

Reaping and Sowing:

A Newsletter of Ashley and Kilbourne

February and March 2020

2020 is Here!

I cannot believe that it is really 2020! Every time I hear it, I think two things. The first is I cannot possibly be this old. However, it seems to simply be a fact.

The second thing I always think though is 20-20 vision. Now I have worn glasses or contacts since the third grade, so I can only imagine what 20-20 vision actually is like without corrective lessons but I know 20-20 vision is the ability to see clearly. Having good vision makes much in our lives a little easier. In fact, vision impacts how we interact with the world. You can make do without it but it is certainly a benefit to life to see clearly. A benefit that many of us take for granted until it is lost.

20-20 vision is something we should also seek in our faith life. The ability to see more clearly who God is and who we are to be as Christians certainly impacts our lives greatly. And like vision, we can make do without it, but being able to see clearly faithfully helps us to live a better life.

However, none of us have 20-20 faith vision without aid. None of us are born knowing exactly who God is and how to be the best us. For that we need assistance, much like I need my glasses and contacts.

With that in mind, I invite all of us to seek help in achieving better faith vision this year. Join a Sunday school, a Bible study, a small group or pick up a resource to do on your own. Find ways to serve God or even seek joy in the ways you already serve God.

At both Kilbourne and Ashley we have strong adult education opportunities. Ashley's Adult Bible Study follows worship on Sunday. This group prays together and seeks to understand scripture together. At Kilbourne, Adult Sunday School begins at 9:30AM. Using various resources and curriculums, this class seeks deeper understanding and the knowledge of how to apply it to your life. Both classes work to help people better see and hear God's call in their lives and to understand who God is better. And both classes always welcome new members!

These are not the only opportunities to help improve your faith vision either. In this newsletter you will find many ministries that seek to help us have 20-20 vision. There is Bible Studies, youth ministries, choir, a women's retreat, Pub Theo and more. Find one that is for you and give it a try! Even if you are already doing one, consider trying a new one.

In your life, most of us try all we can to have 20-20 vision. And in 2020, I encourage you to also not settle for poor faith vision. Let 2020 be the year we all work towards 20-20 faith vision.

Pastor Beth

Calling All Youth

At Kilbourne we are kicking off our new youth ministry! To start with we will meet on the first Wednesdays of the month from 5:30-7:00PM. Join us for the first meeting on **March 4**. For this first meeting, pizza will be provided. The youth will meet with Pastor Beth to discuss what they want their youth group to look like.



This is an exciting ministry! This is for youth fifth grade and up. Invite the youth in your lives to come and claim their faith lives for themselves as we learn about God and have so much fun.

Children's Lenten Ministries

Lent Ministry

On Wednesday March 25th, all children are invited to participate in our Lenten Children's Ministry. Children 18 months through eighth grade are invited to come to Kilbourne from 4:30-6:00PM for food, games, and lessons on Jesus and Easter. Similar to our Advent activity, this ministry seeks to let the children have fun while learning about God. While this covers a large age group, there will be something for everyone.

Children who are in diapers must have an adult stay. There will be an opportunity to sign-up in March in order to help plan this ministry best.

At Home Lenten Activities

We will have available this Lent, lessons and activities designed to be done at home with children or grandchildren. This is a great resource for those who want to talk to their families about Jesus and Easter but are not sure where to start. These will be available the last Sunday in February.

Easter Egg Hunt

Kilbourne will be hosting its annual Easter Egg Hunt on Saturday March 28 at 9AM. Tell your friends, neighbors and even strangers about this fun morning. Children always have lots of candy and treats to take home. Donations of individually wrapped candy, stickers and toys small enough to fit in an egg are appreciated!



April 29th Children Activity

Save the date for April 29th from 4:30-6:00PM. We will gather the children again as we make crafts for Mother's Day and Father's Day as well as talk about God, our loving parent. More information to come.

Lenten Ministries for All

February 26, 2020



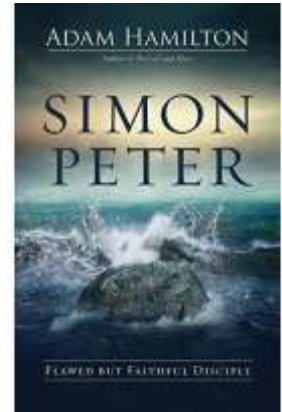
Join together for worship on Ash Wednesday as we recognize the beginning of Lent.

Worship will be held at Kilbourne United Methodist Church at 7:00PM. This solemn service is a powerful way to begin the season as a part of the community.

Lenten Bible Study

This year we will be using *Simon Peter: Flawed but Faithful Disciple* by Adam Hamilton as our Lenten Bible Study. This is the story of an ordinary person following an extraordinary call. It is the story of Peter and it is the story of each of us.

Sign ups will be available starting Feb 16th. The book may be purchased electronically or we have some print copies available for purchase. Days that will be offered are Thursdays at 1PM, Sundays at 9:30AM and Wednesdays at 6:00PM. All classes will be held at Kilbourne UMC.



Holy Thursday Service

Easter does not happen without the crucifixion and the death of Jesus. Join together to remember, reflect, and worship as we prepare ourselves for Easter. Service will be on April 9th at 7:00PM at Ashley.

Lenten Generosity Calendar

This year we will have available a Lenten calendar that reminds us of our many blessings that we take for granted. Daily you will be asked to set aside a certain amount of money based on what you have. We often think of ourselves as lacking, but this calendar highlights all that we have and calling us to respond to that by helping others. The small change that you gather daily will gather and grow as you see all that you have.

We invite everyone to bring these to church on April 19th. All offerings from this will be donated to East Ohio Missions through the yearly 5K, run as a way of paying forward for all that we have.

This is not just an activity for children or families. All of us have so much that we often overlook as we desire more. Yet with this, we will realize all we have, and often take for granted as we help our neighbors who are in need.

Women's Retreat

**March 21, 2020
9:00-3:30PM**



Women are notorious for taking care of others and sometimes neglecting themselves. Join together at Kilbourne on March 21 to take a moment to breathe, laugh, and learn how God wants you to take care of you. *It's About Time* is this year's theme which highlights making the time for yourself and for your relationship with God.

Registration is \$25 which includes lunch. Each participant will enjoy four workshops. Registration forms will be available by late February.

Pub Theology



Pub Theology will meet February 27 at 6:30PM at Kilbourne Market. Come enjoy pizza, a beverage of your choice and great conversation. At the February meeting, the group will set a date for April.

This is a great ministry to invite someone to as this group talks about faith in a relaxed atmosphere. They might not always agree (and they don't need to) but they always respect each other and have wonderful conversation.

Book Club



Book Club is a great fellowship ministry which is open to all. This is an open group that would love more participation for conversation. Pick any month the book interests you and join in. We meet on 4th Mondays at 6:30PM

Feb- The Fox Hunt by Mohammad Al Samawi	March- Recursion by Blake Crouch
April- A Man Called Ove by Fredrick Backman	May (3 rd Monday)- The Prince of Tides
June- Ask Again, Yes by Mary Beth Keane	
July- A Girl of the Limberlost by Gene Stratton-Porter	
August- The Gifts of Imperfection by Brene Brown	



Young At Heart

Young at Heart is a fellowship ministry in which we meet once a month to eat good food and enjoy great company. While this is a long time ministry of Kilbourne, participants would love to have Ashley members join together with them.

On February 20th, Young at Heart will meet at The Warehouse in Delaware. This is an Italian restaurant on US23 north of town. On March 19th, Payne's Pizza will be the location. This is a pizza buffet located on Central Ave in Delaware. Hope to see you there.



Kilbourne Capital Campaign

Making a Place to Gather and Grow is Kilbourne UMC's capital campaign. The dedicated trustees of

KUMC have identified upcoming necessary maintenance and care that will far outstrip the balance of the building fund including the necessary replacement of the roofs.

We are asking you, our community, to help us. We are a place for the whole community to gather and grow in diverse and meaningful ways. In order to continue to provide quality space, we need you to be willing to invest not just in our future, but the future of all who meet here, and all who we can touch in the future.

Whether you are a regular Sunday worshiper, an occasional attender, part of a community group or a financial supporter of KUMC, please consider making an additional donation this year. All donations we regularly receive are already in use making ministry and more happen, so please consider a little more.

Together we can continue to be a place where all can gather and grow. We know that it is hard to find additional money in your budget but we are asking you to give without reducing your regular offering to the General Fund.

Commitment Cards are available now! Cards and donations can be put in the offering plate or mailed to the church.

Easter Sunrise Service

Start Easter off right with a sunrise service! On April 12 we will gather for worship at 7AM at Kilbourne. Following worship there will be breakfast. Not an early person? Both Ashley and Kilbourne will also have services on Easter at their regular times (9:30 and 10:45, respectively)



AED at Kilbourne

Kilbourne has recently used Memorial Fund money to purchase an AED. When this arrives, we will be installing it in the fellowship hall. We will be scheduling an upcoming training on how to use it. We encourage all who can to attend the training.

Don't know what an AED is? It is medical equipment that is easy to use that can restore normal heart rhythm in case of a cardiac emergency. They are even better for saving lives than CPR. We will have the ability to use it on both adults and children.

Choosing the Faithful Path

The Kilbourne congregation will be meeting Feb 4th and March 3rd at 7:00PM to continue our visioning using *Choosing the Faithful Path*. Even if you missed some or all of the meetings, we invite you to come as we contemplate who we are, and who we can be in the future.

Kilbourne Food Pantry

Kilbourne's Food Pantry is officially open on Tuesdays from 9AM-6PM. We are pleased to stand in the gap for people who are struggling to put food on the table. Each month we will share 1 food item and 1 other item that we are specifically needing or requesting. All donations are always welcome.

February: Frozen Meals and laundry soap

March: Frozen vegetables and deodorant

A Note on Health:

DO I HAVE TO GIVE UP MY SODA? EVEN DIET SODA?

Well, actually that's up to you. If you do:

YOU'LL REDUCE YOUR CRAVINGS: At 150 calories per can, that's a sugar punch. Diet soda, with its artificial sweetness, is 400 to 8,000 times sweeter than sugar. Evolution has caused our bodies to expect a high calorie food if we have ingested something very sweet which causes the stomach muscles to relax and hormones to be released. If there is a lack of satisfaction, you could go in search for food.

YOU'LL LOSE WEIGHT: Regular and diet drinks cause insulin to be released. Insulin is your fat storage hormone. Trying to lose weight by trading a diet soda for a regular soda, does more harm than good because of all the chemicals in the diet soda.

YOU'LL GET SICK LESS: Because of the acidity of soda, tooth enamel is eroded and it worsens acid reflux. Artificial sweeteners may affect our healthy gut bacteria and can affect everything from blood sugar to weight control to how our body responds to infection.

YOU'LL HAVE STRONGER BONES: Dark caramel colored soda contains an artificially created phosphorus which leaches the calcium from bone.

YOU'LL HAVE MORE ENERGY: Caffeine in soda is not your friend. Too much overstimulates the nervous system and causes fatigue and exhaustion.

There are five good reasons to think about giving up soda this year. Like I said, it's up to you.

Ann Sanderson, RN

Pastor Beth Has Run Away!



Okay, she has not actually run away but she will be away for a few weeks. From Jan 31-Feb 12, Pastor Beth will be out of town for a training (in Minnesota), a vacation (In Wisconsin) and spiritual renewal (in Ohio).

During this time, she will be unavailable and not reading emails or returning calls. Pastoral coverage has been arranged for emergencies or in case a pastor is needed. If you or someone you know needs a pastor, you are to contact your congregation's contact person and she will contact the pastor on your behalf. From Ashley, please reach out to Amy Ruggles and from Kilbourne reach out to Kathy Caudill or Linda Veppert.

Anything non-urgent can be emailed to Pastor Beth and she will handle it upon her return. Please also remember that Fridays and Saturdays are typically Pastor Beth's off days. Contact on these days should be for emergency or pressing situations only. She does not check emails usually from Thursday noon until Sunday morning.



One Great Hour of Sharing: International Dinner 3/22

March 22, also known as UMCOR Sunday, this is the day designated for a special offering for UMCOR.

In honor of this, Kilbourne will host its annual International Dinner. Congregation members will sign up and bring food in honor of a country where UMCOR has been at work. All are invited to taste these various foods and to give an offering to be sent to UMCOR.

For those of you unfamiliar with UMCOR here is some information from their website of what the offering helps pay for: UMCOR lives out signs of Christ's extravagant grace in the world by prayerfully working with communities that are overwhelmed by natural or man-made disasters. UMCOR builds on the strengths of what is already available in a community and actively involves the people affected in recovery efforts.

The special offering received on UMCOR Sunday helps support the small but impactful UMCOR staff who are specialists in disaster response and recovery. Funds also ensure adequate training for emergency response coordinators, construction volunteers, and case managers who assist victims of disasters, chain saw gangs and sheetrock installers.

Because we join our church's offerings with those of United Methodist congregations around the world, UMCOR remains strong in its day-to-day operations. When needs are immediate, UMCOR can respond quickly and efficiently with signs of extravagant grace and expert assistance. Let us continue to ministry together.

2020 Committees

Below are the committees of both church of 2020. If there is an error, it is an honest mistake of Pastor Beth. Please contact her with your concern.

Ashley: All committees and committee members meet as one during our quarterly Ad Council meetings. Individual committees may be called based on pressing business.

Ad Council Chair: Junior Thatcher Lay Leader: Cindy Thatcher

Financial Secretary: Iris Erion Treasurer: Dedra Hall

Trustees	2020	2021	2022
	Bob Henry*	Dean Baldwin	Tom Main
	George Conklin	Twila Trimble	

SPRC	2020	2021	2022
	John Hall*	Ron Ruggles	
	Joel Bennington	Bob Ewing	Bonnie Garner

Finance: Chair- Ron Ruggles. Members of finance are all members of Trustees, SPRC, Ad council, and the positions of lay leader, financial secretary, and treasurer

Nominations	2020	2021	2022
	Cindy Thatcher	Joel Bennington	Donna Mitchell
		Amy Ruggles	

Joint Outreach Committee: Jean Hightower-Chair Marilyn Hendrix- Vice Chair

Kathy Caudill	Elaine Germann	David Veppert	Marty Chan	Bekka Matlack
Craig McCord	Violet Cummings	Bill Cackler	Beth Bennington	
Scott Shoemaker	Joan Patterson	Donna Mitchell		

Joint Delegate to Annual Conference: Cindy Parker Alternate: Vickie Sheets

Kilbourne:

Ad Council: David Veppert, Chair All Finance committee, all chairs or Committee Reps
Members at Large: Elaine Germann, Mary Fleming Historian: John Humes

Finance: Treasurer: Elaine Humes Lay Leader: David Veppert SPRC Rep: Cindy Parker
Financial Secretary: Jane Horn, Chair Trustee Rep: Wilma Frost

Memorial Fund Ministry: Steve Sheets, Dorothy Fuller, John Humes, & Sandy Kizer

SPRC Ministry 2020: John Humes, Ann Sanderson, Lois Kramer
2021: Kathy Caudill (Chair) Cindy Parker, Peg Hynek
2022: Melissa Matlack, Diane Millhoan

Trustees 2020: Shirley Humes, Johnny Yarhouse
2021: Ed Kern (Chair), Sandy Kizer, Jim Hynek
2022: Jeff Humes, Wilma Frost

Nominations 2020: Dorothy Fuller, Jan Walker, Jim Hynek
2021: Jean Hightower, Becky Hightower
2022: Adam Moore, Sandy Kizer, Diana Kieffer

Nurture/Worship	Vickie Sheets (Chair)	Becky Hightower	Linda Veppert
Sandy Wicker	Shirley Humes	Lorrie Sanderson	Peg Hynek
Melissa Matlack	Diane Millhoan	Jan Walker	Ed Kern
Elaine Humes	Wilma Frost		