

Sunday Worship

8:30 a.m.

Praise Celebration

9:30 a.m.

Sunday School

10:30 a.m.

Traditional Worship

Pastor:

Thérèse Lehman

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Automatic External Defibrillator

We will be having a talk and demonstration of our new automatic external defibrillator on Saturday, February 2nd, from 9 - 10 a.m. We will not be offering certification - just demonstration of how to use the AED. All are welcome to attend!



Flood Buckets

It's that time of the year when flooding strikes in many different areas. During the month of March, we will be collecting items for Flood Buckets. All buckets collected previously have been used. Our goal is to have 20-30 buckets on hand and

available for any flooding in the future. These Flood Buckets will stay here at the Church until needed to be used.

There will be a poster board in the Foyer with pull tabs to pick the items that you would like to contribute. This will make it much easier for you to help with the project than asking you to fill the entire bucket on your own. If you can't find the matching size, use a smaller size item. This will ensure that all items fit into the buckets. There will be a card table beside the poster board for your donations to be placed on. Please return your items by March 31st.

If you decide you would like to purchase items for a completed bucket, estimated cost is about \$50.00. You can't or don't have time to shop for items? No problem, put a donation of any amount in an envelope and mark it "Flood Buckets." We will get the needed items for you.

Thanks in advance for helping with this project to take care of our neighbors.

From Our
Pastor



I write this article from my comfy chair watching the snow pile up in my yard. I'm rocking with my "new knee" to keep healing happening in my muscles and I begin to think about how the last 2 weeks after surgery have been a similar journey to our continued spiritual health.

I was not really fully prepared for all the after-effects and consequences of my total knee replacement. I researched, listened to my doctor and others who have had similar surgery and even prepared physically my house and body. I was going to be ready for a quick recovery. I was invincible and determined (some may call it stubbornness). This was going to be an easy road! How many times have you approached an upcoming event with this attitude? Generally, it gets us through but what happens when it gets tougher than we thought? Many people think the Christian life is to be full of joys and no worries but we discover that we live in a world full of pit-falls and hurts. It is only the love of Christ that saves us and helps us survive.

Here are a few analogies I have made to help me persevere:

- Pain meds, icing and elevating help the healing and relieve pain - similar to the regimen of reading scripture and devotions heals our souls and strengthens us emotionally.
- Physical Therapy and exercises are necessary for recovering the strength and use of the whole leg. Sometimes, these are painful or bring discomfort but progress is seen each time they are practiced. When we study and delve into God's Word, there are many passages that are hard to understand or explain and we wonder if they are relevant to us today. When we persevere in our study, the mystery is revealed and God's wisdom gives us understanding.
- Rest promotes physical healing as well as emotional stability. I am one who normally jumps back into my "normal" life before I am **both** physically and emotionally ready to do so. I am discovering the importance of rest for the body and the mind - my emotional and spiritual health is getting stronger as my physical body improves. God rested on the 7th day of creation as a way of teaching us that resting from all our labors is as important, if not more important, than being in constant motion or busyness.

- A routine has established a pattern and goals for each day. It basically involves getting up at a decent time, devotions and prayer, exercising, breakfast, shower, ice/elevate, rest, exercise, lunch, ice/elevate, rest and then maybe trying to read or do something constructive in church planning. Then exercise, supper and rest till doing evening devotions and going to bed. This routine has helped me be productive, keep a good sense of humor and work hard. A routine is essential in everyone's life and when basic needs are missing in a day, we can get depressed, overwhelmed and feel under-accomplished. Fitting our priorities into a day is essential to our spiritual & emotional grounding. When we deviate too much, we can feel inadequate and even worthless. By establishing routine from day one, I have prevented that.
- Communication from family and friends (including all you wonderful church friends) has helped me feel in touch, loved and cared about. There are so many lonely people out there - including many of our own shut-ins - who need communication from their church family. Communication encourages us to work harder toward full recovery - especially when people tell you how well you are doing!

I share these thoughts with you as you reflect upon how you spend your time, how you plan your day and with what you fill your mind. My recovery is taking longer than I first realized but instead of letting it get me down, I have faced the reality that in all things, God will provide the way - it isn't always easy - but Christ never leaves us.

Thank you for your prayers, cards, calls and visits during my recovery. I am going to gradually get back into the swing of things as my health dictates!



Attendance

Date	Sunday School	8:30 a.m.	10:30 a.m.
December 30	40	30	168
January 6	38	38	92
January 13	34	20	66
January 20	No Services due to bad weather		



**God bless you
always with beauty,
joy**

and sunshine.

**God bless you
always with every
good thing.**

**God bless you with
His special love.**

Happy Birthday!

- 1 Nancy Kimbel
- 2 Jeffrey Fairchild
- 3 Janet Padrutt, James Hathaway, Keith Seckel, Lillian Doezema
- 4 Diane Padrutt
- 5 Janice Maugans, Megan Enis, Pate Crawford
- 6 Ben Criswell
- 7 Phyllis Heineman, Diane Row, Norm Titus, Grace White
- 8 Lynette Burris
- 9 Barbara Bishop
- 10 Lois Fulton, Steven Carpenter
- 12 Lauren Frank
- 13 Art Dudley, Gary Redd
- 14 Richard Keefer
- 17 Nathan Baer
- 18 Quinn Wilson
- 20 Judith Brumfield
- 21 Gregory Bomberger
- 22 Johanna Davidson
- 24 Adam Miller, Kennedy Wymer
- 25 Charlene Spillman, Haley & Keeley Criswell
- 27 Dominic Lehman
- 28 Charles Shuck, McKenna Haas
- 29 Doyle McGlothlin

**UP-REACH
MINISTRIES
(Worship)**

*“Let us be grateful and
worship God in
a way that will please
him.”*

Hebrews 12:28

Sunday School Hall Monitors

Phil Shroyer, Bill Bess, Ed Crawford

Hospitality Center 1st Service

First Sunday - Mel & Ruth Ann Snyder, Doris Mosher

Second Sunday - Survivor's Class

Third Sunday - Serendipity Class

Fourth Sunday - Hilda Weiss Circle, November & December - Nancy Kimbel, Deb Mahler

Fifth Sunday - Karen Hall, Mike & Linda Mills, John & Diane Row

Hospitality Center 2nd Service

Howard Seckel and Helpers will alternate

First Service Greeters

First Sunday - Lynn & Velma Clabaugh

Second Sunday - Tracey Rector

Third Sunday - Ernest & Norma Denney

Fourth Sunday - Lynne Baer

Fifth Sunday - Mike & Cheryl Doezema

Parking Lot Greeters

February 3 - Howard Seckel, Bernie Davidson, Carlton Dietsch

February 10 - Howard Seckel, Loren Fulton

February 17 - John Row, David Starner

February 24 - John Haas, John Tong

Ushers

February 3 - Trevinal McGlothlin, Phil Shroyer, Bill Bess, Ed Crawford

February 10 - Mel & Ruth Ann Snyder, Mike & Valerie Flinchbaugh

February 17 - Brian Mahler, Ralph Flinchbaugh, John P. Holsinger,
John Tong

February 24 - Keith Haas, John Row, David Starner, Loren Fulton

Liturgist

February 3 - Kim Frank

February 10 - Julie Kubbs

February 17 - Kelli McGlothlin

February 24 - Terry Huff

Greeters & Acolytes

February 3 - Terry & Ann Huff

February 10 - Faye & Aurora Roszman

February 17 - Tammy Criswell & girls

February 24 - Elizabeth Lorenzo & family

**IN-REACH
MINISTRIES
(Members)**

“A spiritual gift is given to each of us as a means of helping the entire church.”

I Corinthians 12:7

Nursery Attendants (10:30 a.m.)

February 3 - The Criswell Family
February 10 - Sara McKenney
February 17 - Elizabeth Lorenzo
February 24 - The Criswell Family

Jr. Worship Assistant

February 3 - Deborah Mahler
February 10 - Charlene Spillman
February 17 - Sue Bess
February 24 - Carol Crawford

The ***Sacrament of Holy Communion*** will be served at both services by intinction on Sunday, February 3rd.

Just a reminder! The Liturgist, on Communion Sunday, is also slated to be a Chalice server, if communion is by intinction.

Noisy Collection - Sunday, February 24th, for Vacation Bible School.

Prayer Needs ~ Current Prayer needs are in the weekly bulletin.

Shut In List: Darlene Beveridge, Rita Brutchey, Kay Castle, Barb Daly, James Eckle, Mary Fox, Betty Hampton, June Harper, Joanne Hayden, Helen Little, Betty Lucas, Bob & Janet Lucas, Trent Standley, and Thelma Starner.

Sympathy Notes

We express our deepest sympathy to the family and friends of the following members:

Marie Mack passed away January 4th, 2019
Nancy Dudley passed away January 6th, 2019
Norman Miller passed away January 13th, 2019

Committee Meetings

Board of Trustees - Monday, February 4th, 6 p.m.
Staff/Pastor/Parish Relations Team - Monday, February 11th, 6 p.m.
Finance Team - Thursday, February 14th, 7 p.m.
Leadership Team - Thursday, February 21st, 6 p.m.

Hilda Weiss Circle ~ Tuesday, February 19th, at 1 p.m. Program - Karen Seckel; Devotions - Barbara Bishop; Mission Moment - Norma Sattler; Hostesses - Ruth Haas and Ronita Case.

S.K.I. Group ~ Tuesday, February 19th, at 7 p.m. Devotions/Program: Lillian Doezema; Snack: Penny Rose; Hostess: Sue Bess.

Guiding Light Circle ~ Tuesday, February 19th, at 7 p.m. for their Quiet Meal, Hostesses - Linda Kear & Charlene Spillman

VIM Sub Order Pick-up: Friday, February 1st, from 5:30-7 p.m., Saturday, February 2nd, from 9:30-11 a.m., or after both services on Sunday, February 3rd.

Newsletter Deadline for March 2019 articles will be Wednesday, February 13th! Go green and have your newsletter delivered by email.

Men's Prayer Breakfast will be held on Saturday, February 16th, at 8 a.m. There will be good food, devotions and fellowship! Please join this amazing group of men!

Blood Pressure checks will be offered every third Sunday in the library between services. The next check will be February 17th!

Marion Music Club ~ on Sunday, February 17th, at 3 p.m. in the sanctuary. All are welcome!

UMW Executive Board will meet on Monday, February 25th, at 7 p.m. in the Shalom Sunday school area in the Fellowship Hall.

The Lounge ~ needs re-decorating and we need help. The Hilda Weiss Circle is chairing this project. We are asking groups and/or individuals for financial assistance. Our goal is \$3,000 and we have received \$1,400 so far. Let's keep it coming. At times, we will need some physical help too. The sofas are on order and the one wall has been painted. After 40 plus years, it is time for a change. If you have questions or can help, please see Marilyn Sanderson or call her at 740-389-6717. Thanks so very much!

Monday Morning Bible Study - The group meets on Monday mornings at 9:30 a.m. in the Fellowship Hall. We truly want others to join us. Come and share with us!

T.E.A. on Tuesdays ~ Panera Bread is the place to be on Tuesday mornings at 9:30 a.m. and again in the evenings at 6:30 p.m. to be

uplifted and supported by a group of sisters in Christ. So, any women who can stop in for "T.E.A. on Tuesdays" is welcome!

Wednesday evenings "**Believe**" small group study ~ You can join us every Wednesday at 6 p.m. in the Upper Room.

Serendipity Sunday School Class ~ The "Believe" Series will continue with lesson 25 on February 3rd. Join a Sunday School class to be further nurtured during your spiritual journey. Visit all the adult classes and find the one that best fits your need to be nurtured. Please prayerfully consider joining an adult Sunday School Class. During the Lenten Season, we will be doing "Crucified, Glorified" by Rodney L. Rathmann. Copies will be provided to class members on March 3rd.

Wesley Scholarship ~ Now is the time to pick up the application for the Wesley Scholarship that our church gives out every year. This one year scholarship is open to any member of Prospect Street UMC who is continuing their education beyond high school. You must pick up the application at the church and complete and submit it to the church by April 15th. After April 15th, a committee of six people will look over the applications with the applicant's name removed. Then, using a scoring sheet, each committee member will work from the information that the applicant has provided and makes a selection. Then the whole committee combines each person's score and makes the difficult decision about whom and how many scholarships will be given that year. So pick up your scholarship application from the church and return it. There is scholarship money waiting for somebody. **Wesley Scholarship Committee**

Are you an Amazon Shopper?? If yes, you could help us by opening a smile.amazon.com account and give the church 0.5% of your eligible purchases. Go to: smile.amazon.com and open an account. After opening an account make sure your charity says "Prospect Street United Methodist Church" at the top of your page. It is easy to do; and it is the same as shopping on Amazon. You can also use Amazon Prime. You can always call Erika, if you have questions.

The **Flower Calendar** for the year 2019 is hanging up in the hallway. Please mark fresh flowers (\$45.95) or silk flowers (\$5). Make check payable to Prospect Street United Methodist Church and mark it "Altar Flowers." If you order your own flowers, please inform the office.

Opportunities to let your refurbished light shine can be shared during the following events.

Let your light of Love shine brightly in February

Please check out the times and dates of all the UMW Circle meetings. Prayerfully consider joining a Circle this year. There is much to be done and you are needed to share the joy of the UMW.

Every Monday Morning at 9:30 a.m. in the Fellowship Hall - Women's "Believe" Bible Study. (Cindy Schrote)

Every Tuesday at Panera Bread 9:30 a.m. and 6:30 p.m. T.E.A. devotions and discussion. (Sue Bess)

Friday, January 15th, Neighborhood Supper ~ whether your gift is chatting with the diners, cooking, serving food, washing dishes or just being a friendly face, you can become a vital part of our Neighborhood Supper. This 30-year tradition will joyfully welcome you! (Judy Stambazze)

Saturday, February 16th ~ Men's Prayer Breakfast. Come eat, pray, praise, sing, and chat. Be among the men in our church that love Christ. (Pete Stambazze)

Saturday, February 23rd ~ Community Breakfast, serving from 8:30 a.m. -10:30 a.m. (Bill Bess)

Monday, February 25th, 4:15 p.m. ~ Laundry Love Ministry at Southtown Cleaning Village, 355 S. Main Street. This ministry needs you! (contact the church office)



This winter is already playing havoc on our church services. Please be safe and be in prayer for our congregation and for the families of all of those who have gone to be with our Lord and Savior. And, also, let us pray for those who have had surgery and health issues.

I would like to thank the ProScape Company for the great job they did on our Memorial Garden.

Here it is February 2019 and our delegates of the General Conference will make their announcements. Please continue keeping them in your prayers.

It is always a blessing to serve God and this congregation. Love, Peace, and Grace be with you all. **Terry Huff**

OUT-REACH MINISTRIES (Community)

“Whenever we have the opportunity, we should do good to everyone.”

Galatians 6:10

Leapin' Outreach located in the old Marion Star building (150 Court Street) needs volunteers on Tuesdays from 5:30 - 7:30 p.m. and Thursdays from 10 a.m. - 12 noon. All help is welcome! We specifically try to encourage workers from our congregation on the first Tuesday of every month, which falls on **February 5th** this month!

Love INC Personal Needs Bank collection ~ Sunday, February 10th. Items needed: dish soap, paper towels, household cleaners, tissues, plastic bags, bleach, laundry detergent, deodorant, toilet paper, fabric softener, shaving cream, combs, razors, shampoo, hair spray, toothpaste, toothbrush, and ladies hygiene products. Put your donations in the box marked Love INC in the rear of the sanctuary.

Neighborhood Supper will be held Friday, February 15th, at 5:15 p.m. You are also encouraged to come in early to fellowship with the participants. This month's meal will be hot dog sandwiches, macaroni & cheese, green beans, mixed fruit, cookies, and beverages. The following items are needed: hot dogs & hot dog buns, macaroni, canned green beans, canned fruit (any kind), cookies, punch or punch mix, coffee, and napkins. Please bring donations to the church kitchen by February 13th.

The **personal care item** we'll offer diners at the Neighborhood Supper this month is toilet paper. Please leave donations in the basket in the back of the sanctuary.

Community Breakfast will be held every fourth Saturday of each month. The next breakfast will be Saturday, February 23rd, from 8:30 - 10:30 a.m. This community outreach is sponsored by the Men's Prayer Breakfast group and the UMW's SKI group. This is a free breakfast and open to all (donations will be accepted). This is a wonderful opportunity to get involved and reach out to our community and build relationships with our neighbors. Come support or just have breakfast and fellowship. If you have questions, talk to anyone from the Men's Prayer group or SKI group. Hope to see you there.

Salvation Army Food Pantry collection will be Sunday, February 24th. Suggested donations: Baker's Choices.

Laundry Love Ministry will be Monday, February 25th, at 4:15 p.m. at the Southtown Cleaning Village, 355 S. Main Street in Marion.

V.I.M. MISSION TRIP OPPORTUNITY



This year our team will be returning to the West Virginia area to serve with the rebuilding of the area from the flooding that struck in October of 2016.

The Dates: We will leave our Church on Sunday, June 16th and return on Saturday, June 22nd.

The Work: We will not know the exact details of our projects until shortly before we depart. With many teams serving ahead of our arrival, we will follow the other teams and continue with the rebuilding. It will be much of the same work that we've done in Alabama, Iowa, Maryland, Mississippi, New Orleans, South Carolina and Tennessee: Drywall, painting, gutting, plumbing, etc.

Housing: Our host Church will be Jordan Chapel where we have stayed the last 2 years. Team members will be responsible for their own linens and cot / air mattress. Meals will be prepared by our team members. Be prepared that there may be another team for the week with us and we will share the facilities with them.

The Costs: \$300.00 for each team member. This will include transportation, meals and lodging.

Payment Schedule: Deposit of \$100.00 and your application is due by April 14, 2019. The balance of \$200.00 will be due by the team meeting, which will probably be the early part of May. Checks should be made out to "Prospect Street UMC".

Applications: Posted on the Mission Board in the hallway.

Size of Team: We will need to limit the size of the team to the first 20 to turn in their applications with their deposits.

While I may be the team leader and have the responsibility of organizing the details for this trip, perhaps the most important role of

leadership falls on our Spiritual Leader, Pastor Thérèse. Her role will be starting each day with devotions to get our minds and hearts started in the right direction. Then each night we will reflect on our day of serving and on the morning's devotion.

Being a part of a mission team can be a life-changing experience. You will gain the satisfaction of working hard to help others in the name of Jesus Christ. As I've said before, what is one week in a lifetime to serve our Lord and his people.

1 Peter 4:10: God has given each of you some special abilities, be sure to use them to help each other.

Are you willing to pick up the cross and be available, to go anywhere, to do anything and to serve God and his people?

Mark 10:45: For even The Son of Man did not come to be served, but to serve, and to give his life as a ransom for many.

Blessings,
Pete



Pass on the Praise

(This column is an opportunity for YOU to express appreciation for a ministry or person that touched your life in a beautiful way. Send your "Praise" to Erika by our monthly newsletter deadline.)

As always, the Orchestra was great during its most recent performance in our sanctuary. I was amazed at the three sets of three generations of family members playing for Neil. He can pull together so many talented musicians for these performances. Thanks for sharing your love of music with us, Neil.

What better time than the month of February to write about a joyful journey of love. In December, 25 church members joined together to go Caroling! Excellent attendance. After dining together, 4 groups took one of Pastor Joe's preplanned routes and went to spread good cheer. We received 4 hand written notes, 3 calls to the church and 2 calls to me personally, thanking us for caroling. The good works of the carolers were greatly appreciated and enjoyed. Thanks to every person who sang, walked, smiled, touched, and shared Christ's birth that Sunday

afternoon. You made a difference and touched lives. And this tradition was started by Rozell Sattler asking "What do you think about doing some Christmas Caroling?" His idea lives on through each of you. Yeah Rah! Mark your calendars now to join us on Sunday, December 8th, 2019, for caroling.



Prospect Street United Methodist Church, thank you for chartering our Scout BSA Troop. We are learning and growing in scouting, our faith, and friendships. We look forward to meeting you the end of February for Scout Sunday. Yours in Scouting, **Scout BSA Troop #950**

I'd like to thank the church for all the cards, prayers, visits, and phone calls. They are very much appreciated. **Dottie Houser**

Dear Prospect Street United Methodist Church, on behalf of Mobile Meals Board members, staff, and volunteers - thank you for the \$1,000 donation. We greatly appreciate your continued support of the vital community service.

Thank you so much for your generous gift of \$500.00 to invest in the ministry of Love In the Name of Christ.

Prospect Street Family and Friends,

Dixie and I want to thank you for the outpouring of prayers, cards, phone calls, texts, and outpouring of love. Our church means so much to us and we appreciate all you have done.

Happily, I have been moved from OSU to Heartland here in Marion. I am determined to get back on my feet and back in my own house! Our kids have been a great help and are helping Dixie at home.

We are truly blessed to have a great church, friends, neighbors, and kids to help us through this difficult time.

Hoping to see you back at church soon! **Dixie and Wally Wallace**

Thank you to everyone who supported in any way to make the "Live Nativity" at Christmas time come alive. This form of reaching out to the community to spread the Christmas Story was very well received by the participating churches and by the community. More than 2000 cars went through on the six nights we were there. Special thank you's to:

Scenery Crew:

Howard Seckel	John Row
Wally Wallace	Keith Haas
Bernie Davidson	Mike Doezema
Mike Rose	Klay & Kaleb Seckel

December 1, 2, 8, 9, 15, 16 Workers/Dressers:

John & Diane Row	Lynn & Velma Clabaugh
Judy Stambazze	Darlynn Blessing
Lucille Copus	Marilyn Shroyer
Howard Seckel	

United Methodist Women's Group

Furnishing our supper on December 1

Karen Seckel

On behalf of the United Board, I write to express our sincere gratitude for the Prospect Street UMC contribution of \$312.81 to the Yonsei University College of Nursing nurse training program, in honor of the Weiss Family. The United Board is committed to education that develops the whole person - intellectually, spiritually, and ethically. We endeavor to respond to the diverse challenges and opportunities facing our colleagues in higher education in Asia, especially where the needs are great. Thank you for joining with us to help develop institutions that offer multidisciplinary education and that nurture a spirit of compassion, equity, reconciliation, social responsibility, and mutual respect among religious and cultural traditions. Thank you again for your congregation's generosity. We deeply appreciate the thoughtfulness of this gift for Yonsei University College of Nursing.



Mission Outreach Fund

This is the 8th year for this fund. Below is the list of our Mission Outreach Funds for 2019. Thanks for your continued generosity in supporting our Outreaches.

9 (Special Mission Outreach's):

1.	Laundry Ministry	1-Noisy Collection	\$1,000
2.	Love Inc.		\$1,000
3.	Leapin' Outreach		\$1,000
4.	Red Bird		\$1,000
5.	Marion Homeless Shelter		\$1,000
6.	Wings of the Morning		\$1,000
7.	Prison Ministry	1-Noisy Collection	\$1,000
8.	Mobile Meals		\$1,000
9.	VBS	2-Noisy Collections	\$ 500
			<hr/>
			\$8,500

Budgeted Items :

1.	Neighborhood Supper	1-Noisy Collection	\$300
2.	Leapin' Outreach	(\$50.00 monthly)	\$600
3.	Live Nativity		\$300
4.	Neighborhood Outreach	2-Noisy Collections	\$300
5.	Child Evangelism Fellowship	1-Noisy Collection	\$100
			<hr/>
			\$1,600

Special Offerings	\$8,850
Budgeted Items	\$1,600
Committed Monies	<hr/>
	\$10,100

Pledged Amount for 2019 **\$9,660**

Trust Fund 2019 \$3,000
\$12,660

(2012 - \$7,500) (2013 - \$8,968) (2014 - \$8,374)
 (2015 - \$7,075) (2016 - \$8,594) (2017 - \$7,787)
 (2018 - (10,668))



5 easy ways to eat more fruits and veggies! Pack more produce into your day with these simple tips.

There is a plethora of produce available in the United States, and yet most adults don't eat enough fruits and vegetables. In fact, dietary intake of several nutrients found in fruits and vegetables — including potassium and dietary fiber — is low enough to be a public-health concern for both adults and children. Your goal is to fill half your plate with fruits and vegetables whenever possible. Aim for a whole rainbow of colors, including dark green, red, orange, purple and white. Variety is vital to get all the different nutrients and their health benefits. Try to buy fresh whole fruits and vegetables in season — they will be at their peak in flavor and at their lowest in price. Frozen and canned fruits and vegetables can be healthy choices, too. Reach for low-sodium canned vegetables or canned fruits packed in their own juice or water, and avoid frozen vegetables with sauces, frozen fruits with added sugar and canned fruits packed in heavy syrup.

Make fruits and veggies the star of your daily diet with these ideas:

- **Snack smart.** Keep vegetables washed and cut in your refrigerator for quick snacks. Or reach for vegetables that require little preparation, such as baby carrots and cherry tomatoes. Keep a bowl of fruit on your kitchen counter. Just be sure to limit your intake of dried fruits because they're not as filling as whole fruits and they have a lot more calories in a smaller volume of food. For example, 1/4 cup of raisins has the same number of calories — about 100 — as almost 2 cups of grapes.
- **Experiment with new combinations.** Try mango or peach slices on whole-wheat toast with a little peanut butter and honey. Toss some mandarin orange or peach slices into a salad.
- **Choose recipes that have vegetables or fruits as a main ingredient.** Try pineapple-chicken stir-fry, tomato-basil pizza or vegetarian chili.
- **Start your day with a fruit or vegetable.** Sprinkle a handful of blueberries on your morning cereal or oatmeal. Sauté red peppers, tomatoes or spinach into your scrambled eggs.
- **Drink your fruits and vegetables.** But don't reach for prepared fruit juice! Instead, turn whole fruits and vegetables into a refreshing drink. Make a smoothie with plain low-fat yogurt and your favorite frozen fruits. Or puree together banana, berries, lemon, mint, ice and 2 cups of fresh raw baby spinach — this green concoction may look odd, but it tastes delicious!

As you can see from these suggestions, sneaking more fruits and veggies into your diet can be easy, convenient — and fun!

February PRAYER LIST



*May you find your
faith and blessing
increasing, as you turn
to heaven and pray
without ceasing*

I Thessalonians 5:17

During this month of Love, please include these people, events, and ministries in your daily prayers.

1. Each person picking up a Sub from Pete this evening.
2. Those attending the AEO training at our church.
3. Art Dudley and Marsha Mack
4. Our Trustees as they meet this evening.
5. The patrons at Leapin' Outreach our volunteers will serve this evening.
6. Our Senior Choir Members.
7. Your neighbors.
8. Chandler, Kathy, and Bonnie Castle
9. The D.A.R members having lunch at our church today.
10. The people in the pew with you today.
11. The SPPRT as they meet this evening.
12. The women assembling for T.E.A. at Panera today.
13. Those attending the "Believe" study this evening.
14. Our Financial Team as they meet this evening.
15. The cooks and servants at the Neighborhood Supper.
16. All the awesome men attending this morning's prayer breakfast.
17. The Ushers at today's service.
18. Those assembled for Bible study this morning at our church.
19. Bill and Sue Bess, Dee and Bill O'Neil, Joel and Clara Bolander
20. The members of the Bell Choir as they practice this evening.
21. Our Leadership Team as they meet this evening.
22. Bob and Marcella Brown, Jeff and Lynette Burris, Stan and Jill Casey
23. All the servants at the Community Breakfast.
24. The Scout Organization and the Scouts in our church.
25. Those assembled for Boy Scouts at our church this evening
26. Kay Castle, Virginia Chaney, Marie Conkle, Rita Brutchey
27. Linda and Dale Cook, Ruth Ann and Ralph Craig, Carol and Ed Crawford
28. Mel and Ruth Ann Snyder, Dixie and Wally Wallace, Karen and Howard Seckel.

Pray for our Nation and for our Troops



*“Be joyful in hope,
patient in suffering,
faithful in prayer.”*

Romans 12:12

“If you know someone on this list, please let Erika know where they are stationed, so prayers can be more specific.”

Luke Bushatz, U.S. Army National Guard
Brandon Chaney, U. S. Army
1st Lt. Page Chaney, JAG
Vincent Cleveland, U. S. Air Force
Jeremy Conn, U. S. Army
Kai Davidson, U. S. Navy
Tyler Dietsch, U. S. Army
John Bradley Fausnaugh, U.S. Army
Kirk Harbolt, U. S Navy
Mark Harbolt, U. S. Navy
Brandon Litell, U.S. Navy
Andrew Livingston, U.S. Army
Kelly McDowell, U.S. Army
David Meginness, Air National Guard
Jonas Meligan, U. S. Army Reserve
Darren Mills, New Zealand Navy
Willie Morris, U.S. Marines
Duke Newsome, U.S. Air Force
Michael Reber, U. S. Army Special Forces
Andrew Row U.S. Army , Fort Benning, Georgia
Nick SanGregory, Air National Guard
Wesley Sheppard, U. S. Air Force
Darin Smith, U. S. Air Force
Derek Smith, U. S. Navy
Josh Stambaugh, U. S. Army
John Stertzler, Jr, U. S. Marines
Michael Sullivan, U. S. Marines
Brandon Darlington, U. S. Navy
Robert E. Darlington Jr., U. S. Navy
Connor Milstead, U. S. Marines
Waitman Kapaldo, U. S. Army
Amethyst Balzer, U. S. Navy
Andrew Craig, U.S. Navy

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 5:30 - 7:00 p.m. Sub Pick Up	2 9 - 10 a.m. AED Training 9:30 - 11:00 a.m. Sub Pick Up
3 Communion Sunday 8:30 a.m. Praise Celebration 9:30 a.m. Sunday School 10:30a.m. Traditional Service Sub Pick up after services	4 9:30 a.m. Bible Study 6:00 p.m. Board of Trustees 7:00 p.m. Scout BSA	5 9:30 a.m. & 6:30 p.m. TEA 5:30 p.m. Leapin' Ministry 6:30 p.m. TOPS	6 6:00 p.m. Believe Study 6:00 p.m. Children's Choir 6:00 p.m. Praise Team 7:00 p.m. Senior Choir 8:15 p.m. Bell Choir	7	8	9 UMW Catered Meal
10 8:30 a.m. Praise Celebration Blood Pressure Check 9:30 a.m. Sunday School 10:30am Traditional Worship Love Inc Personal Needs Bank	11 9:30 a.m. Bible Study 6:00 p.m. SPPR Team 7:00 p.m. Scout BSA	12 9:30 a.m. & 6:30 p.m. TEA 6:30 p.m. TOPS	13 6:00 p.m. Believe Study 6:00 p.m. Children's Choir 6:00 p.m. Praise Team 7:00 p.m. Senior Choir 8:15 p.m. Bell Choir Newsletter Deadline	14 7:00 p.m. Finance Team	15 5:15 p.m. Neighborhood Supper	16 8:00 a.m. Men's Prayer Breakfast
17 8:30 a.m. Praise Celebration Blood Pressure Check 9:30 a.m. Sunday School 10:30am Traditional Worship 3:00 p.m. Marion Music Club	18 9:30 a.m. Bible Study 7:00 p.m. Scout BSA	19 8:30 a.m. Citizen Circle 9:30 a.m. & 6:30 p.m. TEA 1:00 p.m. Hilda Weiss Circle 6:30 p.m. TOPS 7:00 p.m. S.K.I. Group 7:00 p.m. Guiding Light Circle	20 6:00 p.m. Believe Study 6:00 p.m. Children's Choir 6:00 p.m. Praise Team 7:00 p.m. Senior Choir 8:15 p.m. Bell Choir	21 6:00 p.m. Leadership Team	22	23 8:30 a.m. Community Breakfast 2:00-5:00 p.m. Personal Use of Fellowship Hall
24 Scout Sunday 8:30 a.m. Praise Celebration 9:30 a.m. Sunday School 10:30am Traditional Worship Noisy Collection - Vacation Bible School Salvation Army Food Pantry - Baker's Choice	25 9:30 a.m. Bible Study 4:15 p.m. Laundry Love 7:00 p.m. UMW Executive Board 7:00 p.m. Scout BSA	26 9:30 a.m. & 6:30 p.m. TEA 6:30 p.m. TOPS	27 6:00 p.m. Believe Study 6:00 p.m. Children's Choir 6:00 p.m. Praise Team 7:00 p.m. Senior Choir 8:00 p.m. Bell Choir	28		



Prospect Street
A United Methodist Congregation
185 S. Prospect Street
Marion, OH 43302

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Marion OH 43302-3986
Permit No. 12

Church Office Hours:

Monday – Friday
8:00 a.m. – 4:00 p.m.

Church Phone: 740-382-6069
Fax: 740-383-2323
Web-site: www.prospectstreetumc.com
Email: secretary@prospectstreetumc.com

Fully wheelchair accessible!
Valet Parking!

RETURN SERVICE REQUESTED

SENT WITH A PRAYER AND A BLESSING TO

