

# THE SPIRE

February 11, 2026



Beloved, let us  
love one another,  
for love is of God.  
1 John 4:7

# An Invitation to a Season of Prayer

*And going a little farther, he threw himself on the ground and prayed, "My Father, if it is possible, let this cup pass from me, yet not what I want but what you want." Then he came to the disciples and found them sleeping, and he said to Peter, "So, could you not stay awake with me one hour? Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak (Matthew 26:39-41 NRSVUE)."*

In my sermon this past Sunday I mentioned Sister Thea Bowman, a Franciscan Sister of Perpetual Adoration. I was introduced to perpetual adoration in 2008 by a Catholic friend, Nancy, who invited me to come pray an hour a week at the hospital's chapel. Nancy shared with me that perpetual adoration is rooted in the Eucharist with a focus on the "living bread that came down from heaven". She also told me that she had grown up with the understanding that perpetual adoration was scripturally rooted in the agony of Christ in the Garden of Gethsemane. Intrigued, I went home and read the accounts of the agony in the garden (Matthew 26; Mark 14; Luke 22).

Following the sharing of the Last Supper at the Passover, Jesus take the disciples to the garden. Jesus knows his time has come. The cross was inevitable. Jesus tells the disciples, "Sit here while I go over there and pray." Jesus took Peter, James, and John with him further into the garden and says, "My soul is overwhelmed with sorrow to the point of death. Stay hear and keep watch with me." Jesus prays for a while and comes back to find the disciples sleeping. Jesus asks, "Could you not keep watch with me for one hour? Watch and pray so that you will not fall into temptation. The spirit is willing, but the body is weak."

I spent more than 2 years participating in perpetual adoration, joining many others who kept the chapel continually filled with a commitment to prayer. Yes, as you might imagine, it changed me. My spirit became more willing to pray, and I felt God was not only hearing my prayers but attentive to them. I journaled through that time and look back now at those answered prayers.

In this season of Lent, I would like to you into a time of prayer, as well as introduce you to our new chapel, located in room 203 located between Catherine Collier (aka the donut room) and the Sanctuary. We can pray from any space: home, work, school, church, car ... literally anywhere. We can pray at any time: morning, noon, and night and all hours between. The world needs our heartfelt, earnest, and fervent prayer, and by faith we can trust that God is listening.

**This Lent we are opening the church,  
Monday thru Thursday, 9a.m. – 3p.m. for prayer –**

Beginning Thursday, February 19, simply come to the church, ring the bell at the Atrium entrance, sign in the office, spend time in prayer in the chapel, and sign out in the office. Of course, you can also pray wherever and whenever the Spirit calls.



May God bless us in this season,  
*Pastor Kim Mitchell*

## Meet the Staff

Rev. Kim Mitchell  
Rev. Debby Bartley  
Rev. Steve Williams  
Patti Adams  
Karla Curry  
Stacey Davis  
Eric Heien  
Marsha Hunt  
Kerri Johnson  
Beth Kelley  
Jack McCormick  
Jim Nichols  
Olivia Osterhage  
Meredith Ramsey  
Katie Roam  
NEW Ellie Stahr

# Reminder

**The Church Office  
is CLOSED on  
Fridays.**

## Lift up in Prayer

Ashley Powell, wife of Andrew and mother to Ethan & Sadie, passed away February 4, 2026.

2026 SUMMER & 2026-2027 SCHOOL YEAR

# ENROLLMENT

will begin on January 21st.



**First Kids**  
Early Childhood Center

A ministry of First St. Charles United Methodist Church



**ENROLL NOW!**

Contact Us  
**636-947-9380**

Contact Kerri:  
[kjohnson@firststcharlesumc.org](mailto:kjohnson@firststcharlesumc.org)



Sharing ALL the  
Love from  
First Kids!



HAPPY  
*Valentine's Day*



# SMALL GROUPS & MINISTRIES

## WALKING GROUP



**FEBRUARY 12TH  
AT 7:30AM**

## LGBTQ+ SMALL GROUP

BRING YOUR OWN DINNER AND  
ENJOY A TIME OF FELLOWSHIP!

**FEBRUARY 17TH  
CATHERINE COLLIER ROOM  
@ FIRST ST. CHARLES**

**6:00 PM**



# SMALL GROUPS & MINISTRIES

## FISH PANTRY

### ITEMS NEEDED:

TUNA HELPER, MUSTARD, KETCHUP, SHAMPOO, TEA, WOMEN'S DEODORANT, ADULT TOOTHPASTE, BODY WASH, DISH SOAP, CHILDREN'S TOOTHBRUSHES



## Little Food Pantry

### ITEMS NEEDED:

mac n cheese cups - fruit cups - tuna packs - individual peanut butter cups - ritz crackers - chili - canned pasta (spaghetti o's/ravioli) - granola bars - pudding cups - oatmeal packages - peanut butter crackers



\*All canned items need to have pull-tab tops\*

# SMALL GROUPS & MINISTRIES



## Adult Confirmation

Updated Start Date:

Wednesdays at 3 pm Jan. 28th - March 4th

Thursdays at 6:30 pm Jan. 29th- March 5th

In Catherine Collier

Renew and reaffirm your confirmation into  
the Christian tradition through our Adult  
Confirmation Small Group



**HELLO**  
MY NAME IS

*Welcome Team  
Member*

Join our  
**Welcome Team!**  
It's the best way  
to meet members  
& guests on  
Sunday mornings!

For more info, contact **Olivia Osterhage:**  
[oosterhage@firststcharlesumc.org](mailto:oosterhage@firststcharlesumc.org)

# SMALL GROUPS & MINISTRIES

**SIGN UP  
TODAY**

## WARMING CENTER

**VOLUNTEERS NEEDED!**

**Jan. 11th-17th    Feb. 8th-14th**

**Jan. 25th-31st    Feb. 22nd-28th**

For more info email: [mhunt@firststcharlesumc.org](mailto:mhunt@firststcharlesumc.org)

## Showers of Blessing

♥ MEALS NEEDED!! ♥

**GRAB A GROUP OF FRIENDS, YOUR SUNDAY SCHOOL CLASS, NEIGHBORS, ETC. AND GET TOGETHER TO PROVIDE A MEAL!**

**THE NEXT TWO PAGES HAVE SOME TIPS & IDEAS ON HOW TO NAVIGATE FEEDING A CROWD.**

**IF YOU HAVE ANY QUESTIONS, JUST CALL THE OFFICE!**

**SHOWERS  
VOLUNTEER SIGN UP**



# SMALL GROUPS & MINISTRIES

## showers of blessing *meal guide*

50 SERVINGS

### pro tips

- Our guests get a lot of the same foods over-and-over (\*egg casserole\*). They're grateful regardless, but they appreciate it when you think outside the box!
- Foods that are easy to hold and serve are great- think soups, casseroles, and other one-pot dishes.
- Some of our guests struggle with dental issues- so soft and easily digestible foods are preferred. Apples, crunchy granola, popcorn, and tough meats are often left behind.
- Freezer meals that can be brought ahead of time and reheated are ideal!
- Nutrient-dense and protein-rich meals help our folks stay healthy and warm.
- Your group can gather to cook together, or prepare individual components and assemble.
- If you or your group need space to prepare your meal, you can reserve our church kitchen by calling 636-947-0066.
- You can drop your meal off, or if you prefer, you can stay and serve your meal on the day-of.



Meal Sign-Up



Recipe Ideas



Quantities Guide

# SMALL GROUPS & MINISTRIES

## showers of blessing *meal guide*

50 SERVINGS

### menu ideas

- Vegetable Beef Soup
- Broccoli Cheese Soup
- Tater Tot Casserole
- Chicken & Rice Casserole
- Chicken Ramen
- Minestrone
- Pot Pie
- Baked Pasta
- Pancakes & Sausage
- Breakfast Casserole
- Chicken & Cheese Enchiladas
- Pulled Pork/Chicken Sliders
- Loaded Hashbrown Casserole
- Meatball Subs
- Taco Bar
- Baked Potato Bar
- Chili
- Sheet-pan Fajitas
- Pizza
- Breakfast Burritos

### quantities guide

- **Meat:**
  - 12-13lbs in soups/sauces
  - 15lbs as an entree
- **Rice/Grains:**
  - 10 lbs
- **Pasta:**
  - 10-12lbs
- **Bread:**
  - 2 loaves as side
  - 4 loaves for sandwiches
- **Pizza:**
  - 16 pizzas
- **Vegetables:**
  - Canned:
    - 2 #10 cans or 14 small cans
  - Fresh:
    - 1-1.5lbs salad mix
    - 15-20 lbs potatoes
  - Frozen:
    - 4 (40 oz) bags



# ASH WEDNESDAY

**FEB 18**

DRIVE THRU ASHES 7AM-4:30PM  
WORSHIP SERVICE 7PM



We'll be offering  
**Drive Thru Ashes**  
again this year in our  
atrium circle drive  
from 7 am - 4:30 pm

INCLUSIVITY MATTERS

presents:

## PLAYING IT SAFE:

*Becoming a Strong Ally For Equality*

**Feb. 15 at 4pm**

Learn how to speak up with confidence, respond to harmful comments in the moment, and show up in real, meaningful ways as an ally to our LGBTQIA+ community.

**New  
Swag!**

INCLUSIVITY MATTERS



**\$35**

We collected 11 units of blood at our most recent Red Cross Blood Drive! These units have the potential to save up to 33 lives. Thank you to everyone who participated!



# ATTENTION YOUTH!

## YOUTH FOOD DRIVE CHALLENGE

For the next four Sundays, our youth are challenging themselves to collect the items below for Oasis Food Pantry.

<u>2/15</u>	<u>2/22</u>	<u>3/1</u>	<u>3/8</u>
PEANUT BUTTER	PANCAKE MIX	INSTANT POTATOES	TOILET PAPER
JELLY	SYRUP	CANNED FRUIT	CANNED SOUP
MAC N' CHEESE	BAR SOAP (3 PK)	HAMBURGER HELPER	RICE
TOOTHPASTE	PASTA SAUCE	SHAMPOO	DEODORANT



**COLLECTION BOXES IN THE ATRIUM!**

Contact Pastor Kim with any questions!

# FEBRUARY & March

## WARMING CENTER

			11 <b>SPIRE</b> ADULT CONFIRMATION CHOIR	12 <i>Thursday</i> WALKING GROUP! ADULT CONFIRMATION	13 <i>Friday</i> CHURCH OFFICE CLOSED	14 <i>Saturday</i>
15 <i>Sunday</i> PLAYING IT SAFE: Feb. 15 at 4pm NO YOUTH GROUP!!	16 <i>Monday</i>	17 <i>Tuesday</i> COMMUNITY CARE CAREGIVERS - NEW TIME! LGBTQ+	18 <i>wednesday</i> ASH WEDNESDAY DRIVE THRU: 7-4:30 SERVICE [AT] 7PM	19 <i>Thursday</i> ADULT CONFIRMATION	20 <i>Friday</i> CHURCH OFFICE CLOSED	21 <i>Saturday</i>
22 <i>Sunday</i>	23 <i>Monday</i>	24 <i>Tuesday</i>	25 <i>wednesday</i>	26 <i>Thursday</i>	27 <i>Friday</i>	28 <i>Saturday</i>

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1 <i>Sunday</i> 	2 <i>Monday</i> <b>March</b>	3 <i>Tuesday</i>	4 <i>wednesday</i> ADULT CONFIRMATION CHOIR	5 <i>Thursday</i> ADULT CONFIRMATION	6 <i>Friday</i> CHURCH OFFICE CLOSED	7 <i>Saturday</i>
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