

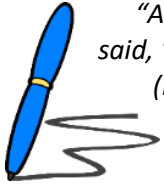


# The Messenger

January 2024

First United Methodist Church  
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## PASTOR'S PEN



*"And the one who was seated on the throne said, 'See, I am making all things new'" (Revelation 21:5a).*

From Genesis to Revelation, the holy scriptures cover the time of creation all the way to the time of God's re-creation of a new heaven and a new earth. Throughout the centuries and millennia of Judeo-Christian faith in between, there have been many creations and recreations. This is the way of our God. Each time darkness descends on the people, God presents the hope that a new day will dawn. Each time one phase of life comes to an end, God presents a set of new possibilities.

As we begin the New Year of 2024, God is giving us a new chance to experience and embrace new opportunities. What will we set aside? What will we engage in with new gusto? What new learnings will we gain? What new friends will we make? What new things will we do? To what new places will we go?

As we age, we may have less energy to apply toward new opportunities. But, still, we must adapt to some degree to the changing world around us, or we'll find ourselves miserable and resentful. The challenge is to think positively about these new situations and characteristics of life and try to see how God might be at work in and through them.

I know this is challenging. My computer recently updated, and now a bunch of things are different. I've also been hearing that I need to learn about A.I.—Artificial Intelligence—and how it can help in our church ministry. To be honest, it causes me frustration to have to make these adjustments in my thinking and work practices. But it won't do me any good to sit here at my desk frowning and trying to resist what has happened. So, the best policy is to appreciate the fact that our culture has smart technological people who are making our use of computers more efficient and productive. The best attitude is to realize that God is always making things new, and that newness is a core aspect of our life. Newness is God's gift of love to us, over and over again.

So, I invite you to join me in celebrating the arrival of a new year. Let's imagine the possibilities and give it our best. Let's think positively about the new changes, opportunities, and learnings that await us.

Happy New Year!

Rev. Kim

## JANUARY MISSION EMPHASIS IS YOUTH FUTURES



**YOUTH FUTURES**  
OGDEN | ST. GEORGE

I remember my high school years at Box Elder High School in Brigham City as being full of fun and special memories as well as some very challenging learning experiences. I can't imagine living those high school days homeless without the support of family. But this is the reality for some young people even in our own Ogden City area. Serving this vulnerable group is an organization called Youth Futures, which is our January Missions Emphasis.

Founded by Kristen Mitchell and Scott Catuccio, Youth Futures has shelters in Ogden, Cedar City and St. George for young people aged 12-18. Both Kristen and Scott have had experiences with homelessness. As a single mom, Kristen sometimes had to search the streets for her oldest son during a difficult time in his youth. Scott personally experienced times of homelessness as a young person.

In 2015, Kristen and Scott opened Utah's first homeless shelter for youth with 14 overnight shelter beds located in downtown Ogden. Please think about giving your own generous donation for this vital outreach as a designated offering through FUMC or through loose coins left in our church offering plates on Sundays during the month of January.

Youth Futures provides a safe place for homeless youth to live and also do school studies while still holding safe family reunification as a major goal. One on one counseling is also provided. Youth Futures partners with many organizations such as the Lantern House, local schools and other community and city offices. The average stay for a homeless youth is 34 days. The shelter is open 24 hours a day. A street outreach includes volunteers who go out looking for young people to provide immediate outreach and crisis services.

Tim Conrad

## ADULT STUDY ON CONSTANTINE



Have you ever wondered about Emperor Constantine, the man who made Christianity a religion for the Roman world? In our next Wednesday morning Adult study, we will delve into Constantine's life and times. Just who was this man? Our text will be *Constantine the Great: The Man and His Times*, by Michael Grant. Please order your own book through an online bookstore.

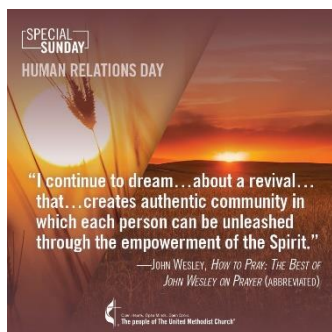
The class will start Jan. 3, 2024, at 10:30 am-12:00 on Zoom. The first class will be a general orientation to Christianity and the Roman world in the 3<sup>rd</sup> century AD. Then the class will read and discuss the book over several weeks, ending on Feb. 7.

Please contact teacher Nancy Granducci at magremota@comcast to be added to the class email communications and to receive the Zoom link. If you cannot attend the class at that time, but would like to join, the classes will be recorded for later viewing/listening.

## TAKE DOWN DECORATIONS

Many hands make light work. Come and help take down the Christmas decorations on **Saturday, January 6, at 9:00 a.m.** We will get the sanctuary ready for the New Year.

## HUMAN RELATIONS DAY OFFERING



Included in this newsletter is an envelope for you to participate in the annual United Methodist Human Relations Day Offering. While the day is specifically scheduled as January 14, you can bring, mail, or online-designate your donation any time during January. This denomination-wide offering is one of six special Sunday offerings of the UM Church. Human Relations Day calls United Methodists to recognize the right of all God's children in realizing their potential as human beings in relationship with one another, and is celebrated near Martin Luther King, Jr. Day. The special offering benefits neighborhood ministries through Community Developers (57%), community advocacy through United Methodist Voluntary Services (33%), and work with at-risk teens through the Youth Offender Rehabilitation Program (10%). As with all special offerings, make your checks payable to FUMC, and put the specific cause on the notation line: Human Relations.

## FAITH DAY AT THE CAPITOL



FUMC members will take part in the annual Faith Day at the Capitol on **Thursday, January 18**. All are welcome to participate in this fun day of interfaith and civic engagement.

The annual Faith Day event draws clergy and laity from many different congregations, plus representatives from social service organizations and political leaders. At 10:00 a.m., we will meet in the Capitol Board Room to discuss issues of importance in our advocacy for the poor of our state. The main topic in 2024 will be increasing shelter and low-income housing for those in need.

The sponsor of this annual event used to be called CORC (Coalition of Religious Communities). CORC changed its name to FACE (Faith Advocacy Coalition to End Homelessness & Hunger). FACE is staffed by Bill Tibbitts of Crossroads Urban Center in Salt Lake City. Crossroads is an interfaith compassionate charity, originally established by the United Methodist Church.

As in past years, FUMC members will ride the FrontRunner train and SLC buses to and from the Capitol. The FrontRunner leaves the Ogden station at 8:07 a.m. We can pick up friends at stations to the south, as well.



After the meeting in the Capitol Board Room, we will try to communicate with the representatives and senators from our districts. (It helps if you know what your house and senate district numbers are and the names of your elected leaders.)

Afterward, we'll ride the bus to Crown Burger for lunch before walking to the FrontRunner station to head back to Ogden. Roundtrip costs for the FrontRunner/buses are \$5.50 for 65+ and \$11.00 for younger than 65. Sometimes it's tricky to get your ticket out of the kiosk, so arrive at the station early.

To make sure everyone gets on board, we ask that you sign up on a clipboard in the narthex or email your intent to participate to Rev. Kim (kimaljames@gmail.com).

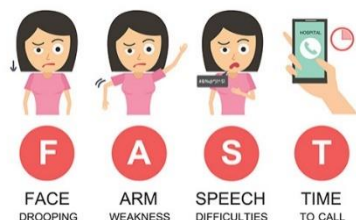
## REV. CATHY BINGMAN TO PREACH

Rev. Kim will be gone on a continuing education trip January 4-7. So, on January 7, Rev. Cathy Bingman will lead worship and preach. Thank you, Rev. Cathy!

## FOR OUR HEALTH

*From Blue Cross Blue Shield of Illinois*

Do you know the early warning signs of a stroke? Stroke is a leading cause of death and long-term disability in the U.S. Knowing the earliest signs of a stroke can be a lifesaver. Every minute that a stroke continues, thousands of brain cells are dying. The faster you get the right medical care, the less brain damage may happen. That means a better chance of survival with lower potential for brain damage and long-term disability.



Paying attention to changes in your body and telling your doctor about anything not normal is also important. Because getting treatment fast

is so critical, it's good to know not just the signs that you're having a stroke, but the signs that you may have one soon.

Early signs of stroke may include *sudden*:

- Severe headache without a known cause.
- Vision changes in one or both eyes. That may be loss of vision in one eye.
- Numbness or weakness in the face, arm or leg, especially on one side of the body.
- Confusion or having a hard time speaking.
- Problems understanding speech.
- Trouble walking, loss of balance or feeling dizzy.

If you think you or someone around you is having a stroke, think **FAST**:

**F – Face Drooping** – Does one side of the face droop? Or is it numb? Is the person's smile uneven?

**A – Arm Weakness** – Is one arm weak or numb? If you ask the person to raise both arms, does one drift downward?

**S – Speech Difficulty** – Is speech slurred?

**T – Time to call 911**

Be sure someone notes when symptoms first started. This will help health care providers decide what the best treatment is.

Do not drive to the hospital or let someone else drive you. Call 911 for an ambulance so that the EMTs can begin life-saving treatment on the way to the emergency room.

Even if your symptoms go away quickly, get medical help. You may have had a TIA, a transient ischemic attack, also called a “mini-stroke.” Even though they're short, a TIA is a sign of a serious condition that will not go away without medical help. A TIA can be a sign that a major stroke is coming.

## SUNDAY SCHEDULE

8:45 a.m. Adult Sunday School  
10:00 a.m. In-person Worship and via Facebook Live  
10:00 a.m. Children's Sunday School  
9:30-11:30 a.m. Nursery for children ages 0-5

## NEW COMMITTEE MEMBERS BEGIN

Thanks to all who have agreed to serve on church committees and boards in 2024. Committee members will be introduced to the congregation during worship on January 21. But don't wait until then to get started. All new members will begin their service whenever your group meets in January. For details, check out the calendar in this newsletter, watch your email, and read the weekly e-news from the church office. Don't be shy! If you have questions about meeting schedules or duties, please ask your chairperson or Rev. Kim. Your ministry is important!



## UNITED METHODIST MEN



Happy New Year. Our next UMM meeting will be on Monday, January 15th, 2024 at 6:30 PM. (Notice – different date). Look for the Zoom link in the upcoming Thursday emails.

## FELLOWSHIP HOUR

Fellowship time host sign-ups for January and February are now available on the clipboard table in the narthex.



Thank you, December hosts – David Barbara Keyt, everyone that contributed to the cookie smorgasbord, Garey Kent and friend, Leigh Ann, Scott & Rindi Johnson and Ray & Betty Christian. The coffee and treats after worship services are much appreciated!





### UNITED WOMEN IN FAITH

United Women in Faith invite the women of the church to the regular monthly gathering **Tuesday, Jan. 23 at 1 pm** in the Wesley Room. Karen Lee plans to share answers to possible questions about each person's Pledge to Mission. We're taking a turn preparing words of encouragement for congregational shut-ins by crafting Valentines to send in February. Donated craft materials are welcome.



United  
Women  
in Faith

### CHILDREN'S SUNDAY SCHOOL



Beginning on January 7, our Sunday School children will hear the story of the two houses from the Sermon on the Mount and learn how to build a strong faith foundation through Jesus' teachings. Children will experience a different creative workshop each Sunday - art, games, mission, science and more - as they learn about the Bible story - This allows them to experience the same story in many ways. The Bible verse for this 6-week rotation is *"Everybody who hears these words of mine and puts them into practice is like a wise builder who built a house on bedrock."* (Matthew 7:24) and the anchor point is: *We can learn from the stories Jesus told.*

We are looking for volunteers to assist with the workshops. This session runs January 7 through February 25. If you would like to assist with a workshop, please sign-up on the clipboard in the narthex. Please talk to Brenda if you have any questions.

### NAME TAGS



Some of you have been asking about name tags. So here's a review of how we do that. The maroon name tags are made by an engraving company. In order to cover the cost, we need you to

pay \$10 each for those. Make your checks payable to FUMC, with "Name Tag" on the notation line. Or, if you prefer, we can make the clear/white plastic name tags in the church office. For either one, we will need you to write your name very carefully on the worship attendance pad and write "Name Tag" (white or maroon) next to your name. Or you can email Gail at [ogdenfumc@gmail.com](mailto:ogdenfumc@gmail.com).

### WORSHIP ATTENDANCE PADS

To keep worship hour announcement time to a minimum, we don't often talk about the attendance pads. But they are a very important means of communication in our ministry. They tell us who is present (and who is absent and might need a pastoral call). They also provide a means for you to update your contact information and send notes to the church office about various matters. Most importantly, the attendance pads help us capture the contact information of new attendees. So, please be sure to pick up the pad from the center aisle end of the pew, fill in your information, and then pass the pad to others in your pew. If you think there's a visitor in your pew, please take the time to fill in all your contact information as a good example to newcomers. Also, please don't hide the pew pad in the hymnal rack. We miss information when the ushers can't find them. Thank you!

### BOOK TALK

The Book Talk book of the month is *We Are Displaced* by Malala Yousafzai. Join us on Monday, January 8, 2024, at 6:00 p.m. at the home of Cheryl Thompson. Our book list for 2024 is:



- January** - *We Are Displaced* by Malala Yousafzai
- February** - *Remarkably Bright Creatures* by Shelby Van Pelt
- March** - *The Last Thing He Told Me* by Laura Dave
- April** - *The Book Woman's Daughter* by Kim Michele Richardson
- May** - *The Maid* by Nita Prose
- June** - *Nineteen Minutes* by Jodi Picoult
- July** - *Pachinko* by Min Jin Lee
- August** - *Black Gun, Silver Star Life & Legend of Frontier Marshall Bass Reeves* by Art T. Burton
- September** - *These Silent Woods* by Kimi Cunningham Grant
- October** - *The Four Winds* by Kristin Hannah
- November** - *The One Hundred Years of Lenni & Margot* by Marianne Cronin
- December** - *Lady Tan's Circle of Women* by Lisa See

Bookmarks are available in the narthex. Contact Cheryl at [801-389-9864](tel:801-389-9864) for further information.

