



# The Witness

February 2010

## Red Bank United Methodist Church

redbankumc.org



Your Word have I treasured in my heart...

Psalm 119:11

*Pastor Jeff*

The purpose of Lent is to imitate Jesus who following His baptism fasted for forty days. Fasting has traditionally been a part of Lent. Fasting is a way of identifying with the forty day fast Jesus went on after his baptism and before His ministry began. It is a time for strengthening our resolve and increasing our self discipline. It is a time for repentance and service for God and to others.

The fruit of the Spirit teaches us what kind of attributes God want us to have. Self-control is one of those attributes that we do not get real excited about but is necessary for our spiritual growth. Lent is a great time to exercise and strengthen our self-control. Worldliness and spiritual laziness is easy to slip into but by doing so we hinder our relationship with God. The more we conform to the things of this world, the more carnal and less spiritual we will be. We need to focus our hearts and minds on Jesus so all the fruit of the Spirit will be evident in our lives.

### Empowering Leadership Structuring for Accomplishment

Our lowest score on our NCD (Natural Church Development) survey was Empowering-Leadership.

We have done several things to strengthen our leadership in the Church and have an exciting leadership training event with guest speakers Nell Mohney and our District Superintendent, Rev. Fred Dearing.

Everyone is invited to this event; Church officers are especially encouraged to attend. Please call the church office today so we will know how many people we will have for lunch.

**Saturday, February 13 9:00—2:00**



Check out the website at [redbankumc.org](http://redbankumc.org)

### A Healthier You!

#### Psalm 139:14

**“I praise you because I am fearfully and wonderfully made....I know that full well”**

Know that you are a physical miracle from God (Psalm 139:11); therefore, empower yourself with healthier behaviors!

#### Sleep

From the website at Center for Disease Control and Prevention, the question is presented: “How much sleep do I need?” The National Sleep Foundation recommends daily amounts:

For infants:	
(0-2months)	10.5-18 hours
(2-12 months)	14-15 hours
Toddlers/children:	
12-18 months	13-15 hours
18 months-3 years	12-14 hours
3-5 years	11-13 hours
5-12 years	9-11 hours
Adolescents:	8.5-9.5 hours
Adults:	7-9 hours

How do you compare to these recommendations??

Next month, I will list recommendations toward a more comfortable, consistent and relaxing night’s sleep.

We have a family we are trying to help who is in need of a car. If you have a car you are willing to donate to the church, please contact Pastor Jeff.



We are a caring family seeking God’s direction through prayer to reach the lost and grow through Christ, for Christ and in Christ.

Rev. Jeff Lambert, Pastor  
(Home 842-1151, Cell 653-7982)  
David Brackett, Program Director  
Linda Towers, Administrative Assistant  
Marti Redden, Children’s Director  
Garry Woodside, Music Director  
Jan Woodside, Pianist  
Adolph Canales, Sexton  
Greta Satterwhite, Preschool director

# Celebrate

...I will celebrate before the Lord. 2 Samuel 6:22b

Celebrate **Valentine's Day** with your church family.

The Youth are hosting a church-wide Valentine Banquet on Wednesday, Feb. 10. The meal will be served beginning at 5:30 at the regular Wednesday night dinner price.

There will be a special "Love Is" Program with "Dearly Loved" game by the Youth.

Advance reservations are a must.



**Pancake Breakfast**—Applebee's at Northgate Mall

Buy your tickets from a youth or youth leader. \$5 gets you all the pancakes you can eat on Saturday, Feb. 6, 7:30—9:30 am.



## Youth in February

- 3 5:30 Dinner at church
- 6:00 Dance & Puppet Rehearsals & Open Gym
- 6:30 The Wall Program
- 6 7:30-9:30 Applebee's Pancake Breakfast
- 7 9:45 Cornerstone Sunday School—Jones
- 4:45 Support Team
- 5:15 Rock Café—Betty Jackson/Keith Smith
- 5:30 Tater Night!! - Brittany Chase/Eli Hardin
- 6:00 Foundation Bible Study
- 7:00 Super Bowl Party-Over at end of game
- 10 5:30 Valentine Banquet given by the Youth
- 14 9:45 Cornerstone Sunday School—Lambert
- 4:45 Mentor Meeting
- 5:15 Progressive Valentine Party
- 7:00 Evening Worship
- 17 6:30 Ash Wednesday Service
- 19—20 6:00 Rock-A-Mingo
- 21 9:45 Cornerstone Sunday School—Levin
- 4:45 Mentor Meeting
- 5:15 Rock Café—Levin/Julie Smith
- 5:30 Open Gym
- 6:00 Bridge Service Project-Valentine Caroling
- 7:00 Evening Worship
- 24 5:30 Dinner at church
- 6:00 Dance & Puppet Rehearsals & Open Gym
- 6:30 The Wall Program—Next Time I Fall in Love
- 28 9:45 Cornerstone Sunday School—Meagher
- 4:45 Leadership Team
- 5:15 Rock Café—Spring Renewal Dinner
- 5:30 Open Gym
- 6:30 Spring Renewal Begins—Pick A Pew Night

COMING IN MARCH—Spring Retreat: March 12-14

## Kid's Korner

We are looking forward to a new Sunday School. Classes begin March 7. If your child is 3, 4, or 5, he/she will be in Ms. Stella's class. If your children are in K-2nd, they will meet in the story room with teacher, Ms. Carron and helper, Ms. Cheryl White. Mr. Skipper with his helper, Ms. Marian, will meet in the Celebration Room (otherwise known as computer/game room). They will teach the 3rd-5th grade.

We will all start out in the Cinema on the Mount Room with Celebration Time with Ms. Annette Jones. We will be studying out of Cokesbury literature called *Rock Solid*.

We have opportunities to volunteer each Sunday to help as many of you have agreed to do.

There are opportunities to volunteer in our Children's Department:

1. Children's Sermon at 11:00
2. Children's nursery at 8:40 and 11:00
3. Teach preschool class on Wednesday night at 6:30
4. Help in a preschool class on Wednesday nights at 6:30
5. Teach Children's Church Sunday morning at 11:00
6. Volunteer during the Sunday School hour in our classes
7. Wednesday afternoons 3:30—5:30 for our afterschool program

Call Marti at the church Monday through Thursday, 9:00—1:00 or at home anytime. 877-2881, 877-9855, 290-3735.

## "Go for the Gold"

### 2010 Sunday School Attendance Campaign

We are striving to build up our attendance in Sunday School so there will be a special emphasis in Sunday School each Sunday in February:

- 7 "Reactivate" - Focus on reactivating our inactive members
- 14 "Love Your Teacher Sunday" Show your Sunday School teachers how much you appreciate them.
- 21 "Bring Them In" - Bring a friend with you to Sunday School
- 28 "Going for the Gold" - High-Attendance Sunday.

The class with the highest average attendance on this date wins a free lunch.

Youth Rock-A-Thon  
Sponsor a Youth to rock for 18 hours.  
Your donation per hour rocked  
will help the youth group

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Series Bible Study	2 6:30 Communications Committee 7:00 Trustees 7:00 Stanfield Small Group 7:30 Evangelism	3 2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs 7:30 Choir Practice	4 10:00 Morning Bible Study 6:45 AA Meeting	5 6:00 United Methodist Men Special Gathering	6 7:30 – 9:30 Applebee's Pancake Breakfast
7 Communion and Healing Service 8:40 & 11:00  4:00 Worship Committee No Evening Service	8 6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Series Bible Study	9 Young-at-Heart Luncheon trip 2:30 Safe House 7:00 Stanfield Small Group	10 2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs 7:30 Choir Practice	11 10:00 Morning Bible Study 6:45 AA Meeting 7:00 SPR Committee	12	13  9:00 – 2:00 Empowering Leadership Workshop
14 Love Your Sunday School Teacher Sunday  Boy Scout Sunday	15 6:30 Men's Bible Study 6:30 Coley Small Group 7:00 Bethel Series Bible Study	16 7:00 Stanfield Small Group  7:00 Administrative Council	17 5:30 Dinner 6:30 Programs 7:30 Choir Practice	18 10:00 Morning Bible Study 6:45 AA Meeting	19  Youth Rock-a-Mingo	20
21  9:45 Confirmation Class continues during February and March	22 6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Series Bible Study	23 2:30 Safe House 7:00 Stanfield Small Group	24 2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs 7:30 Choir Practice	25 10:00 Morning Bible Study 10:30 Young-at-Heart 6:45 AA Meeting	26	27  Blue & Gold Banquet
28 4:00 Missions  Spring Renewal begins 5:30 Dinner 6:30 Service – Mickey Rainwater	March 1 Spring Renewal  5:30 Dinner  6:30 Rev. Jason Roe	2 Spring Renewal  5:30 Dinner  6:30 Rev. Jeff Lambert	3 Spring Renewal  5:30 Dinner  6:30 Rev. Alfred Johnson	<b>Last Spring Renewal Service is Sunday, March 7, at 7 p.m. Dr. Jerry Russell</b>		

January						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Notes:

March						
S	M	T	W	T	F	S
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7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

