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# COLLEGE MOUND GAZETTE

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February 23, 2020  
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Celebrating 175 Years of Ministry in the Community

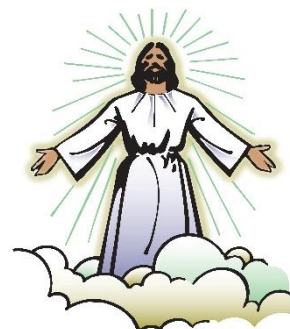
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## *Prayers & Joys*

Our nation, our leaders, our troops, our law enforcement officers, and relationships during these challenging times, for the Healthy Church Initiative (HCI), folks traveling, Joy for Gary VanRy, who had a good report, Joy for Donald Foster, celebrating the birth of a great-great niece, Stevany Hutchinson, Jody Briggs, Sammye Gentry and Family, Robert Brown (recovering from knee surgery), Frank Rasor (upcoming leg surgery, postponed to March 12), Rita Hunt (additional tests prior to knee surgery), Kasey King (in hospital), Aryianna Gardner (Max and Martha's great-granddaughter, in Children's Hospital with heart issues), Family of Joe Saucedo, Britney Christen takes nursing test on Thursday, Nat Pendergraf, Tish & Carson Horner, Sammie Poulson and Family, Family of Steve Mayfield, Sarah Standifer, Sheri Holcomb, Wanda Kimbrough

## **This Week at College Mound February 23-29, 2020**

- ☞ **Game Night:**  
Monday, February 24<sup>th</sup>, 7 p.m. in the Fellowship Hall
- ☞ **Fat Tuesday Pancake Supper:**  
Tuesday, February 25<sup>th</sup>, 5-7 p.m. in the Fellowship Hall
- ☞ **Ladies Bible Study:**  
Tuesday, February 25<sup>th</sup>, 7 p.m. in the Fellowship Hall
- ☞ **Ash Wednesday "Come and Go" Meditation Service:**  
Wednesday, February 26<sup>th</sup>, 6 a.m. to 9 a.m. in the Sanctuary
- ☞ **Supper Club:**  
Friday, February 28<sup>th</sup>, 5:30 p.m. at Mama's Daughter's Diner in Forney
- ☞ **Birthdays and Anniversaries:**  
No birthdays or anniversaries this week



**Transfiguration**  
SUNDAY



## Pancake Supper

Tuesday, February 25th

5-7 p.m. in the Fellowship Hall

This week, we will observe Ash Wednesday, which marks the beginning of Lent. The Meditation Service will be held in the Sanctuary as a "come and go" event from 6 a.m. – 9 a.m. You are welcome to sit in the pews or kneel at the altar for a time of reflection. Pastor Bob will be there to administer the ashes, which serve as a personal remembrance of the season, and as a witness to others.

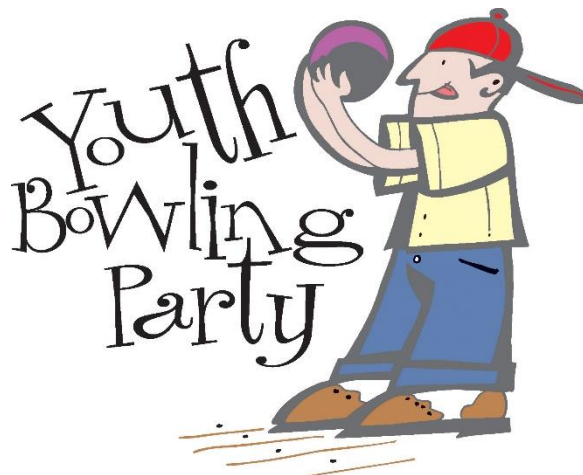
Pastor Bob is still looking for your Lenten devotionals! Please take some time and write out a brief story about your personal Lenten journey. Add a special Bible verse or closing prayer or meditation if you like. It doesn't have to be long, just write from the heart! Send them to Pastor Bob at [pastorbob45@sbcglobal.net](mailto:pastorbob45@sbcglobal.net).

Several of our members have expressed an interest in going to the Holy Land. Here's a great opportunity for you! Cheatham UMC in Edgewood is having a meeting on Thursday, February 27<sup>th</sup> at 6 p.m. at Cheatham UMC about their upcoming trip to Israel. If you are interested, please attend this meeting or contact their pastor:  
Rev. David McGlocklin  
[revdmc.cheatham@gmail.com](mailto:revdmc.cheatham@gmail.com)  
Cell: (951)768-1247



...PROPHETS, THOUGH HUMAN,  
**SPOKE FROM GOD**  
*as they were*  
**CARRIED ALONG**  
*by the*  
**HOLY SPIRIT.**

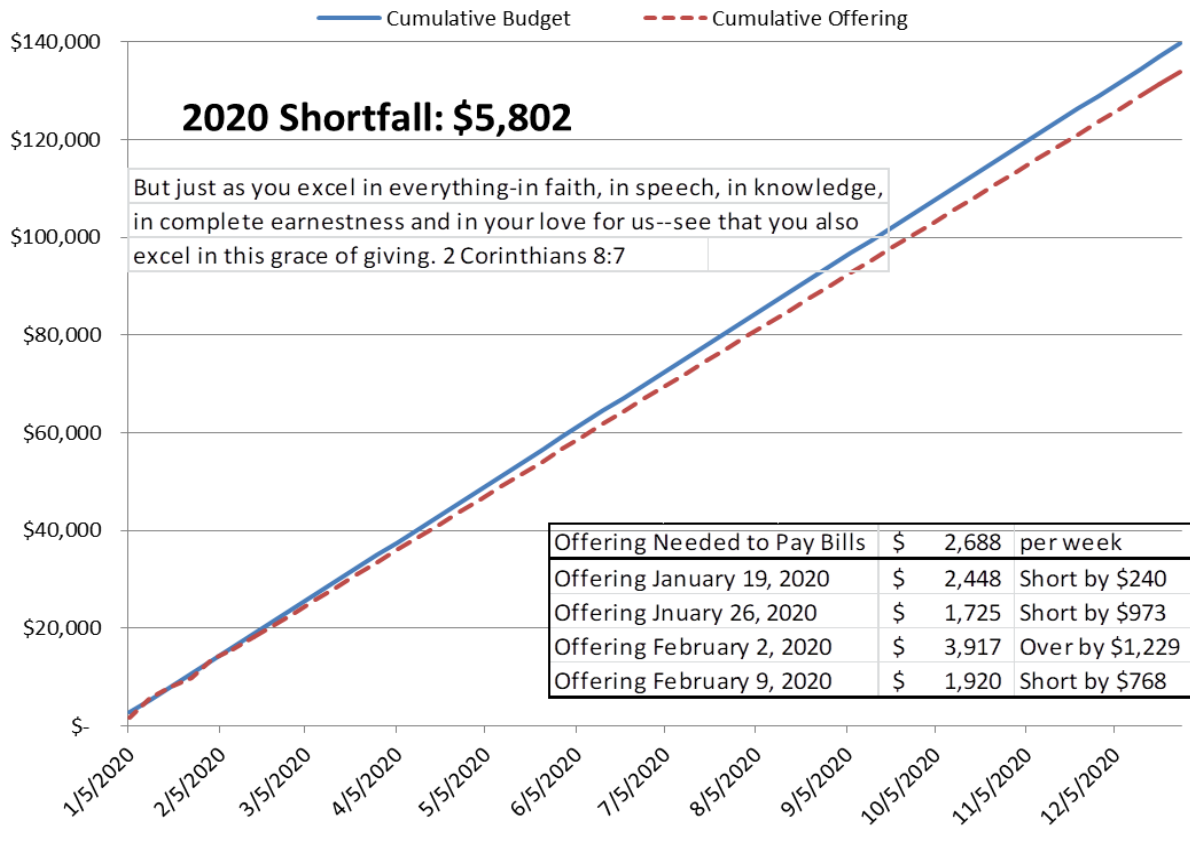
2 PETER 1:21, NIV



Next Sunday, March 1<sup>st</sup>, at Film Alley  
Immediately following worship service

For Youth, 7<sup>th</sup> - 12<sup>th</sup> grades

## Church Budget at 2/9/20



The following folks have volunteered to serve on the 175 Year Celebration Committee:

Billie Sue Squires  
Barbara Rasor  
Donna Reynolds  
Jody Briggs  
Kathy Penney  
Martha Nesler  
Susie Arredondo  
Wanda Sikes

**175  
years!**

We will have the 175 Year Celebration on May 24<sup>th</sup> which has traditionally been designated as Heritage Sunday in United Methodism. If you have any thoughts or ideas for the celebration, share them with Pastor Bob or one of those listed above.

## DO YOU WANT TO FAST THIS LENT?

*In the words of Pope Francis*

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints and contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness and fill your hearts with joy.
- Fast from selfishness and be compassionate to others.
- Fast from grudges and be reconciled.
- Fast from words and be silent so you can listen.

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## CELEBRATING HEART MONTH – Part One

By Susanne Orman

February is Heart Month and I'm celebrating in an unusual way. In 2017 I was diagnosed with congestive heart failure (CHF). Turns out, there are several types of CHF and I have one of the more unusual types – HFpEF (Heart Failure with Preserved Ejection Fraction, also known as diastolic heart failure. This kind of heart failure causes shortness of breath. The shortness of breath is not a matter of physical exercise; it is due to the heart disease which runs in my family. Currently, there are no effective treatments for HFpEF patients.

My cardiologist is supervising a major study related to this condition and recommended me for the study. The purpose of this study is to identify causes of shortness of breath in patients with HFpEF and if this shortness of breath can be improved with specific types of exercise training that is customized for the patient based on a battery of tests. There are 3 stages each subject will go through – Pre-study which assesses where I'm starting, Exercise where I do the specific exercises prescribed for me, and Post-study which assesses the effectiveness of the exercise program for me. I am in Pre-study.

Over the next few months I will periodically writing about my reflections related to the study. These reflections will be theological and spiritual rather than medical. I won't describe the many tests or the study itself. (If you are interested in the study or even volunteering, please talk to me and I will give you more information.)

To begin, why did I volunteer for this? Several interrelated reasons, including altruistic, spiritual and selfish reasons.

At the foundation of my faith is the Creation where God charged Adam and Eve to care for everything God created. I believe that God created human curiosity and thirst for knowledge. The more we humans understand about the world in which we live, including medical knowledge, the more we can better care for God's creation. By participating in the study, I can contribute to the body of knowledge of how the heart, lungs and muscles function in HFpEF patients and thus, perhaps find an effective treatment. Perhaps, the treatment will help not only others but also me and any family members who develop this condition.

Thus, my faith requires and demands that I volunteer for this study. My task as one created by Almighty God is to care for my fellow human beings. This is one way to do that.