



Share your love this Valentine Day

The Mission Committee would like your help to “Share Our Love” with the students of South Middleton School District. We will be collecting store gift cards from the following: Giant & ALDI. Cards will be disbursed to the school counselors for the families in need, through the upcoming months. Purchased cards (please include value) or money (cash or check) can be placed in a Mission envelope or dropped off at the office.

Collection Dates: Now through February 12, 2023



Safe Harbour

Safe Harbour, a shelter and assistance provider for individuals and families in our area, is in need of new or "gently used" bath towels, hand towels, wash cloths, and microwaves. The bath linens may be placed in the Mission boxes in the Narthex or office hallway. If you have a gently used microwave, please contact the church office or Julie Greenisen at (717) 701-0701. Thank you!

2022 Contribution Statements

Contribution Statements are available for pick up in the Narthex before and after the 8:45 Traditional Service today, **January 22**. If you are unable to pick up your contribution statement, it will be mailed to you.

New Year Health Classes

Starting in late January, we will be having a health series (Spiritual, Financial, Mental and Physical). We will also be having a speaker during the week and a fun activity night. We will be having Wellness classes starting January 26 each week in the morning. More information will be coming over the next few weeks.

The Wellness classes are as follows and are limited to 15 people per class. The classes will be held in the Narthex. A sign up sheet is posted on the bulletin board outside the office.

January 26—10:00 AM—Chair Yoga class with Betsy Payne

Betsy is a yoga and fitness instructor who teaches a variety of yoga and wellness classes to all ages and abilities. She has taught yoga and water aerobics at retirement villages. This class will focus on stretches and strengthening movements for upper and lower body from a seated position.

February 2—10:00 AM—Core Strengthening class with Betsy Payne

Betsy will be focusing on strengthening our core to help movement and stability. If you have weights please bring them, If not, please bring 2 cans of soup to use as weights.

February 9—10:00 AM—Chair Yoga class with Stacey Downing

Stacey is a yoga instructor with the YMCA in Carlisle. We will be focusing on major muscle groups throughout our body that aid in balance and flexibility.

February 16—10:00 AM—Fred Astaire 1940's Dance Class with Kathleen Russell

Kathleen not only has her own dance studio in Carlisle for youth and adult classes, she has worked with the Central Pennsylvania Youth Ballet. Her passion is working with children with special needs. No need to be coordinated to join this class! Our focus will be on how the movements help with coordination and a little style.

February 23—10:00 AM—Trigger Point Therapy/Chair Massage with Robin Turner

Robin is a retired massage therapist with over 20 years' experience working with clients recovering from accidents, surgery or chronic pain. The class will be a hands-on learning experience with Trigger Point Therapy. Participants will learn how to identify pain areas in their bodies and use hand treatment to help reduce the pain. Neck and shoulder massage will be included. We will partner up, so either work with a class friend or bring your own spouse or friend to the class.



Students Grades 6 - 12

We will be having a youth game night on Sunday, **January 22 from 4 – 6 PM** in Room 8. We encourage you to bring your favorite board or card games to share with the group. We will also have other board and card games to choose from. Snacks will be provided.

If you have any question, please reach out to Janna Brandt at janna@otterbeinumccarlisle.org.



Otterbein College Students

The Directors of Outreach and Family Ministries are teaming up to send care packages to our college students this Valentines Day. If you have a student in college (undergrad or higher ed) and wish for them to be on our recipient list, please email their name and address so we can ensure accurate information to send them a package. You can email or speak in person to:

Allegra Juday (ajuday@otterbeinumccarlisle.org) **OR**
Janna Brandt (janna@otterbeinumccarlisle.org).

Cherry Pies - Yum Yum

The United Methodist Women are taking orders for cherry pies. You may pre-order by signing up on the order sheet located on the bulletin board outside the office. You may pick up your pie(s) on **February 10 from 12 - 5 pm** at the church in the multi-purpose room. **Pies are \$10.00 each.**



Happenings At Otterbein UMC

Event	Date	Time	Location
Connecting Small Group	1/22/2023	10:30 AM	Multi-purpose Room
Otterbein Bells	1/23/2023	6:30 PM	Choir Room
Finance Meeting	1/23/2023	7:00 PM	Library
Bible Study	1/24/2023	9:00 AM	Library
Women’s Bible Study	1/24/2023	7:00 PM	Room 8
Choir Practice	1/25/2023	7:00 PM	Choir Room
Chair Yoga with Betsy Payne	1/26/2023	10:00 AM	Narthex (those who signed up)
Men’s Group Study	1/26/2023	7:00 PM	Room 8
Boy Scout Sleepover	1/27&28	6:30 PM	Multi-purpose Room

Recurring Schedule

Event	Date	Time	Location
Scouts	Mondays	6 - 9:00 pm	Gym
Traditional Service	Sundays	8:45 am	Sanctuary
Children’s Church	Sundays	During Traditional Serv.	During sermon children go to another room
Live Streamed Service	Sundays	8:45 or 9:30 am	YouTube
Gathering “Contemporary” Service	Sundays	9:30 am	Multi-purpose Room
Children’s Church	Sundays	During Gathering Serv.	During sermon children go to another room
Loyal Adult Sunday School Class	Sundays	9:45 am	Library
Basic Adult Sunday School Class	Sundays	10:00 am	Room 8
Chapel Service	Sunday	11:00 am	Sanctuary
Youth Group	Sundays	4 - 6:00 pm	Room 8 and Gym