

"I have been crucified with Christ and I no longer live, but Christ lives in me." - Galatians 2:20a

WINTER WORSHIP COLLECTIVE!

SATURDAY, FEBRUARY 2, 7:00PM

The Harbor Contemporary Praise Team of RRUMC is excited to invite you to its first annual Winter Worship Collective on Saturday, February 2, from 7:00-10:00pm in Beacon Hall. The night will feature praise bands from seven area churches, food, faith, and fellowship. Please join us! Questions? Contact Robert Kimmel at rwkimmel@yahoo.com or 617.512.6725.



ROCKY RIVER
UNITED METHODIST CHURCH
WWW.RRUMC.ORG

WINTER

Worship Collective

A night of music, faith, food and fellowship

FEBRUARY 02 2019

ONE NIGHT. SEVEN PRAISE BANDS.

ROCKY RIVER UMC | FAITHWALK |
NEW HOPE | BETHANY ASSEMBLY OF GOD |
LAKEWOOD UMC | BAY PRESBYTERIAN |
AVON LAKE UCC

7 P M - 10 P M

19414 DETROIT RD
ROCKY RIVER OH 44116

PosterMyWall.com

MILESTONES

February Anniversaries

*(50 or more years and those
in 5 year increments)*

June & Stephen Bond

02/11 - 59 years

Marian & Roy McKinney

02/20 - 20 years

February Birthdays

(age 90 and above)

02/01 Orville Bell, 91 years

02/09 Joanne Miller, 93 years

02/14 Nancy Kammeier, 91 years

02/27 Virginia Frick, 94 years

Births

Charles (Charlie) George
Tenhover, son of Jeanine &
Matt Tenhover, born on
December 7; proud siblings are
Mia and Luke.

In Sympathy

Family and friends of
Don Esarove, who passed
away on December 23.

Family and friends of
MJ Hagen, who passed
away on December 25.

Baptisms

Conor Thomas McNeill, son of
Lindsey & Thomas McNeill,
on December 30.

Marriages

Karen Braun and Kevin Kelley,
on December 28.

Katrina Posedel and Peter
Carelli, on January 4.

IN GRATITUDE

Many thanks for the beautiful
poinsettia plant. It is placed for
all to enjoy! - Carol Harrington

Dear Church Members, The
flowers from the altar are
beautiful. Thank you for
remembering me. Happy New
Year!!! - Ginny Knudsen

REFLECTIONS...

by Rev. Dan Bogre

Dear Friends and Family of RRUMC,

We are well into 2019 and I am wondering if you are still hanging on to your New Year's resolutions. How are they going, and what made you choose that one, or those ones? I heard a song recently called, "Fear is a Liar." As I am thinking about 2019 and RRUMC, there are many times that fear can take over. I believe that happens with our New Year's resolutions. We make them out of the fear of what will happen if we don't make that particular change in our lives. Fear is a real emotion in our lives that, if left undefeated, will be exactly the place where we live our 2019. I don't want fear to be how and why I make decisions for me, my family, and RRUMC.

I heard a sermon in which the pastor said that fear is the absence of faith. That makes complete sense. Fear is the feeling of being completely helpless in a certain situation to the point that something terrible will happen to us or the people that we love. The feeling of being totally helpless in any situation is to not have the faith in the one true God who can navigate us and carry us through any life situation. It is those life moments that can only do one of two things. Difficult life situations will either push us into the arms of God or send us running from those same arms. In those times in life, it is almost impossible to remain in the status quo. What happens to you when life just seems to hit you out of nowhere when you least expect it? In my 23 years of full-time Christian ministry, I have seen people go in both directions. I have had people leave the church because they are blaming God for a terrible life situation, but not trusting him enough to get them through it. I have had others who run right into his arms because they know that there is no other way to make it through that particular life struggle.

I guess the question for all of us in 2019 is, do you run to him or from him when life hits? Fear is a liar. Jesus says in the Gospel of John, "Peace is what I leave with you; it is my own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid." In order to not be worried, upset, or afraid, we need to know that we are being offered a peace that the world cannot give through our Lord and Savior, Jesus Christ. It is an offered gift to each one of us so that fear can be crushed by faith as we face those difficult times. Jesus understood how we as human beings are wired. It makes sense then, that he would tell us that the only way to defeat fear and worry is to trust in him. I pray that we all can live out of the faith that we have in Jesus Christ and the faith that he has in us. Remember, fear is a liar.

Peace,
Rev. Dan



FAITH COMMUNITY NURSE

by Gayle Donahue, MSN, RN

(gdonahue@rrumc.org)

Healthy Eating

Greetings!
Have you cleaned out the holiday fruitcakes, cookies, dips, sausage? Are



you considering the calorie splurges of Valentine's Day? Are healthy choices for your Super Bowl party on your grocery list? Lent is approaching and it is time to get back on the healthy track. *Biblegateway.com* tells us food is mentioned 338 times in the Bible. God did intend for food to meet our whole health needs - physical, social, mental, and spiritual (Proverbs 22:9; Numbers 11:5; 1 Timothy 4:13, 6:17; Genesis 43:11; Luke 15:1-2). As you read the Bible and list the foods God instructs for daily use and gifts, you will see a diet that is high in fiber and reduces inflammation. Just a few to start your list: apples, almonds, olives, cucumbers, onions, barley, corn... Today's medical community is recognizing the grocery store as part of your pharmacy and your refrigerator as an extension of your medicine cabinet. Why is this anti-inflammatory diet important for us? Persistent inflammation throughout the body can lead to chronic disease. Research has shown the links between chronic inflammation and cancer, cardiac disease, diabetes, arthritis, depression, and Alzheimer's disease. Educating yourself on food choices can reduce your risk of disease, may improve your quality of living, and enable you to see God's hand in your life. Interested in learning more about an anti-inflammatory diet? Join Cheryl Reitz RD, LD, CDE for **Conversations of Health on February 24** in the parlor at 11:10am. This is your opportunity to get back to the basics and hear the benefits, identify foods that reduce inflammation, and get some meal ideas and recipes. This conversation with Cheryl is also a great entryway to one of the Wellness Journey Continues (WJC) groups. These groups will incorporate content from the Cleveland Clinic Daniel Plan coordinator and needs identified by each group discussion. Sampling of recipes and menus will be highlighted. One WJC group begins on Monday, March 18, at 10:00am in the library. A second will be on Wednesday evenings (please check the Sunday bulletins or next month's Circuit Rider for time). Questions? Please send me a message at gdonahue@rrumc.org or call the Church Office and ask to talk to Gayle at extension 235.

Looking forward to seeing you at Conversations of Health,

Gayle

Connections in Caring donation bins/ baskets are located outside the Church Office, the Chapel, and the Harbor Worship area. We are continually collecting greeting cards, craft supplies, sachets, sugar free hard candy, granola bars, small packages of cookies or crackers, tea bags, hot chocolate or cider mixes, essential oils, socks, and hand lotion.

Thank you to the following groups and organizations and their generous members for blessing the families served by our Twice Blessed Free Store with donations totaling 825 new toys which were distributed on December 15 and 22:

- Christensen Estates
- RRUMC New Toy Sunday
- RRUMC Families in Action
- P. E. O. (Philanthropic Educational Organization), Chapter J
- St. Christopher's GIFT Program
- Rocky River Early Childhood PTA
- Parma Heights Food Pantry
- MOMSnext
- Rocky River United Methodist Nursery School
- Jason M. Orsky Wealth Management



BROOKSIDE FOOD CENTER

FEBRUARY 13 & 14

We continue to offer you the opportunity to serve at the Brookside Food Center **two days each month**, usually the second Wednesday and Thursday. Two volunteers are needed for each of two time periods each day: 10:00am-12:00pm and 12:00pm-2:00pm.

Volunteers assemble and distribute bags of produce and packaged food products to low income people who use the Center. Volunteers also help patrons

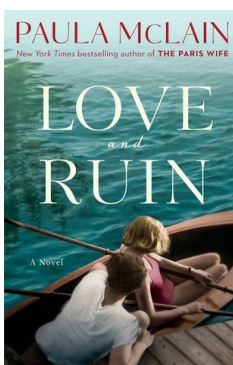
make choices on food items offered. To volunteer, or if you have questions, contact Dave Sagerser at dsagerser@aol.com or 216.525.0779. Check the easel in the Gathering Area to sign up.



MARY ANNE & RICHARD CAVICCHI CHRISTIAN EDUCATION SEMINAR

SUNDAY APRIL 7, 4:00-7:30PM

Save the date for *"Three Faiths, One Spirit, Deepening Shared Values,"* an Interfaith Dialogue with **Dr. Mark Collier**, former president of Baldwin Wallace University; **Rabbi Enid Lader**, Beth Israel - The West Temple, Cleveland; and **Dr. Carl Sharif El-Tobgui**, Professor of Arabic and Islamic Studies at Brandeis University.



BOOK CLUB

THURSDAY, FEBRUARY 21, 10:00AM

Join us on the third Thursday of each month in the church parlor. On **February 21, at 10:00am**, we will discuss *"Love and Ruin"* by Paula McLain. Questions? List of future books? Contact Bruce Biggin at brbiggin@netscape.net or 216.221.5880. Always happy to see new faces, and regular attendance is not required.



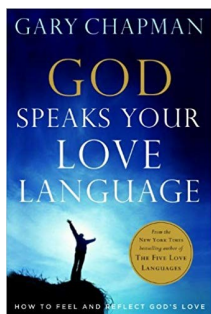
The Chancel Choir invites all individuals, regardless of previous experience, to join the ranks for the annual spring/Lenten cantata. This year, this highly anticipated musical event will take place at the 10:00 Sanctuary Service on April 7. **Rehearsals** for this large scale piece will **begin on February 6**, from 7:00-7:45pm in the choir room, and will continue weekly through April 3. Works are still being carefully considered at this time. Please consider deepening your Lenten faith journey by joining the Chancel Choir for this deeply moving, musical event.



MISSION POSSIBLE

FEBRUARY 8, 6:00PM

Come join us on Friday, February 8, at 6:00pm as we pack grocery bags full of food for use by Front Steps Housing and Services. We will begin the evening by packing every bag with a full day of meals. Then, we will have a short time of fellowship with the kids. Come for an hour or for the whole time. Open to anyone of any age. We will see you then! Questions? Contact Quinn Bennett, qbennett@rrumc.org.



SISTERS WITH AMAZING GRACE - BOOK DISCUSSION

FEBRUARY 27, 6:00PM

Sisters, come join us on Wednesday, February 27, at 7:00pm, as we discuss the book *"God Speaks Your Love Language"* by Gary Chapman. Questions? Contact Andrea Kimmel, andreakimmel2003@yahoo.com.



MISSION ZONE MONTHLY COLLECTION

Children's Free Store Donations:



- January - diapers (size 3-5) and wipes
- February - soap, shampoo, and conditioner



Donations can be placed in the bin outside room 210 or in the Sunday school classrooms.

REMEMBER THESE EVENTS:

- Social Concerns Discussion Group - February 17, 11:15am** in the church parlor. Questions? Contact Dave Sagerser, dsagerser@aol.com.
- Algart Hymn Sing - February 19, 2:00pm**, at the Algart Home at W89th and Detroit. Questions? Contact Bob Secrist, 216.521.2365.
- United Methodist Women - Lydia Circle - February 28, 1:00pm** in room 209. Questions? Contact Sally Smith, jimsalsmith@ameritech.net.
- Community Meal at Pearl Road UMC - February 24.** Look for the sign-up easel in the Gathering Area in mid February. Thank you to Jason Kraft for coordinating these meals.
- Men's Prayer Group - Tuesdays, 7:30am** in the church parlor. Questions? Contact Dick Sanders at rbsmls@wowway.com.

REVERSE ADVENT DEVOTIONAL - THANK YOU SO MUCH!

Thank you to all the families of the church that participated in the Reverse Advent Devotional this Christmas season. Here's a picture of the food that will be donated to The Rocky River Assistance Program. You donated over 200 canned and boxed goods! Way to go!!!



Rocky River United Methodist Church
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Rocky River, OH 44116-1873
Ph: 440.331.7676
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E-Mail: office@rrumc.org
Web: www.rrumc.org

DATED MATERIALS - PLEASE RUSH
Mailed January 17, 2019

Ministry

Daniel F. Bogre, Senior Pastor
Paul A. Bennett, Associate Pastor
Robert B. Hibbard, Pastor Emeritus
Christopher M. Burns, Harbor Worship Leader
Sheri B. Swartz, Director of Church Ministries
Quinn E. Bennett, Director of Children's Ministries
Gayle E. Donahue, MSN, RN, Faith Community Nurse
Craig W. Cowles, Cleveland Campus Free Store Director

Music Ministry

Matthew Dolan, Director of Music
Darius J. McBride, Children's/Youth Choir Director
Carmen G. Massaro, and Lynn Young, Handbell Choirs
Jeffrey A. Acker, Organist

Mission Ministry

Rev. Paul Webster, Kanyama, Zambia

Place Address
Label here.

Deadline for March Circuit Rider:
February 1

IT'S ALL ABOUT THE STORY!

GIFTS OF MUSIC CONCERT SERIES

SUNDAY, FEBRUARY 10, 4:00PM

CLEVELAND BLUEGRASS ORCHESTRA



It's said that The Cleveland Bluegrass Orchestra is the world's most exclusive bluegrass ensemble. The vetting process is rigorous. First, you must play an instrument in The Cleveland Orchestra. Second, you must be willing to play a different instrument in The Cleveland Bluegrass Orchestra. Third, and this is key, you must believe the world would be a better place with just a little bit more banjo and fiddle. If at least one of these criteria applies to you, join us for an afternoon of undiluted, toe-tapping fun. Save the date; invite your friends; chase those winter blues away! For more information visit www.rrumc.org or see RRUMC literature displays.

SAVE THESE DATES...

February 2 - Winter Worship Collective
February 5, 12, 19, & 26 - Men's Prayer Group
February 5, 12, 19, & 26 - Open Gym Basketball
February 6, 13, 20, 27 - Lenten Cantata Rehearsals
February 8 - Mission Possible
February 8 - Jeff Jena Comedy Night
February 10 - Gifts of Music Concert
February 13 & 14 - Brookside Food Center
February 5, 12, 19, & 26 - LIFT Women's Bible Study
February 6, 13, 20, & 27 - Wednesday Morning Women's Bible Study
February 14 - Shawl Ministry
February 17 - Social Concerns Discussion Group
February 17 & 20 - Connections in Caring
February 19 - Algart Hymn Sing
February 21 - Book Club
February 24 - Conversations of Health
February 24 - Community Meal at Pearl Road UMC
February 26 - RiverMen Social Principles Study
February 27 - Sisters with Amazing Grace
February 28 - Lydia Circle (UMW)