



## 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



**Flock Together Group  
at Hoss's**

If you want to share a picture of what your small group is doing, please email to Nancy ([nancy@otterbeinumccarlisle.org](mailto:nancy@otterbeinumccarlisle.org))

## New Year Health Classes

*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.*

### **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.



### ***Valentine's Day - Stay Heart Healthy***

Here are some ways to stay heart healthy:

- ◆ Yoga
- ◆ Pilates
- ◆ Walking (improves balance and lowers stress)
- ◆ Cycling
- ◆ Dancing
- ◆ Tennis or Pickleball
- ◆ Eat colorful fruits and vegetables
- ◆ Eat healthy proteins
- ◆ Maintain a regular sleep schedule



Sunday, February 12 is **Souper Bowl Sunday!** Help us tackle hunger as we collect money to donate to Project SHARE. Our children and youth of Otterbein will be in the back of the Sanctuary / Gathering after the service on February 12. They will be holding soup pots to collect monetary donations. Thank you for supporting Project SHARE and helping to feed the hungry in our area.

**If you prefer to donate online**, scan the QR Code using your smart phone camera. Scroll to the bottom of the screen under “DONATE HERE” and add the amount you wish to donate. Select “Add to cart” and then “checkout”. On the next screen fill in your contact information and under “GENERAL QUESTIONS” choose “Otterbein Church” as your group affiliation. Complete your payment information.



Questions? Please contact Janna Brandt at [janna@otterbeinumccarlisle.org](mailto:janna@otterbeinumccarlisle.org).

### Calling Otterbein Veterans



On Easter Sunday morning after the Easter Sunrise service, the Veterans of Otterbein will once again provide a sausage and pancake breakfast to recognize the support the congregation has provided during our time of military service. To accomplish this mission, we will need the outstanding support that we have received from all of you in the past. Please let us know that you are with us by contacting the Church Office (Nancy) at (717) 258-6704 or [nancy@otterbeinumccarlisle.org](mailto:nancy@otterbeinumccarlisle.org), Harry Owens at (717) 571-4019 or Dan Monken at (717) 385-3840.

Thank you to **Kurt Vail** for providing Paint Night this past week and sharing his time and talent. It was relaxing and fun. Everyone enjoyed the evening. We learned to paint (if you didn’t already) and we also learned some new techniques! **THANK YOU Kurt!**

### Happenings At Otterbein UMC

Event	Date	Time	Location
Connecting Small Group	2/12/2023	10:30 AM	Multi-purpose Room
Prayer Shawl	2/13/2023	9:00 AM	Library
Otterbein Bells	2/13/2023	6:30 PM	Sanctuary
Bible Study	2/14/2023	9:00 AM	Library
UMW	2/14/2023	10:00 AM	Room 8
Women’s Bible Study	2/14/2023	7:00 PM	Room 8
Choir Practice	2/15/2023	7:00 PM	Choir Room
Fred Astaire 1940s Dance Class w/Kathleen Russell	2/16/2023	10:00 AM	Narthex (those who signed up)
Men’s Group Study	2/16/2023	7:00 PM	Room 8
Daycare / Office Closed	2/20/2023		

Event	Date	Time	Location
Scouts	Mondays	6 - 9:00 pm	Gym
<b>Traditional Service</b>	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
<b>Gathering “Contemporary” Service</b>	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
<b>Chapel Service</b>	Sunday	11:00 am	Sanctuary
Youth Group	Sundays	4 - 6:00 pm	Room 8 and Gym