

“Get My People GOING!”

When the children of Israel were traveling through the wilderness, they needed to rest along the way. (Remember the 4th Commandment, which talks about Sabbath rest?)

Most adults, including seniors, need between 7-9 hours of sleep. American adults, however, only average 6.9 hours of sleep on weeknights. Children need more, and the National Sleep Foundation has created an educational website for them at www.sleepforkids.org, which includes games and puzzles. Sleep is critical — for people of ALL ages!

Lenten Breakfast Schedule

- Time:** All breakfasts start at 6 am
- Reservations:** Please call the hosting church office the Monday prior to the breakfast
- February 24** Shepherdstown United Methodist Church
1934 S. York St., Mech. 766-3076
- March 3** First Church of God
28 E. Main St., Mech. 766-8963
- March 10** Not scheduled
- March 17** Hope United Methodist Church
6260 Carlisle Pike, Mech. 766-3072
- March 24** Mech Church of the Brethren
301 Gale St., Mech. 766-8880

Peanut Butter Eggs: Christian Fellowship class will again be making peanut butter eggs. The cost is \$5 for 6 eggs. Order forms are at the information desk. Thank you for your support.

All announcements are due to the church office by noon on Wednesdays. They should be limited to 35 words or less and will be published for two weeks.

Newsletter Assembly Team: Please join us on February 25 at 8:30 am in B-004 to assemble the March newsletter.

Missions

FUMC Grocery Bagging for Bethesda Mission at Mission Central on **Thursday**, February 25, at 6 pm. Note day and date change, due to Ash Wednesday.

Items for health kits for Haiti can be put in the Mission Central bin in the tower hallway. Flyers with details are on the Missions table.

“Missions Near and Far” at Mission Central on February 27 from 1-3 pm. Presentations by Bethesda Mission and *Arms Around Africa*, warehouse tours, refreshments, and door prizes. More information in February newsletter.

Youth Announcements

Youth Activities Council Meeting on February 22 at 6pm in the Youth Lounge. Open to all youth, parents, and adult leaders.

Permission Slips for this year’s mission trip are due to Lisa McCaffrey by February 28.

All youth forms are located in the rack across from the elevator on the basement level.

FUMC Youth have a Facebook page! This group was created as a space for encouragement, discussion, and fellowship among the youth at First UMC. To join, go to our church’s Facebook page and follow the link to the youth’s page.



*First United Methodist Church,
Mechanicsburg, PA
February 21, 2010*

Altar flowers are given to the glory of God and in memory of Marlin & Emily King, placed by daughters LuAnn & Janet.


A **maché basket** is given to the glory of God and in memory of Stephanie Hale Rehfuss, placed by George M. Rehfuss and daughters Kathleen L. Sempeles, MD, and Bonnie L. Quinn (Tucson, AZ). *“Blessed are they that see beautiful things in humble places where others see nothing.”*

A **maché basket** is given to the glory of God and in honor of Winslow and Caroline Brown’s 55th Wedding Anniversary.

Hospitalized: Michael O’Hara is in Hershey Medical Center.

Pre-Missions Trip Meeting today at 5 pm in the Youth Lounge. Open to all parents, adult leaders, and youth that want to learn more about this year’s mission trip to Lynn Mass.

Altar Flowers: The following dates are available to place altar flowers: June 20, and July 25. Please call Marty Otto at 766-4910.



Psalm 150

Tonight at 7 pm.

Join us as we worship in music and personal testimony, shared by Amy Erno.

Team Rehearsal at 5:30pm. You are welcome to join us.

Babysitting provided during rehearsal and service.