



# The Witness

February 2012

## Red Bank United Methodist Church

redbankumc.org



*Your Word have I  
treasured in my heart...*

**Psalm 119:11**

*Pastor Jeff*

### **John 19:25-27**

*<sup>25</sup>Therefore the soldiers did these things. But standing by the cross of Jesus were His mother, and His mother's sister, Mary the wife of Clopas, and Mary Magdalene. <sup>26</sup>When Jesus then saw His mother, and the disciple whom He loved standing nearby, He said to His mother, "Woman, behold, your son!" <sup>27</sup>Then He said to the disciple, "Behold, your mother!" From that hour the disciple took her into his own household. NASU*

Let us imagine for a moment what Mary was experiencing as Jesus hung on the cross. After his birth we hear very little of Mary. Her life was lived in the background of Jesus' life and ministry. When that holy hour came and Jesus was suspended between heaven and earth, there was Mary at the foot of the cross. Bereft, baffled, and burdened, none of us will ever be able to comprehend the sword that pierced her soul on crucifixion day. There had never been such human bliss at the birth of a child and there had never been such sorrow that enveloped the heart of a mother as it did Mary. The brow she once kissed as a baby is now pierced with thorns. Little hands that held hers and little feet that walked on hers are now nailed to the cross. While the so called loyal disciples ran like cowards, John and Mary stayed with Jesus. Where is our loyalty to Christ? Where is our devotion? Are we indifferent to the cross of Christ? Are we indifferent to His suffering? Are we indifferent to the price He paid for our salvation? Let us take up the cross and follow Jesus.

*Jeff*

Heartfelt thanks and many blessings to everyone who contributed your prayers, time, energy, and contributions (money, knitted hats, and doll quilts) to the Angel Tree children and the party for them. These families were truly grateful for your generous love and support and we are too!  
The Angel Tree Committee

## What's Happening

There will be a service of communion and healing at the 8:40 and 11:00 services on Sunday, February 5.

**Safe House Ministry Needs:** individually-wrapped snacks, canned soft drinks, family-friendly DVD and Blue Ray movies, Wii games, X-Box or X-Box Kinnex games, PS2 games, and board games.

**Lauren Smith** is working on her senior project for Red Bank High School. This year she is doing her project on : LOCKS OF LOVE. This organization makes wigs for disadvantaged children who have lost their hair. On Feb. 5, from 5-7, at Great Clips in Hixson on HWY 153, beside Old Navy, there is a "Locks of Love Day." She is planning to donate ten inches of her hair. If anyone is interested in donating their hair (free of charge), please join her on this day.

**February is Christian Education Month.** 5th: Reactivate Sunday; 12th, Love Your Teacher; 19th, Bring A Friend; 26th, High Attendance.

**The United Methodist Men** will meet Feb. 4 for breakfast and program at 8:00. The program will be presented by Mr. Mark Miller of the Narcotics Division—Hamilton County Sheriff's Department.

**If you want to receive emails from the church** which update information fairly often, please call or send your address to the church office. Please be sure to let us know if your email address changes so we can keep our lists up to date.

**Our pantry is still overflowing** thanks to our hard-working youth group who spent an afternoon in the neighborhoods asking for donations!



**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  
Angie Hodges, Children's Ministry Director  
Linda Towers, Administrative Assistant  
John Schreiner, Music Director  
Alex Mejias, Pianist/Organist  
Amanda Conry, Nursery Coordinator  
Connie Barmoy, Sexton  
Andrew Jones, Sexton  
Greta Satterwhite, Preschool Director

# February 2012 at RBUMC



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> 5:30 Dinner 6:30 Programs and Studies for all ages 7:30 Choir Practice	<b>2</b> 10:00 Red Bank Seniors 7:00 College Bible Study 7:00 Stanfield Small Group	<b>3</b>	<b>4</b> 8:00 United Methodist Men Breakfast & Program
<b>5</b> Service of Healing and Communion 4:00 Finance Committee	<b>6</b> 10:00 Red Bank Seniors 1:00 Helping Hands 6:30 Coley Small Group	<b>7</b> 7:00 Administrative Council  IHN WEEK	<b>8</b> 5:30 Dinner 6:30 Programs and Studies for all ages 7:30 Choir Practice	<b>9</b> 10:00 Red Bank Seniors 7:00 College Bible Study 7:00 Stanfield Small Group	<b>10</b>  IHN WEEK	<b>11</b>  Youth Applebee's Fundraiser 7:30—9 a.m.
<b>12</b>	<b>13</b> 10:00 Red Bank Seniors  1:00 Helping Hands Ministry  7:00 Bethel Study	<b>14</b> 11:00 Young@Heart   Happy Valentines Day	<b>15</b> 5:30 Dinner 6:30 Programs and Studies for all ages 7:30 Choir Practice	<b>16</b> 10:00 Red Bank Seniors 7:00 College Bible Study 7:00 Stanfield Small Group	<b>17</b>	<b>18</b>
<b>19</b> <b>Join The Church Sunday</b>	<b>20</b> 10:00 Red Bank Seniors 1:00 Helping Hands Ministry 6:30 Coley Small Group 7:00 Bethel Study	<b>21</b> 6:30 Evangelism Committee	<b>22</b> 5:30 Dinner 6:30 Ash Wednesday Service 7:30 Choir Practice	<b>23</b> 10:00 Red Bank Seniors 10:30 Young @ Heart 7:00 College Bible Study 7:00 Stanfield Small Group	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> 10:00 Red Bank Seniors  1:00 Helping Hands Ministry  7:00 Bethel	<b>28</b>	<b>29</b> 5:30 Dinner 6:30 Programs and Studies for all ages 7:30 Choir Practice			
	Exercise Classes	M-W-F in CAC	9:00—10:00 am			

**Wednesday Nights in February:**

**Feb. 1** chicken and dressing with cranberry sauce, green beans, au gratin potatoes, rolls, red velvet cake. Youth: chicken tenders, mac&cheese, veggie platter, pudding and cookies

**Feb. 8** meat loaf with sauce, pinto beans, yellow squash casserole, cornbread, winter blackberry cobbler with ice cream Youth: sloppy joes, oven fries, ice cream sandwich

**Program:** Middle Valley Boys Quartet with Mike Hixson

**Feb. 15 Youth Valentine Banquet**



Fried bone-in chicken breast,  
Baked potato, broccoli with cheese sauce, rolls, cherry pie with ice cream

**Feb. 22** sliced roast beef with brown gravy, mashed potatoes, green lima beans, rolls, banana pudding Youth: chili dogs with cheese, cole slaw, cupcakes

**Feb. 29** beef stew, Caesar salad, cornbread, sweet potato pie Youth: hamburgers, tater tots, apple slices, dessert medley

**PRAYER EMPHASIS FOR FEBRUARY:**  
The theme for February is "Renew Your Mind".  
As a Christian, we are to no longer walk, live or think as the world does, but as one who belongs with Christ. Our most important guide to renewing our mind is reading and studying the Bible - God's Word. As a body of believers we need to pray for our Sunday School Teachers, Bible Study Teachers, Small Group Facilitators and those who proclaim the Word of God to each of us. Pray that they interpret the Bible correctly, deliver it clearly and that we would receive the message God has for each of us and live according to His Word.

**ROMANS 12:2** "Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."

**WHAT A WONDERFUL MINISTRY.** Prayer is one of the most important things in our life. We know from personal experience that prayer changes things. Thanks to all of you who were involved in making the beautiful Prayer Shawl and giving it to us. It is very meaningful to us and we shall treasure it all of our lives.  
May God bless you.

**A Healthier You!**

**Psalm 139:14**  
"I praise you because I am fearfully and wonderfully made....I know that full well"

**Friends at Red Bank United Methodist Church:**  
As 2012 Wellness chairperson, I want to share timely suggestions for you to be a healthier member within our church body. Each month, you will read about topics to help you strengthen your mind and body. However, with any of these suggestions, seek a physician's approval when applicable. Know that you are a physical miracle from God (Psalm 139:14); therefore, empower yourself with healthier behaviors!  
Happy reading and stay healthy! Jamie F. Harvey

For 2012, the focus will be on a health concern: **Sleep**. How about becoming a "well-rested and more relaxed Methodist"! As you become more rejuvenated, you will discover a transfer of healthier behaviors to your life. For example, if you become focused on sleep, you will be more productive, more focused on tasks. You never know how choices (the more positive ones) will influence your daily life! **Give it your best effort to healthy and Happy living!**

**January 2012: Sleep on this!**  
Think about how many hours of sleep you usually get each night compared to what your body needs. Facts, ideas and suggestions will be offered each month for our sleep health. 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:

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.  
For more information, you can visit:  
[www.cdc.gov/sleep/how\\_much\\_sleep.htm](http://www.cdc.gov/sleep/how_much_sleep.htm)

- February 2012: Sleep on this!**
- Sleep hygiene is the promotion of regular sleep. Centers for Disease Control and Prevention (CDC) for adults and adolescents are as follows:
- Adults:
1. Go to bed at the same time each night and rise at the same time each morning.
  2. Your bedroom should be quiet, dark and relaxing with the room neither too hot nor too cold.
  3. Your bed should be comfortable and used only for sleeping. Remove all TVs, computers and other "gadgets" from your bedroom.
  4. Physical activity may help promote sleep; however, not within a few hours of bedtime.
  5. Avoid heavy or large meals before bedtime.

ALSO, From the American Heart Association (AHA) and the Go Red for Women campaign, women are reminded to care for our heart health. Friday, February 3, we are encouraged to wear red to recognize the issue.