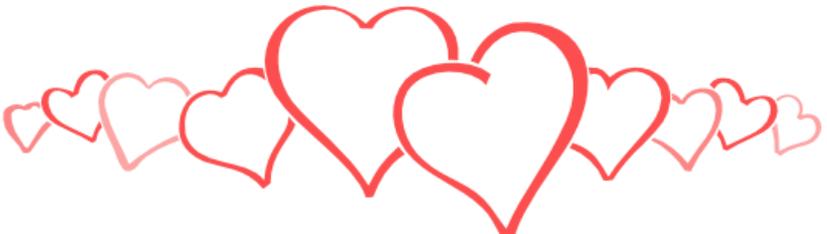
Pastor Kim

Links:

You can find Bowen's story at www.bowensheart.com.

"Whole Heart" written and sung by Bowen and his dad.
<https://www.youtube.com/watch?v=4GUPQClapM>.

Another song Bowen has written that is worth listening to is "Safe Right Here"
<https://www.youtube.com/watch?v=3nE7a7awOIU>





SOUPER BOWL SUNDAY

Do you get cabin fever in the winter and long for a warm, loving atmosphere? Come to the Souper Bowl Sunday fellowship lunch! (You'll be home in plenty of time to watch the game.)

Sunday, February 12, at 11 am, the Fellowship Hall will have a "souper" smell with the aroma of 10-12 simmering soups and delicious desserts. You are invited to join the crowd, and perhaps get to know someone better while you enjoy your meal.

And, this year, we're asking that each person bring one can of soup, which will be donated to the Food Pantry! (Suggested soups are: chicken noodle, tomato, vegetable or hearty soups.)

Soups, drinks and dessert will be provided. No RSVP is necessary. Please, mark your calendar.

A sign-up sheet for soups and desserts will be available later in January.

Questions: contact Helen Renfro, Cheryl Henggeler or Kay Korte.



Fat Tuesday Pancake & Sausage Community Supper

The community Fat Tuesday pancake dinner is held in the Fellowship Hall and is free to all. **Feb 21, 4:30-6:30 PM**



**2nd Wednesday each Month,
February 8,
10:00 AM, Fellowship Hall**

Happy New Year Everyone!

At long last we finally heard the story of Eads Bridge as told by Rob Malone. Rob is a very good story teller. The hostesses were Donna Meininger and her sister, Doris Rowney.

In February, Joanne Holman has the program. We don't know what the subject is but, not to worry, Joanne always has a fun program!

Refreshments will be served by Ann Zimmerlee.

All last year our Bible verses were centered in love. This year, the focus will be on forgiveness. Love and forgiveness just seem to go hand in hand.

“One who forgives an affront fosters friendship, but one who dwells on disputes will alienate a friend.” Proverbs 17:9

Senior Stretch



**January 26 & February 23
Noon, Light Lunch Included!**

January:

Lacey Mesarchik, Director of Lebanon's Public Library, will speak of the library's future move to their new location.

February:

Cheri Wright, Mayor, will be the guest speaker and will share information regarding the future direction of the city with a question and answer period to follow.

LENTEN SERMON SERIES

A beloved hymn for many, “*Amazing Grace*,” was penned by the English poet and Anglican clergyman John Newton. He wrote it to accompany a sermon he preached on New Year’s Day, 1773. The words come from Newton’s own personal experience. He was once a man far from faith who was brought near to God by a harrowing event in his life. In 1748, while Newton served as a sea captain of a ship in the Atlantic slave trade, a violent storm off the coast of Ireland struck his vessel so severely that he called out to God for mercy. This moment marked Newton’s turn toward God, what he called “the hour I first believed.”

The text for the hymn is drawn from 1 Chronicles 17:16-17, in which King David responds to the prophet Nathan’s words that God intends to continue David’s royal line for eternity. The text reads:

Then King David went in and sat before the Lord and said, “Who am I, O Lord God, and what is my house, that you have brought me thus far? And even this was a small thing in your sight, O God; you have also spoken of your servant’s house into the distant future. You regard me as someone of high rank, O Lord God!”

So touched by the event, Newton eventually leaves sailing behind and begins studying Christian theology. He was ordained in the Church of England in 1764, and served as a minister in Olney, England. It is here that he began writing hymns, publishing *Olney Hymns* in 1779. These hymns were the combined work of John Newton and his poet friend, William Cowper. It included 281 hymns, including *Amazing Grace*. However, the hymn was rarely sung in England. It was in the United States where the song would become widely known during the early 1800s.

There is no evidence to show that either Newton or Cowper wrote any music to accompany the hymns. It is assumed that they were initially sung to any suitable tune that fit the meter (rhythm), most probably to 16th or 17th century metrical psalm tunes. While the hymn was associated with more than 20 melodies over the years, it wasn’t until 1835 that American composer William Walker set it to the tune known as “*New Britain*,” and the melody stuck.

Lenten Series continued on page 8...

Over the last 250 years, it has become an immensely popular and recognizable hymn, particularly in the United States where it is used for both religious and secular purposes. So, in honor of the 250th anniversary of “*Amazing Grace*,” our worship series for Lent will tie the words of the beloved song to our lives today as Christ’s disciples. Those in the Bible who experienced the amazing grace of God will help us each week to realize that though we once were lost in sin, we now have been found by Jesus, and though we once were blind to God’s mercy, we now can see his love at work in us through our Savior’s death and resurrection.

Ash Wednesday • David (Psalm 51:1): We find comfort that King David confessed his sins to God and received amazing grace in God’s forgiveness and a connection to Jesus, the Savior.

Week 1 • Isaiah of Babylon (Isaiah 6:7): We see God’s amazing grace at work in the life of the prophet Isaiah, who proclaimed to God’s people the salvation that was to come through the Suffering Servant.

Week 2 • The Prodigal Son (Luke 15:32): We hear of the great love of a father who lavished amazing grace upon the Prodigal Son, a picture of our Heavenly Father’s lavish compassion toward us.

Week 3 • The Blind Man (John 9:24): We witness Jesus bringing sight to a man born blind, giving the man the added spiritual vision to see the amazing grace of God found in Jesus, who heals us all.

Week 4 • The Woman at the Well (John 4:13-14): We listen to Jesus teach a woman at the well of his amazing grace poured out for us abundantly, which satisfies our thirsting souls for all eternity.

Week 5 • Paul (1 Timothy 1:15): We marvel at the story of amazing grace in the life of Paul, who turned from persecutor of Christ to proclaimer of our Lord through the mighty power of the Holy Spirit.

Amazing Grace

*If through the offences of one many be dead, much more the grace of God,
and the gift by grace, which is by one man, Jesus Christ, hath abounded unto many. Rom. 5:15*

1. A - maz - ing grace! How sweet the sound That saved a wretch like me!
2. 'Twas grace that taught my heart to fear, And grace my fears re - lieved;
3. Through man - y dan - gers, toils and snares, I have al - read - y come;
4. When we've been there ten thou - sand years, Bright shin - ing as the sun,

I once was lost, but now am found; Was blind, but now I see.
How pre - cious did that grace ap - pear, The hour I first be - lieved.
'Tis grace hath brought me safe thus far, And grace will lead me home.
We've no less days to sing God's praise Than when we'd first be - gun.

WORDS: John Newton, pub.1779; v. 4 Unknown, pub.1829. MUSIC: "New Britain"; Unknown, pub.1829. Public Domain.

EMERGENCY CONTACT INFORMATION

In January, we lost Jim Ferrall in an unfortunate and untimely death. It has once again been brought to my attention the need to have some emergency contact information. For example, what if you were to experience a medical emergency while at church and were unable to communicate with anyone? Who would you like us to contact? If you needed to be transported to a medical facility – do you have a preference? Another example – you regularly attend an event at the church and you haven't notified anyone you will not be there, and we cannot reach you by phone. Who could we call to check on you?

In the next couple of weeks, we will be distributing an Emergency Contact Form. I am hopeful that you will fill it out and return it. The form will be kept in the church office in a locked file cabinet to be used only in case of emergency. As your pastor, I will also put some of the information in my phone so that I always have it available to me.

My prayer is that we never have to use it! But those “just-in-case” moments can arise when we least expect it!

MITTEN TREE! UPDATE

The picture below is of the 2022 Mitten Tree. The donations this year included:

- 55 glove/hat sets
- 35 pairs of gloves
- 33 hats
- 22 pairs of socks
- 4 pairs of mittens
- 1 scarf

Thank you to all who donated this year. These are being taken to the Lessie Bates Davis Neighborhood House.



200TH ANNIVERSARY CELEBRATION APRIL 22-23, 2023



The anniversary celebration for our congregation lies just around the corner. Reviewing the book compiled for the past celebration, I was touched

by personal testimonies given by members reflecting on those who came before us. Descriptions and stories helped fill in gaps of time and returned flesh and bone to names from our past. I would like to request if there is someone that made a difference in your life here at Lebanon First, consider putting "pen to paper" or warm up your good old laptop to share.

Likewise many have chaired/served on various boards and committees that accomplished great things for God's kingdom here in Lebanon. If someone would be able to sketch an overview of these events and accomplishments to remind us, we could truly celebrate these feats. I'll give a few examples of what I mean. Someone could write up how God was served via the various meals for Thanksgiving, Fat Tuesday, and St. Patrick's Day. People who served for years in the outreach through King's Closet would have better insight than what I could offer as an outsider. Please consider such contributions to our church record of history. I would be glad to collect these, or they could be sent into the office. I thank you.

Margaret Godwin Bergmark



DIVINE HEALTH

After hearing of several friends suffering injuries to recent falls, I thought of sharing some recommendations in hopes that future falls/injuries could be prevented. It is known that as we age, our risk for falls and injuries increases. This is due to multiple reasons – decrease of sight and hearing, taking multiple medications that can attribute to dizziness, weakness, or loss of balance. Here are some recommendations that I found in an article that I would like to share (American Family Physician. 2000;61(7):2173-2174).

First, be sure your home is as safe as possible.

- Wear shoes with nonskid soles (not house slippers).
- Be sure your home is well lit so that you can see things you might trip over.
- Use night lights in your bedroom, bathroom, hallways and stairways.
- Remove throw rugs or fasten them to the floor with carpet tape. Tack down carpet edges.
- Don't put electrical cords across pathways.
- Have grab bars put in your bathtub, shower and toilet area.
- Have handrails put on both sides of stairways.
- Don't climb on stools and stepladders. Get someone else to help with jobs that call for climbing.
- Don't wax your floors at all, or use a non-skid wax.
- Have sidewalks and walkways repaired so that surfaces are smooth and even.

Next, get regular check-ups from your doctor, and take good care of yourself:

- Have your eyes checked every year for vision changes, cataracts, glaucoma and other eye problems.
- Have your hearing checked every two years, or anytime you or others think that you can't hear well.

...Divine Health continued

- See your doctor if you have foot pain or corns, or if you can't trim your toenails well. Sore feet could make you fall.
- See your doctor right away if you feel dizzy, weak or unsteady on your feet, if you feel confused, or if you fall.
- Let your doctor know if a medicine is making you feel dizzy or making you lose your balance.
- If your doctor wants you to use a cane or a walker, learn how to use it—and then use it all the time.
- When you get up from bed during the night or in the morning, sit on the side of the bed for a minute or two before you stand up. This will give your blood pressure time to adjust, and you will feel less dizzy.
- If you need to go to the bathroom often at night, consider using a bedside commode.

And keep your body in good shape:

- Get regular exercise, especially walking.
- Do exercises to strengthen the muscles you use for walking and lifting.
- Don't smoke.
- Limit your alcohol intake to two drinks or less a day.

Here is to a **happy and safe New Year.**

Dr. Peg





Chair Yoga

With Mary Birchem
Certified Yoga Instructor

A Community Event
Tuesdays, 11 AM

First United Methodist Church
603 W. St. Louis, Fellowship Hall
\$5 each per session



TAI CHI WITH LEROY ALSUP

Fridays, 11 AM - Noon

Learning Tai Chi strengthens your body and much more! No equipment to purchase. Wear comfortable clothing. Cost is \$10/person.

THANKSGIVING 2022 WAS A GREAT DAY!

The Community Thanksgiving Dinner was a big success! In all we prepared and served 134 meals either by dining in, carry out or delivery. We served 93 meals in the hall; we delivered 21, and we had 20 carry outs. People from throughout the community, guest in town from as far away as Altus, Oklahoma, and other places pitched in to help our church put it on this year! Again, we had international students share dinner with us, as well as people who were just passing through. With the generosity of the Women's Club we had enough pies to go around and in addition, we were able to put together a goody bag for everyone that had cookies and clementines! The generosity of the church and the community continues to amaze me, with enough food and money donated that the cost of everything is covered and a startup kitty is available for next year. The bus and other drivers were very helpful this year. The dinner couldn't have been done if it wasn't for Robin and Tom Pour shadowing us and in fact taking instructions and doing what Carol and I usually do! Thanks to everyone for another great year of sharing our love of Christ with our neighbors!





OCTOBER SUMMARY

2022 October Giving:

On-line Giving	General: \$ 4,820	Outreach Fund: \$ 265
Sunday Offerings:	General: \$14,088	Outreach Fund: \$ 400
Oct. Totals:	General: \$18,908	Outreach Fund: \$ 665
Average attendance: In Person: 56		Virtual: 16

NOVEMBER SUMMARY

2022 November Giving:

On-line Giving	General: \$4,916	Outreach Fund: \$ 295
Sunday Offerings:	General: \$11,998	Outreach Fund: \$ 500
Nov. Totals:	General: \$16,914	Outreach Fund: \$ 795
Average attendance: In Person: 53		Virtual: 37

DECEMBER SUMMARY

2022 December Giving:

On-line Giving	General: \$4,613	Outreach Fund: \$ 266
Sunday Offerings:	General: \$15,670	Outreach Fund: \$ 820
Dec. Totals:	General: \$20,283	Outreach Fund: \$1,086
Average attendance: In Person: 57		Virtual: 29

2022 Monthly Budget: General: \$ 19,561

Apportionments are paid for 2022.

TRUSTEES REPORT

By: Ed Winkless (Chair)
Joe Zimmerlee (Co-chair)



Here are the Trustees' recent happenings:

Fellowship Hall entrance is installed but the security system keypad is still being coded.

Snow removal contract is in place with Andrew Landscaping for the sidewalks and entranceways.

Organ semi-annual maintenance is complete.

Leaves were removed twice by Faust Landscaping.

Plaster was removed from the downstairs flower room south wall in order to watch for leaks in the foundation. The Trustees are contacting a company to provide a professional quote on stopping any water leaks.

The Church Board approved on 01/08/2023, the Trustees' recommendation to install solar panels on the education wing flat roof using Midwest Solar from Granite City. Contracts will not be signed or approved until the church board reviews and approves specific funding alternatives being researched by the trustees.

Coming attractions:

Now that the downstairs fellowship outside door has been installed, research is underway as to the feasibility of installing an awning over the new door to help protect it from the weather.

During the recent cold spell, we experienced cooler than normal heating temperatures in our facilities. Baer HVAC is going to clean out our radiators on Monday 01/09/23 to see if that improves the temperatures generated by our boiler system.

Now that the heat has been turned on, we will proceed to do more research on how to improve the radiator heat in the downstairs far east bathroom.

Parsonage inspection highlighted the need to repair one burner on the stove or replacement.



Dear Pastor Kim and Members of Lebanon First,

Fourteen years ago I attended services for the first time and was warmly welcomed by your congregation. Singing with the choir was an added bonus, one I will never forget. Your loving acceptance, your community outreach and Christian example are commendable. You are indeed good and faithful servants.

Thank you for all those years of belonging,

Bonnie Mueller

A big thank you to all who sent cards and called (or texted) while I was recovering from knee replacement surgery. Your kind words and encouragement filled my heart with love and joy.

Allyn Wiechert

The Upper Room **January/February Edition**

“Willing to Learn,” “Small Steps of Faith,” and “Setbacks” are titles of some of early January 2023 devotionals in the *Upper Room*. These are short pieces written by people like you and me. Pick up a copy and connect with God and to of other Christians.



Your staff at Lebanon First UMC would like to thank the church family for your gracious Christmas gifts to each of us:

Your expression of love at Christmas is greatly appreciated.
Pastor Kim

Thank you to my church family for the Christmas gift that you have given me. I deeply appreciate your remembrance of me.
Diane Winkless (Organist/keyboardist)

Thank you for the generous gift.
Richard Boyd (Music Director)

Thank you, brothers and sisters of Lebanon First, for the amazing Christmas gift and your love and support all year long!
Allyn Wiechert (Administrative Assistant)

Thank you for thinking of me at Christmas and giving me this wonderful gift.
Brenda Hermanson (Custodian)

REVERSE ADVENT CALENDAR BLESSINGS!

December 31, 2022

Thank you so very much for the Advent food collection at your Methodist Church. What a great idea! I am planning to use the idea next year in the community. The generous donation of canned goods to the Lebanon Matthew Ministries Food Pantry will be appreciated by the many people who need a little help. Your gift will be put to good use helping those in our community in need of food.

Please pass on our appreciation to all who contributed to this Advent food collection. Thank you for your support! Donations from caring people like you help us make a difference. We and those we serve deeply appreciate your generosity.

May your 2023 be abundantly filled with all good things.

Blessings,
Donna Weil
Lebanon Matthew 25:40 Ministries:
Food Pantry Coordinator



Lebanon Matthew 25:40 Ministries Mission Statement:

“The Lebanon Matthew 25:40 Ministries is a community organization striving to help individuals needing food, financial, emotional and spiritual support.”

Bruce Vunesky supplied the transportation of the food donations to LMM. Sy & Kay Korte and Dean Heer assisted in moving the food.



COMMUNITY ANGEL TREE 2022

The Community Angel Tree helped 44 families (124 children), have a lot nicer Christmas than they would have had. What a blessing to Carol and me, just as we were getting ready to start contacting the families, I had my stroke, right away the committee took all work away from Carol and me so we could deal with my recovery! Thank you, God. This year, Helen Renfro was assisted by Susan Stevenson in taking care of the drop off boxes for the Angel Tree. Their diligence along with an anonymous donor provided a great deal of toys for our extra shopping event provided for the parents! This is in addition to the Angel Tree gifts provided by those who took an Angel and bought gifts. This is a community event put together with the help of several churches: St Paul's UCC, St Joseph's Catholic Church, Fresh Start Church of God and McKendree Chapel participated with us and without them it couldn't happen! In addition, multiple businesses in town allowed us to place drop off boxes in their stores, so people could provide us with extra toys for the parents to choose from for their child. Each family was provided one or more gift baskets (depended on size of family) that had a \$25 gift certificate to Don's IGA as well as fruit and snacks. These gift baskets cost were easily paid for from the generosity of the participating churches and various community members. All the new toys that weren't taken by the parents were passed on to another Angel Tree organization serviced by the Corpus Christi Catholic Church in Shiloh.

In the picture below the colorful gifts were sorted into family groups and then bagged by the Angel Tree team.





BIRTHDAYS: *

February:

January:

- 3 Jamie Dare-Ryckman
- 7 Margaret Pearson
- 24.... Rich Lloyd
- 28.... Joanne Holman
- 29.... Lynn Gale

* Printed by permission only.

- 1..... Jodi Jones
- 5..... Mike Bennett
- 7..... Sandy Bode
- 7..... Karen Homan
- 8..... Patty Jeffreys
- 8..... Alexia Marwa
- 9..... Don Schilling
- 10 ... Shirley Schuetz
- 13 ... Susanne Campbell
- 13 ... Marie Fite
- 16 ... Sy Korte
- 25 ... Ashley Johnston
- 28 ... Shannon Miller



ANNIVERSARIES: *

January:

- 7 Keith & Darlene James

February:

- 25 Ed & Diane Winkless



March/April 2023
***Circuit Rider* Deadline**
Articles Due: Mon., Feb. 16
To: Church office:
office@lebanonmethodist.org



Holy Folders
Thursday, Feb. 23,
10 AM



Lebanon First UMC ***CONNECTION LINE***

**Stay connected to church activities
& prayer requests!**

Three ways to connect:
voice mail, e-mail or text.

For more information, call 618-537-6622
office@lebanonmethodist.org



The *Circuit Rider* is a monthly publication
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Reverend Kim Hagedorn

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Proofs and Consultation: Kay Korte

For more information, call 618-537-6622

office@lebanonmethodist.org
www.lebanonmethodist.org
www.facebook.com/LebanonFirstUMC



Sunday Worship, 9:30 AM
(live-streamed on FaceBook or YouTube)
Fellowship, 10:30 AM
Sunday School, 11 AM



First United Methodist Church
603 West St. Louis St.
Lebanon, IL 62254
(618) 537-6622

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