



The Visitor

February 2018

 **Our Mission/Vision** is to learn and grow in Jesus Christ to serve others and transform lives here, across the street and around the world.



Weather Cancellation Policy

In the event of inclement weather during the weekdays, if Harford County Public Schools close or close early all meetings and activities at the church are canceled and the church office is closed. Should we need to cancel weekend activities or worship services, a cancellation notice will be put on the answering machine and we will attempt to have an announcement made on WXCY 103.7 or WHGM 104.7.

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2018 Summer Youth Mission Trip Updates

Submitted by Kim Fillinger

We are gearing up for several fundraisers and hope that our church family will continue to support us and share the events with their friends.

UMM Shrove Tuesday Pancake Dinner - summer mission trip team will be teaming up with the UMM again this year. Please join us on Tuesday, February 13, 5-7 p.m.

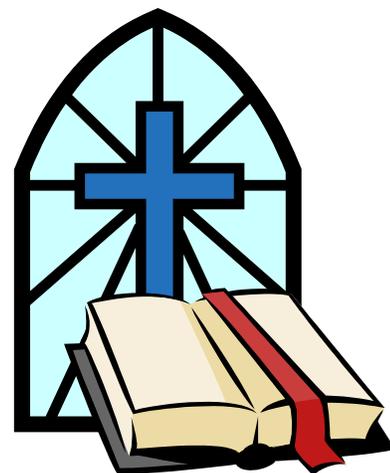
Paint and Snack Fundraiser is planned for March. Date is coming soon. There will be 2 options - an Easter theme and, back by popular demand, the Concord Point Lighthouse.

Spaghetti Dinner is Saturday, March 24, 4-7 p.m. Mark your calendars to join us for dinner and a wonderful time in fellowship.

Sermon Series

The sermon series “Growing Closer to God,” based on the five promises of United Methodist Church membership will end February 11.

A Lenten sermon series about the “Covenant of God’s Love” will begin February 18. Contracts are based on mutual distrust and are designed to protect us from liability if the other person doesn’t hold up his or her end of the bargain. Yet healthy human development and relationships are built on trust. The deepest and most eternal trust that undergirds our souls comes from a relationship with God, who has given all to be with us and keeps not only God’s promises but ours as well, in an unbreakable love known as covenant. It is because of God’s love-covenant that we can willingly and lovingly yield all authority and power and make ourselves truly vulnerable.



February 4 – Celebration of Holy Communion

I Chronicles 29: 1-13; Matthew 15: 14-29, Gifts: “The Joy of Giving”

February 11 – Transfiguration Sunday

We remember how Jesus was transfigured before some of his disciples on a mountain before he began the journey to Jerusalem and the Cross and we begin the journey of Lent.

II Kings 2: 1-18; Mark 9: 2-9, Presence: “Just Being There”

February 14 – Ash Wednesday, St. Valentine’s Day

We remember our mortality and our sin, and begin a Lenten journey of repentance.

Service of Ashes and Holy Communion – Noon and 7 p.m. in Memorial Hall

February 18 – First Sunday in Lent

Genesis 9: 8-17; Mark 1: 9-15, “Putting Our Weapons Out of Reach”

February 25 – Second Sunday in Lent

Genesis 17: 1-7, 15-16; Mark 8: 31-38, “Promises We Can’t Keep”

Grief Share

Grief Share begins another 13 week experience in March 2018. Once again, you may join us at any time during the 13 weeks. Each week addresses a different issue associated with the grief process. The startup date will be forthcoming. Call Carol Vann (443-752-8753) with questions.

Help is available - you are not alone

Pause and remember, there is always hope.

NEED HELP? CALL:

Maryland Crisis 24 Hour Hotline
1-800-422-0009

Harford County Mobile Crisis
410-638-5248 (8 a.m. – midnight)



Habitat Needs Help Building Forever Homes

Habitat for Humanity is currently in need of folks to help at their build site. The address is 711/713 Girard Street, Havre de Grace. They are building two houses side-by-side, so that’s why there are two street numbers. The site supervisor is Dwayne. No experience is required! They are there 8 a.m. to 3 p.m. Wednesday-Saturday. If you are interested in helping out building homes please contact Bri at byoung@habitatsusq.org or call 410-638-4434 x 6.



Summer Camp Fun!

Information is available for having a fun adventure at Summer Camp at two of our three Baltimore-Washington Conference Camps. Church camp offers the opportunity to make new friends, learn about God's world and deepen our faith. Programs are offered for all ages and camperships are available through our church. There are short weeks for young campers (grades 2-4), Grandparents Camp for children to come with an adult or two, Basketball camp, Sailing camp, Girls-only camp, Faith & Technology camp and others! Both camps offer water opportunities (flat or whitewater). Flyers are available in the church office or go to

funfriendsfaith.com or search Camp West River or Camp Manidokan or call 410-867-0991.

Scholarships Available

BWC Scholarship applications are open! Once again, the Baltimore-Washington Conference will be awarding scholarships for qualified students attending or enrolling in accredited colleges and universities in the United States full time in the fall of 2018. Students can apply through March 7, 2018 through an online application system. Students must be an active member of a church for at least one year. Students will need to provide their official transcript (high school or college) and contact information for two church references (pastor and another member of the church). In addition, the student must have a minimum GPA of 2.5 or higher on a 4.0 scale. For additional information and to apply, visit: www.bwcumc.org/administration/finance/local-church-resources/scholarships/.



News from the Church Library

Submitted by Lynn Van Keuren

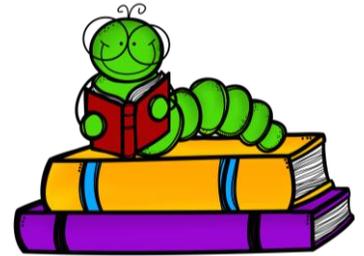
Your church's library has been the fortunate recipient of a number of enlightening and interesting new books. Stop in to see what's new:

Left Behind: You may have read (or heard of) this Christian fiction series by Tim LaHaye and Jerry B. Jenkins. The library now has complete set of the series. Stop in to borrow one, and read your way through the tale of the conflict of the members of the Tribulation Force, an underground network of Christian converts, against Global Community, and its leader Nicolae Carpathia, the Antichrist (F LaH).

Another new book is The autobiography of George Muller, an 19th century man who established orphan homes to care for thousands of English children, depending upon God's response to his prayer of faith to supply all things (B Mul).

Several new books focus on the Middle East. Iran: desperate for God (248.246 Ira) and Iran: finding hope in the axis of evil (248.246 Ira) tell about the lives and trials of Christians following their faith in a Muslim country. Interview with the Devil (F Jac) is a novel about a Christian journalist who faces a Muslim extremist.

These books will be featured during February on top of the large file cabinet in the library. Simply sign your name and phone number on the card found in the back of the book and leave the card in the box on the library desk. Return the book to the desk when you have finished.



Church Trivia

1. Does the United Methodist Church have official rules for observing Lent?
 - A. Yes, members should abstain from meat on Fridays
 - B. Yes, members should fast once a week during Lent
 - C. Yes, members should abstain from sweets during Lent
 - D. All of the above
 - E. None of the above
2. What snack food has significance during Lent?
 - A. Chocolate
 - B. Pretzels
 - C. Popcorn
 - D. All of the above



See page 8 for answers.



United Methodist Women News

Submitted by Cathey Robertson, Communications

Our UMW unit is so grateful to the many generous supporters of our Mission programs during the past years. Your donations and service has helped us to recognize women, children, and youth as leaders and to nurture their gifts.

We have been motivated by Christian caring to reach isolated populations of women and girls with life-changing educational and leadership opportunities such as scholarships, workshops, life skills, child development and after-school programs.

Upcoming Events

January 21 – February 4 – SOUPer Bowl is coming! Yes, we'll all be watching the Super Bowl game (or at least the ads and halftime show) on February 4! But we're talking about something else! This is an opportunity to be providers of food rather than consumers of entertainment. Just leave your donations of soup or other non-perishable food items in the narthex/lobby. All items will be donated to Grace Place to fill their shelves.

February 14 – 6:00 p.m. – Brief business meeting in Mentzer Parlor and a program for Call to Prayer and Self Denial. Offerings received from the 2018 Call to Prayer and Self-Denial observance will support national and international programs that focus on developing leaders of all ages. Offerings will fund programs for women and girls who are chronically underserved and marginalized. The programs provide services to the socially and economically disadvantaged groups such as low-income families and households headed by women. This program will be prior to the 7:00 p.m. Ash Wednesday service.

April 22 – May 13 – Baby bottles will be available in the narthex to collect your change for Alpha's Glory in Aberdeen. This worthy mission is a non-profit Christian ministry, which compassionately presents biblical truths to affirm the value of life by providing pregnancy and pregnancy loss services to Moms, Dad, and their families. The Center is a community where every child has the opportunity to be born healthy and to be placed in the arms of a mother and father well equipped to provide a loving home to the glory of God.

2018 UMW Officers – We are looking for volunteers to be our President and Vice President for the 2018 year. If you are interested in either of these two positions, please contact Jo Ann Hayes. Jo Ann has indicated she will be Co-President, but with supporting the many missions of the church, she will need help with the UMW.

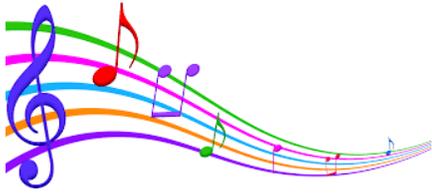
Flower Fund – Individuals who have signed up to place altar flowers on a Sunday morning must pay for the flowers two weeks in advance or your flowers will not be ordered. This is critical to keep our account with Amanda's Florist current. Checks should be payable to UMW Flower Fund. Thank you to all who are paying for their flowers on time or in advanced. It is greatly appreciated when time to pay the bill!! **Please be sure to return the containers.**

ORGANIZING FOR MISSION: Each organization unit of UMW will determine, on the basis of an assessment of its needs, the organizational form required to effectively implement the PURPOSE of the UMW, keeping in mind flexibility of structure and times of meetings. The program of the HDG UMW will provide opportunities for the participation and leadership of all its members, encouraging women to be in mission by growing spiritually, engaging in service and advocacy, educating for change, developing leaders, expanding and nurturing its membership and supporting the organization through Mission Giving.



Food Distribution

The Tabernacle of Faith (315 North Earleton Road) will distribute food on Friday evenings from 5:00-7:00 p.m. on February 16, March 16, April 13, May 18, and June 15.



Notes from the Chancel Choir

Submitted by Leslie Slak

Easter Cantata; Voices Needed

“*Jesus! The Resurrection of the Messiah*” cantata will be presented, Sunday, April 15. Rehearsals begin Thursday, February 1 at 7 p.m. Voices are needed! Come join the fun!

Brass Instrumentalists For Easter

We are sending out a call for brass instrumentalists at 11 a.m. Easter Sunday Service, April 1. Call the Church Office to offer your musical talents for the Easter Hallelujah!

More Bell Ringers Needed

Come join the Bell Ringers! Rehearsals are 7:45-8:45 p.m. on Monday nights.

Chancel Choir Rehearsals

Weekly Chancel Choir rehearsals will be at 8 p.m. on Thursdays following the Easter Cantata Practice. More voices always welcome. Come grow and learn in musical knowledge and stretch your vocal chords for the LORD.

Community Information

A Conversation with Dr. C. T. Vivian: A Life and Legacy – February 15 (snow date February 22), 6:30 p.m. at Harford Community College Chesapeake Dining Room. A lecture will be held at 12:30 at Chesapeake Theater. Dr. Vivian was a strategist in the movement spearheaded by Dr. Martin Luther King, Jr. and the Southern Christian Leadership Conference, Freedom Rider, Civil and Voting Rights Activist, Humanitarian, Social Justice Advocate, Crusader for Justice, and Presidential Medal of Freedom Honoree. Seats are available on a first come, first serve basis. To RSVP for the evening program call 443-412-2224.

Stroke: What You Need to Know – February 20, 6:00 p.m., Upper Chesapeake Health, Chesapeake Conference Center. Learn the signs and symptoms of stroke, what to do if you suspect someone is having a stroke and how you can decrease your own risk. Light dinner is provided. Register: 800-515-0044.

Infant Safety – February 20, 7:00 p.m., Upper Chesapeake Health. Class discusses SIDS, sleeping positions, car seat safety and home safety. Please bring a baby doll to class with you. Register: 800-515-0044.

Stroke Recovery Club – February 21, 10:30 a.m., Upper Chesapeake Health, Maryland Room. Call Barb Cysyk (443-643-3432) for information.

Tired of Chronic Joint Pain? – February 21, 6:00 p.m., Upper Chesapeake Health. Join us for a FREE information session on managing joint pain and knowing your options. Refreshments. Register: 800-515-0044.

Diabetes Prevention Program – Call HealthLik at 1-800-515-0044 and see if you are eligible to sign up for this FREE 16 weeks+ program – forming healthy habits that can help prevent the onset of type 2 diabetes. Programs begin February 26, 6:00-7:00 p.m., UM Upper Chesapeake Medical Center, Room 513, Bel Air.

Red Dress Pink Ribbon – February 17, 8:00 a.m., Kaufman Cancer Center. Learn how to focus on your personal well-being during treatment for heart disease or breast cancer. Shop with vendors, enjoy great exhibits, interactive activities, refreshments and much more. Grab a friend for a morning of fun. Register: 800-515-0044.

Narcan (Naloxone) Training – (1) Hands on training can be obtained through the Cecil County Health Department, 401 Bond St., Elkton, every Monday evening in February, 6-7 p.m. Information: Overdose Prevention Coordinator at 443-245-3785. (2) Online training using an interactive learning module, www.getnaloxonenow.org. Both trainings are FREE and provide the participant with a certificate to obtain free Narcan for emergency use.



Havre de Grace United Methodist Church

“Blessed to be a blessing....reaching the unreached”

“God has blessed us so that we might make his will known to all people that all people may praise God” Psalm 67:1-3

Missions in 2017

Submitted by Cathey Robertson

Our Mission Team in 2017 was blessed this past year with an 8% commitment from our Church family through donations to provide funds Here, Across the Street, and Around the World. We were able to meet all of our budgeted and planned donations plus additional organizations. Below is an outline of where Missions funds were spent from January through December 2017 (a total of \$29,950.00).

HERE:

Alpha’s Glory (\$1,000) - a non-profit ministry providing services for pregnancy and pregnancy loss; supporting moms, dads, and infants; and compassionately presenting Biblical truth resulting in changed lives.

Anna’s House (\$1,000) - provides transitional and permanent housing for homeless women and children in Harford County, and helps them on the road to self-sufficiency.

Answered Prayers Ministry (\$500) – helps homeless and needy families in Havre de Grace

Epicenter at Edgewood (\$100) - the Epicenter works to empower people, strengthen families, & build a sense of community and trust in Edgewood. It provides a place for kids and adults to grow and learn, and to serve and give back, developing leaders for today as well as tomorrow. While the Emergency Rotating Shelter is in place during the winter months, the Epicenter provides showers and laundry facilities for the individuals participating in this program.

FCCAU/Welcome One Shelter (\$800) - the only full-service emergency homeless shelter in Harford County, Welcome One is operated by Faith Communities and Civic Agencies United (FCCAUI), a charitable organization supported by churches, faith-based groups, local businesses, foundations and government agencies. It provides a continuum of services designed to reduce homelessness in Harford County.

Habitat for Humanity – Susquehanna (\$1,250) - part of a global, nonprofit housing organization operated on Christian principles that seeks to put God’s love and hope into action by constructing, rehabilitating and preserving homes, advocating for fair and just housing policies, and providing training and access to resources to help families improve their shelter conditions.

Harford Family House (\$1,000) - the largest provider of transitional housing in Harford County, they are the only organization in our County capable of housing a whole family together, including a father, during the crisis of homelessness.

(continued...)

God is good all the time. All the time, God is good.

MISSIONS NEWS

Here, across the street and around the world

Missions in 2017 (continued)

Harford Hope for the Homeless Alliance (\$1,700) – a coalition of the Harford County Government, businesses, and the faith community working together to help the homeless to wholeness. Each component of the Alliance brings a part of the solution - together, we can make an impact on the gaps of care!

HDG UMC Christmas Project (\$500) – Each year our staff at HDG UMC works with the local schools in Havre de Grace in finding families to support so they, too, will have a Merry Christmas. Through the donations of many church members and the Mission Team, we have been able to support six families to provide items of need.

Helping Up Mission – Baltimore (\$800) –helps men fighting addiction and homelessness get their lives back. The comprehensive recovery programs address root issues of substance abuse and poverty. As one man is healed, Greater Baltimore is raised up.

Kairos Prison Ministry (\$500) –Kairos is a lay-led, interdenominational Christian ministry in which men and women volunteers bring Christ's love and forgiveness to prisoners and their families. In 2017, we had three members of our church help lead this program.

New Hope Christian Fellowship UMC (Outreach Ministry) (\$1,750) – a Day Shelter for homeless folk in Harford County, located in Edgewood, they give hope to those who have lost all hope! This is also the location for individuals who are part of the Emergency Rotating Shelter to spend the day during the winter months. Our donation helps pay the utility bills.

Thanksgiving Community Dinner (\$200) – provides a free dinner to those in Havre de Grace, Aberdeen, and Perryville

Susquehanna Ministerium (\$1,000) - a group of many denominations joined together to provide ministry & mutual support for each other and those in need of help.

Summer Mission Trip (\$1,500) – helped fund this group of missionaries who, through TeamEffort, repaired a home for a family in Virginia Beach, VA.

ACROSS THE STREET:

Society of St. Andrew (\$750) – an ecumenical, non-profit, charitable organization dedicated to leading others into lives of Christian community and service, and introducing people to God's grace in Jesus Christ by meeting their hunger needs.

Red Bird Mission (\$1,000) – provides education, health care and Christian evangelism ministries to people in Appalachian KY.

Tree of Life (\$1,000) – a ministry of service and presence raising awareness of Lakota culture and connecting with the Lakota Nation on Rosebud Reservation in South Dakota by serving body, mind, and soul.

Baltimore-Washington UMC Campership for West Virginia Children (\$100) – The BW Conference asked each church in the conference to donate \$100 to send a child to Camp Harmison. Camp Harmison is a 50-acre natural woodland site in the picturesque mountains of Eastern West Virginia along Sleepy Creek.

AROUND THE WORLD:

BMTS Student Support (\$2,000) – The primary mission of the Baltic Methodist Theological School (BMTS), located in Tallian, Estonia, is to promote spiritual formation and provide applied higher theological education and in-service training tied to the needs of church and society in accordance with international requirements. The BMTS, located in Tallinn at the Baltic Mission Center, prepares Christian workers and leaders for positions of service in churches and Christian organizations.

Children of Zion Village (\$1,000) - a Christian home for 57 orphans in the southern African nation of Namibia.

(continued...)

Missions in 2017 (continued)

Bibles for the World (\$500) - a catalyst for individual and cultural change through Christ and the power of God's Word by strategically distributing Bibles, investing in children through schools, networking and encouraging churches and national Christian leaders, and equipping such leaders through colleges and seminaries in India.

China Outreach (\$1,000) - shares Christ's love with Chinese students and scholars on North American campuses, reaching them with the Good News and helping them become Christian leaders who share their faith with others.

Christar (\$1,000) – The LeBlancs use their God-given gifts and skills to share the Good News with refugees in Asia Minor; their passion is to go to those not yet counted in the eternal roll call of nations.

Sillamae Pastor's Salary (\$6,000) – provides the salary for Pastor Vladimir Beregovoi of Grace United Methodist Church in Sillamae, Estonia, an indigenous Russian-speaking congregation planted by a neighboring congregation

Dr. Albert Willicor (\$2,500) - a missionary with the General Board of Global Ministries of The United Methodist Church Global Health initiative, he is Chief Medical Officer at Ganta United Methodist Hospital in Liberia.

We would love to have you join our Mission Team. Come help us make decisions about where donations are best needed to support the Missions of our church. We meet on the 3rd Wednesday of every month (except July) at 5:00pm in Mentzer Parlor.

2017 Stewardship Campaign Update

Submitted by Jim Carroll

This past November we conducted our annual stewardship campaign. During the campaign we focused on how our commitment to the missions of the Havre de Grace United Methodist Church is impacting our local community, which represents the "HERE" portion of our mission statement. During the campaign and subsequent to it we have received 95 Estimate of Giving cards totaling \$235,460.00. Both of these numbers are significant increases over the past few years, demonstrating a positive response to the Church's programs. The Finance and Stewardship committee would like to thank everyone for their prayerful consideration and response to our Stewardship Campaign and the ongoing missions of the Church.

Answer to trivia

1. Does the United Methodist Church have official rules for observing Lent?

C. None of the above

The UMC does **not** have official guidelines on how members should observe Lent. Some choose to give up a certain food or restrict activities such as TV watching, shopping, or social networking. Some choose to give away clothing or possessions, or volunteer more, or increase time spent in prayer.

2. What snack food has significance during Lent?

B. Pretzels

The twisted pretzel is said to have its roots in Lent. According to legend, a 9th century monk made bread from flour, water and salt--no eggs or milk because they were avoided during Lent. He then formed it into the shape of a common prayer pose of the day, hands on opposite shoulders. You need to turn the pretzel upside down to see it.

Source: UMC.org

How about giving up sweet drinks on Wednesdays during Lent? For a healthier fast, during Lent, think about drinking water instead of those sweet, sugary drinks. By switching to water, this will help lessen your chance of developing type 2 diabetes, heart disease, kidney disease and tooth decay!



Thank You

Thanks to the following for staffing our open house for the Tour of Historic Churches: Sandy and Bill Chase, Pat Campbell, Karen Jobes and Debbie Heydt, who offered organ music over the two hours.

Thanks to the following who helped store Christmas decorations and re-decorate the buildings on Epiphany: Paul Mauldin, Doug Wooten, Chet Thurlow, Clemence Stephens, Billie Labhart, Karen Jobes, and Tom and Cindy Wildman.

We thank you for your generous support of our Grace Place Christmas projects! You baked cookies and knitted hats, gloves and mittens. The clients were very grateful for your kindness. Love,

Donna Gruber & Lynn Colburn

Thank you to Cathey Robertson for donating the proceeds from Cathey's Crafts at the UMW Christmas Cookie Sale to our youth mission trip. Kim and Lewis Fillinger donated some crafts, but Cathey donated many hours to make crafts and then to be there during the sale.

Members of the 2018 Summer Youth Mission Trip Team

On behalf of Meadowvale Elementary, I would like to thank you for supporting three of our families in need. Nine children experienced a joyful Christmas season this year. Thank you for including gifts for the older siblings and the parents. Your kindness was a blessing for everyone. Thank you to everyone who organized this project. Their time and effort is greatly appreciated. Respectfully,

*Mark P. Warfield, Principal
Meadowvale Elementary School*

Here We Grow Again!

We welcome to our fellowship **Graham Erickson Hill**, son of Jackie and Andrew, as a Preparatory member by Baptism, and as Full Members, **Jackie Hill** who comes to us from Fishkill Baptist Church and **Andrew Hill** who comes to us from the Roman Catholic tradition. May we be a blessing to them as, together, we grow in faith.



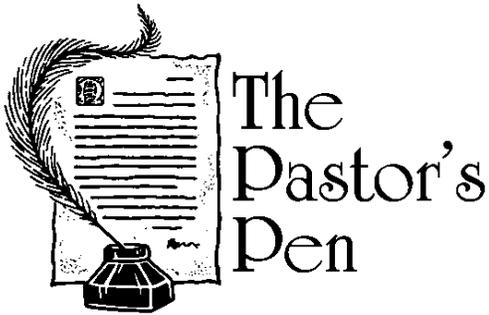
Commendation to . . .

Ty Mitchell on making the Honor Roll! Keep up the good work!

Church Keys



If leaving office as a church leader, please turn in your key(s) to the Church Office so that your successor may check them out. You may not hand them on to the person following you in office without going through this process. Thank you for serving as a leader and for helping us keep track of our keys and our security.



A Strange Coincidence

God is love, and those who abide in love abide in God, and God abides in them. --I John 4: 16b

Dear Friends in Christ:

By a strange coincidence of our calendar, driven in part by the solar year and in part by the lunar month, Ash Wednesday this year falls on the same date as St. Valentine's Day – a day when we focus on love.

Maybe that's a good reminder of the mighty love of God. We celebrate Ash Wednesday as a reminder of our mortality and our sinful nature. But we only celebrate this day because we know a loving and forgiving God. Otherwise, our lives would simply be filled with endless despair.

We know our God to be a God of love and forgiveness because of the birth, life, suffering, death and resurrection of Jesus the Christ. Ash Wednesday marks the beginning of Lent, that season of the church year in which we most intentionally focus on our need for repentance – confession and change. Especially during Holy Week, the last week of Lent, we focus on the events of Christ's passion.

It is because of Jesus and the Cross that we know how very much God loves us.

But Jesus is clear that he expects us, as his followers, to love others as we have been loved. In fact, the verse above follows shortly after the statement that when we do not love we do not know God! So the Cross has both a vertical piece – reminding us of our relationship with the divine – and a horizontal piece – reminding us of our relationship with others. I like to think of the arms of the Cross as being like the arms of God. They stand open and ready... ready to accept and welcome all who come, ready to hug the world!

May we have a holy Lent and love others as God has loved us in Christ Jesus.

Grace and Peace,
Pastor Norman

What's on your Digital Device?

Submitted by Dan Rusin

You may have photos, and contacts, and directions. Do you have anything to bring you closer to God this year? May I suggest: The free "Olive Tree Bible App" available at the App Store. It is a free Bible App that has a searchable Bible that works on your phone, even off line without a network. Look for the green icon with a white olive tree in the App store.

Also, for daily accountability, see the "Go Tandem" app produced by "Back To The Bible." The "Go Tandem" app is built on a survey of over 100,000 people over seven years, which will help in your periodic spiritual assessment. You will be asked about twenty targeted questions on your strengths, weaknesses, desires, and temptations, and be emailed or messaged items that will help you in your walk. This email service is also available without installing an app on your phone, by just going to this website and taking the survey that helps target the responses just for you. <http://www.backtothebible.org/gotandem>. "Go Tandem" by BTTB joins you on your journey where you are.

Baltimore's Shine FM (95.1FM) has a very good listener's music group: <http://www.951shinefm.com/>.

Facebook folks, you are invited to join the "HDG New Testament In A Year" Facebook group. Search it in the search bar and request to 'join.' You can read a little each day, or about an hour or two a week, if you really deeply reflect on the scripture. About the total time of a sports game.

What are your favorite digital downloads that bring you closer to God?

Little Hats, Big Hearts Program

Submitted by Pat Campbell

Thanks to all who knitted or crocheted 36 infant/premie red hats! The American Heart Association, in conjunction with The Children's Heart Foundation, are celebrating American Heart Month. This hat program honors babies and mothers and heart healthy lives in a very special way. They are working together to raise awareness, provide resources and inspire mothers to take their family's heart health to heart while also raising awareness about congenital heart defects.



The hats will be delivered on February 2 in honor of Heart Month and the National Wear Red Day. They will be delivered to participating hospital maternity units in Maryland. Participating hospitals are: Anne Arundel Medical Center, Frederick Regional Health System, Howard County Hospital, MedStar St. Mary's Hospital, MedStar Franklin Square Medical Center, UM Upper Chesapeake Medical Center, UM St. Joseph's Medical Center and UM Shore Medical Center in Easton. I asked that our hats, if possible, be delivered to UM Upper Chesapeake Health.

Again, THANKS TO ALL WHO PARTICIPATED!!

A Heart Healthy Lifestyle

Submitted by Pat Campbell

O Lord, by these things people live, and in all these is the life of my spirit.

O restore me to health and make me live!--Isaiah 38:16

Heart disease is a leading cause of death for both men and women.

Leading Causes:

- Inactivity
- Obesity
- High Blood Pressure
- Smoking
- High Cholesterol
- Diabetes

What can you do to improve your heart health?

Eat Healthy!

- Buy lean, skinless meats and poultry
- Use fat-free and low-fat dairy products
- Limit your alcohol intake
- Prepare foods without added salt
- Avoid foods high in sugar or dietary cholesterol
- Eat whole grain breads and pasta

Get Fit!

- Find an active way to relax. It's tempting to want to sit and relax. Instead, go for a bike ride or join a recreational sports team.
- Go for a walk. Find a local area where you can go and walk for a few miles. Spend time outdoors, and enjoy what nature has to offer while you get fit!
- Make it a family event. Help your children build healthy habits. Take a ball or Frisbee and visit a nearby park. Build memories while improving your heart!

When you create habits for a Healthy Heart you also help with:

- Weight loss and preventing weight gain
- Endurance and vitality
- Improving blood sugar control in diabetes
- Relieving anxiety, depression and stress

Source: chreader.org

It's National Heart Health Month, so let's see what we can all do to improve our own Heart Health!



Please contact Anita Bliesener at 443-876-3898 or the office at 410-939-2464 to add or remove persons from the Prayer List.

Jodi Adams	Julie Hiles	Jimmy Simperts	Youth of our Church and Community
Ian Anderson	Buddy Holbrook	Adam Slak	All Shut-Ins
Mitt Andrews	Matt Horn	Erin Smith	Those Grieving
Shirley Baker	Shelly Ingram	Ron Smith	Those Homeless
Julie & Jr. Barton	Catherine Jones	Shawn Smith	Those with Addictions
Katie Beckley	Payton Lynch	Dorothy Stallmaker	Refugees
Mike Bedwell	John MacLean	Heidi Tera	Children of Zion Village
Bev Bennington	Alison McDonough	Thelma Thomas	Sillamae Church
Barbara Bicardi	Noble Mentzer	Becky Tompkins	Victims of Terrorism & Natural Catastrophes
Janet Bingham	Ron Neugebarger	Daniel Travis	U.S. Military Personnel serving around the world
Vern Bingham	James Newby	Peg Trimboli	Family Unity
Byron Boyd	Edna Newsome	Tom Trimboli	Our Police Officers
Chip Brown	Gerard Northam	Brandon Vaughn	All Missionaries
Ann Chandler	Jack Ploweman	Meg Voscurg	Family Unity
Harvey Cunningham	Heidi Potter	Jean Walker	Drug Free Community
Tony DeLuca	Candy Powell	Naomi Wehland	LeBlanc's
Linda Ebaugh	Clara Preston	Lorna Wortman	First Responders
Pat Fedock	Jamie Rood	Cody	Our Country & Leaders
Robin Ferrall	Ruth Sale	Danielle	Victims of Lyme Disease
Donna Fordon	Patty Scaggs	Dustin	
Kathy Gallagher	Cameron Schallawitz	Grace D.	
Lois Gilbert	Ron Schallawitz	Jeremy	
Gary Gray	John Schmick	Sabrina	
Rhonda Hadwin	Mitch Shank	Tiffany	

Our Love & Sympathy to the Family & Friends of:

Jim Sheckels, husband of Amy and father of Emily, William and Preston, who died suddenly and unexpectedly December 22, 2017. Jim was a healer. He worked as pharmacologist at Johns Hopkins helping develop better ways to treat cancer. He was also someone who loved deeply and was deeply loved by his family and friends.

Bill Medley, Sr., husband of Joan, brother-in-law of Ginger Neal and uncle of Jennifer Ebaugh, who died December 24, 2017. Bill was a storyteller, who successfully overcame a childhood of poverty to become a business manager. He also was known as someone who was caring in his relationships and who had a special way with children and young people and those with special needs.

May God's eternal love, made known in our suffering Christ, comfort all who mourn.





Birthdays & Anniversaries

Birthdays

February

Gardner McCullough II.....	1
Ron Canfield	2
Len Burcham.....	4
Erik Fabrizziani	6
Donna Gruber.....	11
Payton Lynch	14
Jim Newby	23

March

Jenee Aigner.....	13
Selona Baker	22
Melania Holloway.....	26
Courtney Lee Tramontana	27
Pamela J. Craig	29
Ryan Fabrizziani.....	29
Cathey Robertson.....	31

Anniversaries

February

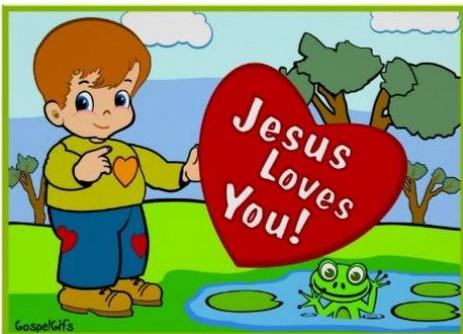
Dan & Leslie Slak	8
Jerry & Lynn Van Keuren	11
Walter & Kay Glenn.....	25

March

Robert and Terri Hartmann	5
Shawn & Pam Makinson	12

Have You Submitted Your Name and Date?

If you would like your name included, please contact the church office with the date of your birthday and/or anniversary and your name.



**The Visitor is published monthly by
 Havre de Grace United Methodist Church
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**Norman Obenshain, Pastor/Editor
 Tammy Brinkman, Composer
 Christine Wildberger, Publisher**

All newsletter contributions should be left in the Church Office in the box marked for The Visitor or e-mailed to the Church Office or Tammy Brinkman at: tbrinkman@verizon.net. Deadline for submission of items is the 2nd Sunday of the month by 10:30 a.m. preceding publication. Anything received after that date will be placed in the next month's newsletter. The editors reserve the right to edit for content and space. We welcome your suggestions and contributions for The Visitor.

Serving in Worship

February 4	8:15 a.m.	9:45 a.m.	11:00 a.m.
Greeter(s)	Nancy Bratcher	Mary & Gus Kowalewski	Noble Mentzer & Donald Lay
Nursery	Dennis & Sarah Gehman		Kerrie & Jason Bauer
Sound Tech	Paul Mauldin	Kim Rusin	Keith Beckley
Liturgist	Donna Minton		
Worship Leader			
Acolyte	James Woodford/ Savannah Bennett		Emily Fabriziani
Anointing	Billie Labhart & Carol Vann		Pat Campbell & Sandy Chase
February 11			
February 11	8:15 a.m.	9:45 a.m.	11:00 a.m.
Greeter(s)	Shirley Pollitt	Pam & Jesse Sickenberger	John Farmer & Gail Burcham
Nursery	Dennis & Sarah Gehman		Keith & Nancy Beckley
Sound Tech	Doug Wooten	Kim Rusin	Doug Wooten
Liturgist	Billie Labhart		
Worship Leader			
Acolyte	James Woodford/ Savannah Bennett		Alana Cymek
February 18			
February 18	8:15 a.m.	9:45 a.m.	11:00 a.m.
Greeter(s)	Kim & Lisa Altland		Nancy & Keith Beckley
Nursery	Dennis & Sarah Gehman		Julie & Pat Baker
Sound Tech	Niki Haug	Kim Rusin	Dean Cymek
Liturgist	Leslie Slak		
Worship Leader			
Acolyte	James Woodford/ Savannah Bennett		Morgan Teefy
February 25			
February 25	8:15 a.m.	9:45 a.m.	11:00 a.m.
Greeter(s)		Jason & Kerrie Bauer	Bill & Sandy Chase
Nursery	Dennis & Sarah Gehman		Janyce Smalley & Tammy Brinkman
Sound Tech	Doug Wooten	Kim Rusin	Dean Cymek
Liturgist	Lisa Altland		
Worship Leader			
Acolyte	James Woodford/ Savannah Bennett		Carman Gamatoria

**Call the Church Office at 410-939-2464
if you would like to serve in worship.**

FEBRUARY 2018

Church Calendar

Havre de Grace UMC, Havre de Grace, MD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Regular Sunday Services: 8:15 am, 11:00 am Praise & Worship 9:45 am</i></p>				<p>1 10 am Prayer Circle 6:30 pm AA 7 pm Cantata Rehearsal 8 pm Choir Rehearsal</p>	<p>2 Groundhog Day 12 pm N.A</p>	<p>3</p>
<p><i>Emergency Rotating Shelter here January 29 – February 5, 2018</i></p>						
<p>4 3:30 pm GS #4111</p>	<p>5 7:45 pm Handbells Rehearsal</p>	<p>6 5 pm AA 7 pm NA</p>	<p>7 6 pm Praise Band 6 pm GS #1711 7 pm Cub Scouts 7 pm Education Mtg</p>	<p>8 10 am Prayer Circle 6:30 pm AA 7 pm Cantata Rehearsal 8 pm Choir Rehearsal</p>	<p>9 12 pm N.A</p>	<p>10 8 am UMMen's Breakfast at Chesapeake Grill</p>
<p>11 Deadline for The Visitor articles 9 am & 10: 30 am Holy Cup Coffee 4:30 pm GS #4109 6 pm Confirmation Class</p>	<p>12 6:30 pm GS #571 7 pm Finance Mtg 7:45 pm Handbells Rehearsal</p>	<p>13 8:30am Grace Place 5-7 pm Shrove Tuesday Pancake Supper 5 pm AA 7 pm NA</p>	<p>14 Ash Wednesday 6 pm Praise Band 7 pm Cub Scouts 12 pm & 7pm Service of Ashes & Holy Communion 6:30pm The Prayer & Self Denial Service</p>	<p>15 10 am Prayer Circle 6:30 pm AA 7 pm Cantata Rehearsal 8 pm Choir Rehearsal</p>	<p>16 12 pm N.A Welcome One Shelter Day</p>	<p>17</p>
<p>18 6 pm Confirmation Class</p>	<p>19 7 pm Trustees 7:45 pm Handbells Rehearsal</p>	<p>20 5 pm AA 7 pm NA</p>	<p>21 5 PM Missions Mtg 6 pm Praise Band 6 pm GS #1711 7 pm Cub Scouts</p>	<p>22 10 am Prayer Circle 6:30 pm AA 7 pm Cantata Rehearsal 8 pm Choir Rehearsal</p>	<p>23 12 pm N.A</p>	<p>24 7 am Cub Scouts Pinewood Derby</p>
<p>25 4:30 pm GS #4109 6 pm Confirmation Class</p>	<p>26 6:30 pm GS #571 7 pm Church Council 7:45 pm Handbells Rehearsal</p>	<p>27 5 pm AA 7 pm NA</p>	<p>28 6 pm Praise Band 7 pm Cub Scouts 7 pm Worship Mtg</p>	<p style="text-align: center;"><i>Sunday School 9:45am for All Ages!</i></p>		

Havre de Grace United Methodist Church
101 South Union Avenue
Havre de Grace, Maryland 21078-3007

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Please join us for worship.

Schedule

- 8:15 a.m.** **Informal Worship Service**
with Celebration of Communion
(Nursery care available)
- 9:45 a.m.** **Praise & Worship Service**
- 9:45 a.m.** **Sunday School for All Ages**
- 11:00 a.m.** **Traditional Worship Service**
(Nursery care Available)

For all other program information,
please phone 410-939-2464.

