

FVUMC Men's Prayer Team

On the first Tuesday of the month, the Men's Prayer team meets in the Prayer Chapel at 8:30pm to share in devotion and have intercessory prayer time. This emerging ministry is OPEN to all men of the church who desire to seek and communicate with God through prayer. Men pray daily for the other men of the church. Prayers of joy, praises, concerns, sorrows and struggles of the men of this church are prayed over. Each team member has an assigned day in which they agree to pray for the men of our church and their requests. We welcome all men who wish to be a part of this ministry to join us. We covet your prayers for this exciting new ministry among us. Please contact Ricky Hall at 919-538-9959 or Si Weeks at 919-552-7458 with any questions. We look forward to seeing you in March.



Come Grow With Us!

Covenant Community Garden is beginning its third growing season. Come grow with us - no experience is necessary! Garden membership is open to all people from the Fuquay-Varina community. Supporting memberships are also available for those who are not able to work in the garden but want to help us grow food to share with the community. Both types of membership are \$10. Work days will be Mondays from 9-11am, Wednesdays from 4:30-6pm (spring/fall) or 6:30-8pm (summer), and Saturdays from 9am-Noon. Visit our table in the lobby or contact Chris Burtner at 414-3273 or covenantcommunitygarden@mindspring.com.

Do You Want to Transform Your Life?

Come to a PRAYER RETREAT here at FVUMC on Friday and Saturday, March 27 & 28. This retreat is based on a 4-session study of a book by Steve Harper. He has written several books on Prayer. The study will engage you in Life-transforming practices for your prayer life.

On Friday, join us from 6-8:45pm for supper followed by Session 1: Living from the Heart. On Saturday, we'll gather from 9:00am-2:30pm. The day will include Sessions 2: Read and Pray Daily, Session 3: Get Connected, lunch, Session 4: Go On!, and a closing Communion service. The cost is \$10 to cover book and meal expenses. Please register no later than Sunday, March 22.



Emmaus Gathering – Friday, Feb. 27

Emmaus monthly gatherings include fellowship, music, worship, as well as information about Emmaus. The Heart of Carolina Emmaus community is a caring fellowship of Christians committed to the tangible expression of Jesus Christ's agape love and the support and development of Christian disciples in our churches.

Anyone interested in learning more about Chrysalis Flights or the Walk to Emmaus are invited to join this month's Emmaus Gathering which will be here at F-V UMC at 7:30pm on Feb. 27.

Maybe you've been on a flight or a walk but haven't had the opportunity to get involved; this gathering will be a great opportunity to reconnect! For those involved with the Emmaus community, we hope you'll join us. Sponsorship training will be offered from 6:30-7:30 pm before the Gathering.

Hope to see you on the 27th at 7:30pm. Contact Si Weeks at 552-7458 for more information or with any questions.

Free Movie Night For Couples

On Friday, March 13th from 6:30-9:00 pm the F-V United Methodist Men will host the viewing of the movie "FIREPROOF." "FIREPROOF" is the third feature film from Sherwood Pictures, the creators of FACING THE GIANTS and FLYWHEEL.

With hope-filled, heartfelt storytelling, the moviemaking ministry of Sherwood Baptist Church continues to touch the world from Albany, GA. Since "FIREPROOF" opened in theaters nationwide in Sept 2008, it has touched the hearts and impacted the marriages of millions of moviegoers.

Free childcare will be provided from 6:30-9pm by loving Safe Sanctuary trained staff. Come join us to watch the #1 inspirational movie of the year and say "I DO" all over again!

Walk the Walk

Looking for a way to get a little more exercise and enjoy some fellowship with others? Consider joining Walk the Walk. The group meets in the Centrum on Monday, Wednesday, and Friday mornings at 9:30 am for a brief time of conversation and prayer followed by a few laps around the Centrum and the hallways.

Walk at your own pace; stay as long as you like. Mothers with strollers are welcome, as are retirees, stay-at-home parents--any and all. For questions, contact Debra Murphy at dmurphy@fvumc.org or 552.4331.



Helping those in need



WOW!!!

Coupons for Troops Thanks

The Quiet Care Ministry Team THANKS all of you who read our requests in the weekly bulletins. At least 80% of the coupons turned in for the past two weeks were CUT OUT and ready to be sorted as Food or Non-Food. Of that 80%, about 60% were already sorted! You have SAVED us so many hours of cutting and sore hands!! Keep those cut out coupons coming.

We know our service people and their families truly appreciate the coupons, especially during these difficult financial times. God bless all of you for helping with this ever growing ministry. To join our team, contact Amy Hendrickson at 552-5483 or Lyn Matthews at 567-7563.



Household Heating Assistance

The Crisis Intervention Program for Energy Assistance provides financial help to households in a heating-related emergency. To qualify, households must meet an income test; be in a heating-related emergency; and, contain a US citizen or a non-citizen meeting eligibility criteria.

Contact the Wake County Dept. of Social Services at 212-7000 and make an appointment at the Southern Regional Center (across from the F-V Post Office).

It is very possible that households that have not qualified for assistance in the past may meet the criteria for assistance through this program.

Food Pantry Foods of the Month

The F-V Emergency Food Pantry has requested that our church Collect the following food donations: **February: Oatmeal & Grits, March: Canned meats & canned or dry milk.** Other types of food items are appreciated as well. A collection container is in the church lobby.

EcoJustice Meeting TODAY

On Sunday, Feb. 22, the F-V UMC EcoJustice Ministry Team is gathering for simple meal and a meeting. Please join us at Noon in room 117-119 to discuss strategies/plans/projects for our ministry in the coming year. The EcoJustice ministry answers the calls to love our neighbor and care for God's creation by promoting social and economic justice and environmental sustainability.



Wake Interfaith Hospitality Network

WIHN guests arrive TODAY and will be here through March 1! Please see the sign up board in the lobby for ways you, your family or your small group can make our guests in transition feel at home here at F-V UMC!

Help needed includes meals, laundry, hosting the families in the evenings, driving families to and from the WIHN Day Center in Raleigh using the WIHN van, and room setup and clean up.

New Members' Class Begins TODAY

Our next new members' class (known as "Connectings") begins today and concludes with a church-wide potluck luncheon on Palm Sunday, April 5. The class will join the church on Easter Sunday, April 12.

"Connectings" introduces potential members not only to the life and ministry of FVUMC but to our Methodist heritage and our connection (and responsibility) to global Christendom.

The class meets at 10:50 in room 117-119. Childcare is available. Please join us!

Ash Wednesday—Feb. 25 Soup Supper & Worship

5:30-6:30pm Soup supper fellowship in the Centrum



7:00pm Burning of last year's palm branches and interactive Worship Service with childcare provided for the very youngest! However, this is a service designed and anticipated for all ages.

Reflecting on the Scriptures: Growing in Faith

One of the strengths of growing in faith is a commitment to read and reflect on scriptures. Make this commitment by reading a lectionary scripture each weekday and using Saturday as a day of preparation for worship.

Each Sunday, the four lectionary texts for the coming week are noted in our worship bulletins. Texts are selected from the Old and New Testaments, Psalms, and Epistle lessons. The total amount of reading fills approximately one letter-sized page. We are adding a fifth reading each week with a focus on prayer and/or discipleship.



F-V UMC's Stephen Ministers are ready to care for you

Stephen Ministers are members of Fuquay-Varina UMC who have been through extensive training and provide confidential, one-to-one Christian care for people who are experiencing a difficult time. They will listen, care, encourage, pray with and for you, and provide weekly support for you as long as your need persists.



If you or someone you know is hurting, find out more about Stephen Ministry by talking with one of our Stephen Leaders: Dale Floyd, Polly Sheets, Bob Sorrels, or Susanne Young.

Contact them via confidential email at stephenministry@fvumc.org. Our Stephen Ministers are ready to bring God's love and care into your life.

Recycle Your Inkjet Cartridges

The Church Office is collecting empty inkjet cartridges for recycling. We receive up to \$4 for each cartridge recycled. Place used inkjet cartridges in the collection bin located outside the church office. In addition to raising money for F-V UMC missions and church office, recycling inkjet cartridges has a positive impact on the environment.



Help with PowerPoint

The Power Point team needs substitutes to fill in for vacations and emergencies. Please contact Kristin Minor at 567-0353 or jkminor@embarqmail.com if you are interested.

Fuquay-Varina UMC Weekly Times

February 22, 2009

2009 Lenten Studies Updates



Lent Study for Youth

Wednesday Night Bible Study for youth is on-going. If you are in the 7th-12th grade and would like to participate in a Lenten study, join us from 7:30-8:30pm in room 126.

Study on Prayer

Join Keith Strandtman in an exploration of the great variety of prayer practices Christians have used through the centuries. For one hour on the Wednesdays of Lent—6:30 till 7:30 pm—participants will gather to pray together. There will be no readings or "homework"—just bring a willing heart and an eagerness to expand your understanding of prayer. This is a good way to deepen your prayer life. Contact Keith at kstrand@flash.net or 662-2217.

Three Simple Rules

Correction: The children's edition of this class is offered for 3rd-5th Graders, not 3rd-4th Graders. For more information, contact Stephanie Weeks at sweeks@fvumc.org.

Men's Ministry Breakfast - Feb. 28

Join us next Saturday morning, Feb. 28 from 7:30-9:00am in the Centrum for breakfast, fellowship and a great speaker. Learn about upcoming events and opportunities to build relationships through service, study and fellowship.

Our speaker is Sammy Hudson, Executive Director of Son Set Ministries (an inter-denominational, faith-based, non-profit focused on youth and their future). Sammy was previously the Director of Christian Education at Queen Street UMC in Kinston. He is involved in starting a faith-based camp near Kinston and will be sharing with us about that experience and his testimony.

Please come and learn more about our Men's Ministry at F-V UMC and how we can reach out to others.