



## 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!

## 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.**



## 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 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.



## Paint A Picture with Kurt Vail

As part of our mental health week, Kurt Vail is offering a calm, relaxing paint class with him. He will have 2 classes (February 7 OR 9) beginning at 6:00 PM in Room 8 for those who are interested. Please sign up by calling the office or on the sheet on the bulletin board. Each class is limited to 20 people and the cost is \$10 which includes supplies. This is for **ages 15+.**

You do not need to have any skills in painting as Kurt will walk you through each step. Come and join us for this fun and relaxing evening. It takes approximately two hours.



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.



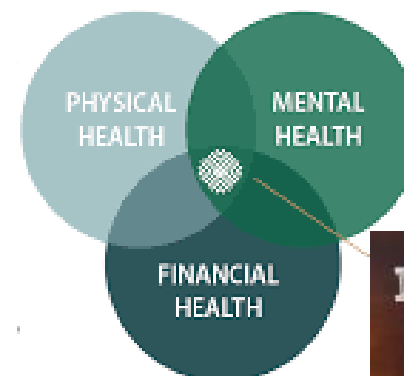
Questions? Please contact Janna Brandt at [janna@otterbeinumccarlisle.org](mailto:janna@otterbeinumccarlisle.org).

### Recurring Schedule

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

### Happenings At Otterbein UMC

Event	Date	Time	Location
Connecting Small Group	2/5/2023	10:30 AM	Multi-purpose Room
Otterbein Bells	2/6/2023	6:30 PM	Sanctuary
Bible Study	2/7/2023	9:00 AM	Library
Mental Health Paint Night	2/7/2023	6:00 PM	Room 8 (those who signed up)
Blanket Ministry	2/8/2023	9:00 AM	Room 8
Choir Practice	2/8/2023	7:00 PM	Choir Room
Chair Yoga with Stacey Downing	2/9/2023	10:00 AM	Narthex (those who signed up)
Mental Health Paint Night	2/9/2023	6:00 PM	Room 8 (those who signed up)
Men’s Group Study	2/9/2023	7:00 PM	Library
Cherry Pie Sale	2/10/2023	12 - 5 PM	Multi-purpose Room
Prayer Shawl	2/13/2023	9:00 AM	Library



**TRADITIONAL WORSHIP SERVICE**

**PRELUDE**                      “Fanfare - Call to Worship”                      Celebration Winds

**LIGHTING THE CANDLES / RINGING THE CHURCH BELL**

**CALL TO WORSHIP**

L: Rejoice in the Lord always, again I will say, Rejoice!  
**P: Today we choose to rejoice. Today we choose to worship and give thanks.**  
L: Seek the peace of God that will guard your hearts and minds in Christ Jesus.  
**P: Today we choose God’s peace; today we place our trust in God.**  
L: Turn your hearts away from the distractions and disappointments of life that will always flow in and flow out like the tide. Set your affections on things above and worship the Lord who loves you and cares for you.  
**All: We come to worship God who alone is excellent and worthy of praise!**

**HYMN**                      “Precious Name”                      UMH 536

**PRAYER CONCERNS / ANNOUNCEMENTS**

**PASTORAL PRAYER / LORDS PRAYER (DEBTORS)**

**HYMN**                      “Through It All”                      UMH 507

**GIVING OF OUR TITHES AND OFFERINGS**

**Offertory**                      “Jesus, The Very Thought of Thee”                      Celebration Winds  
Doxology                      “Praise God From Whom All Blessings Flow”                      Celebration Winds

**CHILDREN’S MOMENT**

**SPECIAL MUSIC**                      “When I Survey the Wondrous Cross”                      Celebration Winds

**SCRIPTURE**                      *Page 654 / 655*                      Jonah 2:1-9

**MESSAGE**                      “A Healthy Christian Life: Mental”                      **Rev. Steve Salisbury**

**SACRAMENT OF HOLY COMMUNION**

**CLOSING HYMN**                      “Nearer, My God, To Thee”                      UMH 528

**PASTORAL BENEDICTION**

**EXTINGUISHING OF THE CANDLES / CHIMES**

**POSTLUDE**                      (Please stand, if able)

**WORSHIP NOTES**

**Hearing assist devices** are available in the sound room at the right rear of the sanctuary.

**Large Print Bulletins** are available in the back of the sanctuary. Please ask an Usher.

**Children’s Worship**  
Children are invited to the front of the sanctuary for the children’s moment, and are also invited afterwards to Children’s Church for the remainder of the service.

**A cry room**, for crying infants, is located at the right rear of the sanctuary; enter from hallway.

**Today’s altar table flowers** are given in loving memory of Fred and in honor of my children and grandchildren by Martha Thomas.

**Ushers and Greeters: Usher Captain** – Tom Hayes

**Bell Ringer:** Dick Snyder

**Organist:** Jane Boley

<b>Worship Schedule</b>	<b>Adult Sunday School:</b>
8:45 AM and 11:00 AM Traditional	9:45 - Loyal Class (Library)
9:30 AM Contemporary “Gathering”	10:00 - BASIC Class (Room 8)

**Prayer Concerns:** Sue Matthews, Sandi Weibley, Abbey Birely, Bobbie Win, Madelyn Buterbaugh, Tanya Kaplan, Dave & Megan Bupp, Linda Speicher, Bryce, Noelle Coolidge, People of Ukraine and Peace



# Otterbein United Methodist Church

February 5, 2023  
Traditional Service

## CONTACT INFORMATION

647 Forge Road, Carlisle, PA 17015  
Church office: (717) 258-6704  
Office hours 9:00 a.m. – 1:00 p.m.  
Monday - Friday  
Web site: [www.ottumc.org](http://www.ottumc.org)



Find us on Facebook  
"Otterbein.UMC.Carlisle"

## STAFF

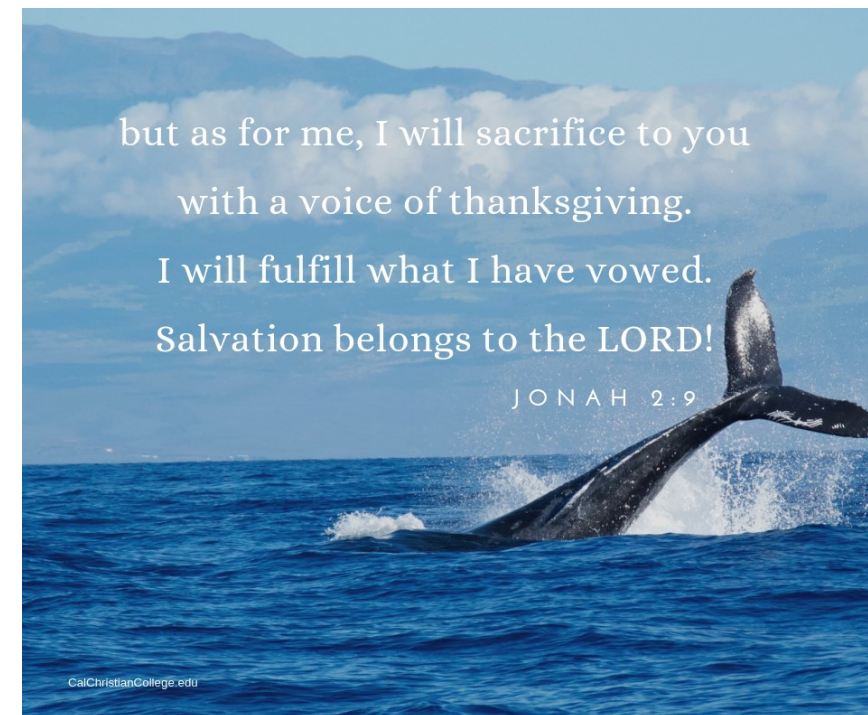
**Rev. Steve Salisbury, Pastor**  
[ssalisbury@susumc.org](mailto:ssalisbury@susumc.org)  
Cell: (717) 578-0172  
Church office: (717) 258-6704

**Nancy Miller, Administrative Assistant**  
[Nancy@otterbeinumccarlisle.org](mailto:Nancy@otterbeinumccarlisle.org)  
Church office: (717) 258-6704

**Leslie Conway, Treasurer**  
**Brendan Warren, Contemporary Worship Coordinator**  
**Allegra Juday, Director of Outreach**  
**Janna Brandt - Director of Family Ministries**  
**Kimberley Hudson, Daycare Director**

## "A Healthy Christian Life: Mental"

### Jonah 2:1-9



### **Welcome to Otterbein Church**

Whether you are a first time guest, a new resident seeking a church home or just visiting the area, we're glad you took the time to join us for worship. We are a United Methodist congregation seeking to serve our Lord Jesus Christ by proclaiming the Good News and serving our neighbors. We'd love to have you join us on our journey of faith.