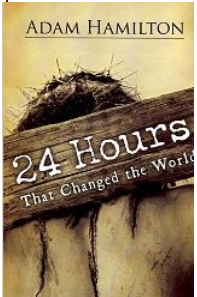


## Lenten Study

### *24 Hours that Changed the World* by Adam Hamilton



This year's Lenten Study is a powerful, life and church-transforming resource based upon the last 24 hours of the life of Jesus. Each week we will explore in depth the insights of faith and for living as vibrant Christians in our community, in our homes, as the church and in the world. If you'd like to look at the study in more depth, books are in the office.

Sunday School classes and groups that offer the study welcome newcomers for the study.

***Lent begins with Ash Wednesday worship at 12:15 pm and 7:00 pm. Come join us for a time of prayer and reflection as we begin this special season of working to follow Jesus.***

Most studies begin after Ash Wednesday—Compass Class will be beginning on Sunday, February 19 to better accommodate the Country Breakfast. Books are available in the office. E-versions of the adult book are available online at Amazon, Barnes & Noble, and Cokesbury. Come join a study, and join with others so that you may better know and follow Christ!

### Lenten Study Small Group Options

#### Wednesday

Noon-1:00 pm	Pastor Led	St. Paul's
2:00-3:00 pm	Dr. Young	Marple Home
6:00-7:00 pm	Pastor/Lay Led	St. Paul's
EVENINGS	Youth and children	St. Paul's

#### Thursday

9:30-11:00 am	Jennifer Petersen-GAP ( <i>Women's</i> )	St. Paul's
9:30-10:30 am	Pastor Led- ( <i>Men's</i> )	St. Paul's
5:30-6:30 pm	Pastor Led	St. Paul's
7:00-8:00 pm	Brad Colton	St. Paul's

#### Sunday

10:20-11:20 am	Faith Builders	Room 303
	Compass	Room 117
	Family Fellowship	Room 315
	Kum Disciples	Room 317
	Lifeline	Annex
	Seekers	Room 119
	Serendipity	Room 325
	Kris Yahn	Room 312
11:30-12:30	Pastor Led	St. Paul's

## Parish Nurse Notes

### *You've Gotta Have Heart!*



Kris Yahn, R.N.  
Parish Nurse

Our hearts are a wonder of God's divine design. The heart is a fist-sized "pump organ" with 4 sections (chambers) that contract and relax in a rhythmic pattern from before birth until the day we die, with no effort at all on our part.

You can take steps today to lower your risk of heart disease and heart attack. Heart disease is the leading cause of death for both men and women in the United States. To help prevent heart disease, you can:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.
- Take steps to prevent type 2 diabetes.
- Manage stress.

It is important to be "heart healthy;" our lives depend on us taking care of this natural gift. Come to the library between 7:45-11:00 am on the 3<sup>rd</sup> Sunday (February 19) to have your blood pressure checked. This month we will have brochures about heart health. If you have questions or concerns about your heart health, call me at 360-9516.

## Administrative Assistant

Administrative opportunity for the right individual to work in a dynamic urban church. This position will offer a variety of duties and support to professional staff. Applicant must have 2 years prior administrative support experience, be proficient in Microsoft Office 2007. Knowledge of Shelby software a plus. For consideration, please send a cover letter, resume, and wage requirements to:

St Paul's United Methodist Church  
Attn: Church Treasurer  
PO Box 2065  
Cedar Rapids, IA 52403-2065  
Or

[Treasurer@stpaulsumc.org](mailto:Treasurer@stpaulsumc.org)

Applications will be accepted through February 25<sup>th</sup>.  
No agency calls please.

## Worship at St. Paul's

\*\*Sunday's worship may be viewed on:  
Mediacom Cable Channel 18 at 6:00pm Wednesdays  
ImOn Channel 4 at 10:00am Thursdays

**February 18 & 19**

**Sacred Relationships Part 6: Where Is Our Focus?  
Philippians 3:7-16**

**February 22**

**Ash Wednesday Worship 12:15 & 7:00 pm**

**February 25 & 26—Lent 1**

**24 Hours that Changed the World**

**Mark 14:12, 22-25 & Mark 1:9-15**

**Come, invite someone to join you and worship God!**

## Weekly Highlights

**Sunday, February 19—All Worship has Childcare**

8:15am Communion Worship - Chapel  
9:00am Traditional Worship - Sanctuary  
10:20am Sunday School for All  
10:30am Traditional Worship - Chapel  
10:30am Worship Café - Wesley Center  
11:30am Worship Café - Wesley Center  
12:30pm Church Conference Wesley Center  
4:00pm Newcomer Connection - Wesley Center  
4:30pm Youth Choir - Music Center  
5:00pm Hispanic Worship - Wesley Center, 117  
5:15pm Chancel Bells (Sr. Hi) - Room 327

**Monday, February 20—AARP Tax Prep M-Th call 211**

8:00am School Bag Workshop - Annex  
9:00am Focus Play and Learn - 307  
12:00pm Sanctuary Open for Prayer - Sanctuary  
6:30pm Finance Committee - 217  
7:00pm Martha Circle - Parlor  
7:00pm SYRUP (Young Adult) - 110

**Tuesday, February 21—Childcare at 6:15 pm**

7:00am Companions in Christ - Library  
9:00am Holiday Fair Workshop - Annex  
9:00am Staff Meetings  
5:30 pm Parenting Young Children  
6:30pm Men's Ensemble - Music Center  
6:30pm Church Council - Pastor's Study

**Wednesday, February 22—Childcare at 5:45 pm**

7:00am Men's Bible Study - Annex  
9:30am Stitching for Missions - Annex  
12:15pm Ash Wednesday Worship - Sanctuary  
1:30 pm Shawl Ministry - Library  
5:15pm TGIW Meal & Activities  
7:00pm Ash Wednesday Worship  
7:45 pm Sanctuary Choir - Sanctuary

**Thursday, February 23—Childcare at 6:30 pm**

9:15am Women's Bible Study - Annex  
9:30am GAP Bible Study - 119  
12:00pm UMW Board Meeting  
6:15pm Toastmasters - 117  
6:30pm Carillonners  
6:30pm Disciple II Bible Study - Library  
7:30pm Hispanic Bible Study - 119

**Friday, February 24**

9:00am Bulletin Stuffers - Parlor  
12:00pm Office Closed

**Saturday, February 25 –Worship has childcare**

5:30 pm Celebration Worship - Sanctuary

Please see website calendar ([www.stpaulsumc.org](http://www.stpaulsumc.org))



Rev. Harlan Gillespie  
Senior Pastor

**"Yet whatever gains I had, these I have  
come to regard as loss because of Christ."**

*Philippians 3:7*

This issue finds us on the tipping point between an "ordinary" time of the church year and Lent. The ordinary times of the church year are the in-between times, in between major seasons and holy days, such as Christmas and Lent/Easter and from Pentecost to Advent.

### *From Harlan*

There is really nothing any more ordinary or major about any of the days and seasons. Each day is a day of joy and sorrow for someone. Each day is a day of routines or a day with a new beginning for someone else. Each day is a day full of God's grace, both seen and unseen.

This morning, Monday the 13<sup>th</sup> of Feb, the day is snowing. Whitney Houston's death is all over the news media. People are off to work, others are looking for a job. Some await news of a diagnosis; others are going through treatment. Children – some well fed and others very hungry – are in school. Somewhere a marriage is breaking; elsewhere love takes root in two people who are considering a life together. All in all, the day is not so different than other days. Some gains. Some losses.

Paul's letter to the Philippian Church was written from his prison cell in Rome. They knew he was in danger of execution for preaching the Gospel. Paul does not write words of retribution for his captivity. Rather, he focuses upon greater things. His life was at a tipping point between the here and now and the life to come. It was, and remained, Christ who called him. Christ who made Paul Christ's own.

This weekend we conclude our series on Sacred Relationships as a way of looking ahead into Lent. Our relationships, in God's estimation, have a focus, have a purpose that all stem from God's relationship and calling upon our lives through Jesus Christ who has made us his own. For ourselves, personally, for our households, for us as members of the body of Christ (the church), for the communities in which we live, here and all around the world – there is a focus, a purpose to our relationships that is called forth from us by God's love.

How that focus, that purpose, is lived out in each of our lives is largely up to how we each, and together, pray, worship, give, serve, and witness to our faith and our willingness to admit that God has made us God's own through Christ. Paul wrote to the Roman Church that nothing in the life, nor any power, or even in the life to come can separate us from the love of God in Jesus Christ. No matter the condition of any of our lives, the well-known and the unknown, God's purpose, God's focus is to love us all.

God's focus, as we shall see during Lent with *24 Hours that Changed the World*, has been and shall always be upon making us God's own through love – a patient, ever steadfast, deep, and eternal love. That is God's self-chosen mission. As a people of God, a church of God, that is our mission as well. Come, experience the everyday love of God.

Grace and Peace,

Pastor Harlan Gillespie



### **Holiday Fair Craft Workshops Begin March 6**

Craft workshops for Holiday Fair will begin meeting on Tuesday, March 6. We meet every Tuesday morning beginning at 9 am in the annex. Everyone is welcome!



## Prayer - The Ministry of Caring of the St. Paul's Family

February 15, 2012

**We always rejoice in you, our Lord, and lift everything to you in prayer and supplication as we consider ourselves, others, and our prayers for....** *Philippians 4:4-5*

- Those hospitalized at St. Luke's, Mercy, and UIHC.
- Continued healing and grace for those in need.
- Memorial prayers for the family and friends of those who have recently died.
- The Church of Jesus Christ, and the church of the week, Monticello United Methodist Church, and Pastors Ed Moreano and Jean Sullivan.
- Those under Hospice Care.
- Praises to God this day and every day for our church, good health, shelter, family, the opportunity to worship.
- Peace, the needy and for those without freedom to worship.
- Our military and their families, both here and overseas.

*Prayer requests for this devotion of caring will be added upon request and updated weekly. Names listed here under continued healing and grace will remain on the list for 3 weeks; if you would like a name on the list longer please let us know. Communicate by use of the prayer request boxes, phone 363-2058, or e-mail silg@stpaulsumc.org or harlan@stpaulsumc.org. Include a permission to share with others, or a request for confidentiality.*

### Clear Lake Cabin Available for Rental

St. Paul's members may make reservations for our cottage at Clear Lake for next summer. To make reservations, you may call the church office (363-2058). Dates are not confirmed until an application along with the deposit fee of \$100.00 is received (balance will be due March 31, 2012). The deposit is applied to the rental cost. The cottage is rented as a complete unit and preference is given to full week rental. Church groups and classes are allowed to reserve for a weekend. (If you reserve a full week, you are responsible for payment for the full week even if you are not there for the entire week. Subletting is permitted if the renter is approved by the church.) **Current available dates include all of May, June 1-June 7, August 19-31 and all of September.** If you are interested in off season dates at a reduced rate, please inquire at lrunkle@stpaulsumc.org or call the church office, 363-2058. Information is also at [www.stpaulsumc.org](http://www.stpaulsumc.org).



### Reminder- Newcomer Event February 19

Remember the Newcomer event from 4:00-6:30 this Sunday, February 19. All New St. Paul's members and friends, **Please RSVP to the church office** with names of those attending from your family. 319-363-2058 or email: lrunkle@stpaulsumc.org

**We look forward to seeing you!**

### Four Openings in Hospitality!

Have you found a way to serve? Do you have gifts of welcoming, administration, or encouragement? Here are some great opportunities to let your light shine! Find out more by contacting the office

- **Coordinator(s) of Coffee, etc....:** Help lead a team of people to provide refreshments each Sunday in the parlor. We thank Lynn Asprooth for 9 years of leading and we appreciate her faithful ministry!
- **Friendly Welcome Center Staff:** Greet people from 10:15 - 10:35 once a month outside of the Wesley Center
- **Worship Café Menu Team:** Bring a simple treat (3 dozen) once a month to be served throughout Worship Café services.
- **Worship Café Servers:** Worshipful work! Join others with coffee and food set up, serving, or clean up once/twice/month during Café Worship, 10:00 am-12:45 pm

Thank you for the ways you help others connect to the body of Christ at St. Paul's!

### Scholarships Available!

College and seminary scholarships are available from:

**Iowa United Methodist Church Foundation;** Application due date: March 15, 2012—Information at: [www.iumf.org](http://www.iumf.org)

**UMC General Board of Higher Education & Ministry;** Application dates: Various—Information at: [www.gbhem.org](http://www.gbhem.org).

**St. Paul's United Methodist Church Foundation;** Application due date: April 15, 2012—Information at: [www.stpaulsumc.org](http://www.stpaulsumc.org) *Click on St. Paul's Foundation on the home page, then Scholarships.*

Don't miss these great opportunities for college funding! You can't possibly receive any if you don't apply. **DO IT NOW!!!**



### Youth Programming and Schedule Changes

Youth programming will change starting February 29. Wednesday night will become Bible study and on Sundays, youth will be invited to the 11:30 am worship service and youth activities after worship. The youth are a dynamic group who are well versed in contemporary worship so making them part of the 11:30 am service will be an exciting opportunity for youth and the congregation. This also brings back Sunday youth activities. "It's an exciting outreach opportunity because youth can invite friends to worship and then have fun," Phil Rogers said.

Wednesday night Bible study has also made a comeback. Phil feels that leading Bible study is what he does best. "I love working with kids and watching the light go on. Now we can get back to being deliberate about faith development." More information and a schedule of youth events will be in the March issue of the youth newsletter on St. Paul's website soon.

### Thank you, Crib Sponsors

Thank you very much to all the sponsors who have given so generously, so that children may safely nap. Your kindness is a blessing upon all the early childhood programs at St. Paul's, both weekday and weekend.

## Church Conference Sunday, Feb 19, 12:30 pm

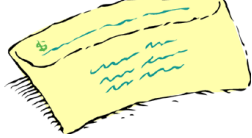
A Church Conference will be held at St. Paul's in the Wesley Center, Sunday, February 19, beginning at 12:30 (following 11:30 Worship Café). The purpose of this conference will be to act upon a request to Bishop Trimble to appoint Matt German to a ¼-time appointment to St. Paul's UMC for the purposes of his supervised practice of ministry. This request was approved by the Staff Parish Relations Committee and the Church Council to be put properly before the Church Conference. Funding for this position will remain as it was initiated from the undesignated St. Paul's Foundation proceeds and not from the General Budget. All members of St. Paul's are invited.

## AARP Tax Preparation Assistance

AARP Tax Aides will be providing free tax help to those with low and moderate incomes, with special attention to those age 60 and over. This help will Monday-Thursday, Feb 1 to April 17 - **by appointment. Appointments may be made by calling the community assistance line at 211 or 739-4211.**

## Please Pick Up Offering Envelopes in the Parlor

### Offering Envelopes



you may find envelopes with your name!

If you requested numbered offering envelopes from the finance office, they are available in the Parlor. Please do pick up the envelopes you requested, so that you may take advantage of their availability. If you aren't sure whether you requested envelopes, please check, as

## Early Childhood Registrations Open!



### Early Childhood

**St. Paul's Preschool** is accepting enrollment for the 2012-2013 school year. Current families in the program can begin to register on February 13. New families may register beginning February 20. Programs for two, three and four year old children are offered, with a Christian classroom option available for three and four year olds. Hours are 9 to 11:30 am with a preschool plus option until 1:30 for three and four year olds. Preschool offers

creative curriculum in areas such as art, music, science, cooking, dramatic play and motor development. Many different days and options are available so please contact Stacy Martens at 363-6349 for questions or to set up a tour.

**Parents Day Out** is now accepting enrollment for fall. PDO takes infants through pre-K. We are in session Monday through Thursday from 9:30 - 1:30 Sept. - May. You may choose 1, 2, 3, or 4 days a week, whatever fits your needs. We offer weekly themes for the children to learn by doing activities, stories, and art. Please feel free to call for a tour or more information. Sandy McGee, director, at 363-6349.

## Compass Class Country Breakfast

Sunday, February 26, 8:30 am-12:45 pm, in the Wesley Center (lower level).

Proceeds will benefit Preschool Scholarships, Parents' Day Out, and Youth Mission Trips.

Serving: Eggs & Ham, French Toast, Pastries, Fried Potatoes, Applesauce and Beverages.

Everyone is welcome! Bring a hearty appetite and a friend!



## "You Are More...!" An Every Daughter Brunch

Saturday, March 3, 9:30 am - Noon in the Wesley Center



Bring your mother, daughter, granddaughter or just yourself (if you are a woman, you are a daughter!) and find out what's similar... different... about your growing up years and those of another generation.

Please make reservations for the brunch (and child care, if needed), by emailing [brokawkj@aol.com](mailto:brokawkj@aol.com), in the main hallway Sunday morning, or in the church office during the week.

## New Members Joining February 26!

We look forward to welcoming several new members on February 26th! Fifteen people have just completed the New Member Series discussing our faith beliefs, our United Methodist heritage and what it means to be a member of St. Paul's through our prayers, presence, gifts, service and witness. Please introduce yourself to these new members!

## Want to Make VBS Another Success This Year?



Vacation Bible School is still a few months away, but planning is upon us! VBS planning and organizing is a group effort, so we can use your help. If you're interested in working as a team to pull it all together, or if you have questions, contact Pastor Allison ([allison@stpaulsumc.org](mailto:allison@stpaulsumc.org) or 363-2058).

## Coming Events...

Feb 19	Newcomers Connection Event
Feb 22	Ash Wednesday 12:15 and 7:00 pm
Mar 3	Every Daughter Brunch
Mar 12	Thrift Mart Donations begin

Harlan Gillespie, Senior Pastor  
Sherrie Ilg, Associate Pastor  
Phil Rogers, Minister of Youth

Allison Warren, Minister of Christian Education  
Lloyd E. Brockmeyer, Minister of Congregational Care  
Carol Tralau, Director of Music Ministries  
Matt German, Contemporary Worship Leader

**Outlook** DEADLINE: EVERY MONDAY AT NOON  
Outlook Editor: Laura Runkle ([lrunkle@StPaulsUMC.org](mailto:lrunkle@StPaulsUMC.org)) 363-2058