



The Methodist Messenger

Upcoming Events

Sunday, February 14
Between services
Blood Pressure Clinic

Tuesday, February 16
6:30-8:00 p.m.
Information Sharing for
Church Leaders

Wednesday, February 17
7:00 p.m.
Ash Wednesday Service

Wednesdays, Feb. 24-
March 24
7:00 – 8:15 p.m.
Lenten Study

From Your Pastors

Lent: A Turning toward Life

By Pastor Rich Neal

Another annual observance of Lent is about to begin, but even after all these years the season can be no easier to understand or to appreciate. In order to gain the most value from Lent, it may help to recall some of its meaning and tradition.

Lent (from the Anglo-Saxon word *lencten*, meaning “spring”) is a season of forty days, not counting Sundays, beginning on Ash Wednesday, which this year falls on February 17, and ending on Holy Saturday, the day before Easter. Lent began as a time when converts to the faith were prepared for baptism, and eventually

it became a time for penance and renewal of faith by all Christians.

Many people think of Lent as a time of giving up something. It might be better considered as a time of taking on something – the intention to grow and the receptivity to God’s grace so that we can more fully enter into Easter’s celebration of resurrection.

Often the faithful find it helpful to engage in disciplines of renewal and reliving conversion. Disciplines such as praying, searching the scriptures, and acts of charity and good deeds (taking on special concern for the concrete needs of others) enhance the experience of Lent. Fasting is another meaningful discipline that is commonly known as a time of abstaining from food. However, fasting may be better experienced as a turning away from any acquisition, con-



sumption, habit, or practice that is more than we truly need for a basic life and that distracts or estranges us from God, from our true selves, from anyone in the human family, or from the natural world.

Worship on Ash Wednesday, at 7:00 p.m., introduces Lent with the imposition of ashes, usually in the sign of the cross on the forehead or sometimes on the back of the hand, as a reminder of our mortality. “Remember that you are dust and to dust you shall return” are the words usually spoken as a reminder to shift our attention from things that pass away, especially ourselves, to things that endure.

Lenten Study and Discussion – Begins February 24

One of the things you are invited to take on during Lent at WUMC is a commitment to study and conversation in a small group. Our Lenten study will meet at the church from 7:00 to 8:15 p.m. on Wednes-

days beginning February 24 and ending March 24. Adults will meet in one group for study and discussion. Special activities will be offered for children, and supervised childcare will be provided for

those who request it. Light refreshments will be served. Watch for details of the study offerings to be published in the Sunday Messenger.

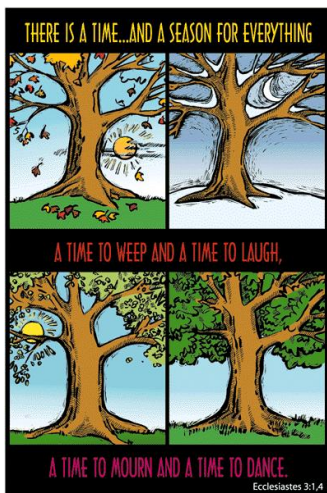


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Methodist Church
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For Everything, There is a Season... (Ecclesiastes 3:1)

Associate Pastor Nick Perry

“Maybe Lent can be a time where we reexamine our lives, and reorder our priorities.”



It is hard to imagine that spring is just around the corner. Soon the piles of snow will slowly melt away and the vibrant colors of tulips will fill our landscape. It is fun to watch as the seasons have their annual tug-of-war. The spring is crowned champion, and all of creation along, with the birds, sing its praises.

Very soon, we will be in a new season in the life of the church. Lent is a season like winter that we might wish to end quickly, but it is an important season. Lent is a season or a period of time just before we celebrate the wonder of Easter morning. Lent is a time for a spiritual tug-of-war, where we are focused on the areas of our lives that need spring-cleaning. It is also a time for us to be drawn closer intentionally in our relationship with the Lord. It is most definitely a time to extend our love to others just as Christ did.

Sometimes winter's length seems so disproportionate to the few dog days of summer. Perhaps, seasons' lengths are no more disproportionate than the reading of the gospels. So little time, if any, is given to Jesus' birth in the four gospels; some seem like a marathon of sermons, while another gospel focuses on Christ's actions. But one thing they all have in common is that they are disproportionate in that they take only few chapters to span 30-33 years of Jesus' life, and spend the bulk of their ink describing the last evening of Christ's life.

Lent is too long for some people, and yet not long enough for others. However, most of us spend a disproportionate amount of time, energy, and resources on ourselves. Meanwhile, we give God about an hour or so on Sundays. Maybe Lent can be a time where we reexamine our lives, and reorder our priorities. My whole life I have taken Lent as a season in which I give up something. Usually, I give

up things that are easy and cost me little to live without such as soda, television, or a bad habit. But this year I am reminded of an elderly Episcopal couple that I met several years ago. Mr. and Mrs. Elderidge saw Lent not only as a time to be drawn closer in their relationship with the Lord, but also as a season to focus their love for people in very concrete and intentional ways. Perhaps, this couple understood all too well the disproportionate values we place on ourselves and how little we express the love of God to others.

I imagine that Christ would look at my usual practice and shake his head. However, I picture Christ nodding his head in affirmation at the way that the Elderidges saw the disproportionality of life and sprung into action. This Lenten season, may we follow the examples of the Elderidges and that of our Savior by finding meaningful ways to express the love that we have known to someone else.

WUMC Leadership and Conference Updates

Bishop Calls for Relief Support for Haiti

Dear Brothers and Sisters in the New York West Area,

A devastating 7.0-magnitude earthquake hit the island nation of Haiti on Tuesday, January 12, causing widespread destruction. Centered in Port-au-Prince, the earthquake affected millions of people and thousands are feared dead. Many government buildings, schools, and hospitals are damaged or completely destroyed. In the next few days, we will watch as the United States sends rescue and then recovery resources to assist in the aftermath of this event.

This island nation is among the poorest countries in the western hemisphere. It is also a place where United

Methodists have served missionally for years, a place where we have strong and historic relationships. Some of those relationships have been forged through the UVMIM mission teams deployed through the Wyoming Conference, one of the Conferences uniting with the North Central New York, Troy, and Western New York Annual Conferences this July to form the Upper New York Area. The United Methodist Committee on Relief (UMCOR) is assessing the needs and preparing to respond. UMCOR asks for prayers for all affected by the disaster. Our United Methodist resources can also be part of this immediate and long-term work. Our churches and our members can play a significant role in helping these brothers and sisters in their time of need.

Utilizing existing relationships, we will be able to mobilize aid quickly to directly assist communities in both the early and long-term recovery from this destruction.

Gifts for relief efforts can be made through the local church. Simply make your check payable to Williamsville UMC and mark it "Haiti emergency." All donations will be forwarded immediately to the UMCOR recovery program that is providing relief to Haiti. Additional information about UMCOR's "Haiti emergency" response efforts is included in an article in the "Outreach and Missions Musings" section of this newsletter.

Our United Methodist Church is uniquely situated to put every dollar donated directly into the communi-

ties of need. The administrative expenses of these mission efforts have been covered already by our offerings through the One Great Hour of Sharing. Because of our faithfulness, we can guarantee that 100% of what we receive will be sent to Haiti and its residents.

Please continue to lift up our neighbors in Haiti and those involved in relief efforts in your prayers. And may God help us fulfill the Great Commandment in all we do.



Grace and Peace,
Marcus Matthews
Resident Bishop

CHURCH
Leadership



WUMC Leadership and Conference Updates

Information Sharing for Church Leaders

Attention lay leaders, lay members to the conference, SPPRC chair, and finance chair! An information sharing session regarding our new annual conference's

shared ministries, clergy benefits (including pension and health insurance), and minimum compensation levels for clergy will be held on Tuesday, February 16, 2009 from 6:30 - 8:00 p.m. at Amherst Trinity UMC, 711 Niagara Falls Boulevard, Amherst, NY 14226. This important infor-

mation sharing session will give you the information you need to move forward as members of the new Upper New York Conference that begins on July 1. For further information, contact Deborah Barnes at the Niagara Frontier District Office at (716) 832-3233.

WNY 2010 Conference Loans, Scholarships, and Grants: Earlier Deadlines!

WNY Conference Undergraduate Education Grants

Grants are available to any member of a United Methodist Church in the WNY Conference attending or admitted to an accredited college or university. Because grant amounts are determined based on the funds available to all applicants that submit a completed application by the deadline, no applications will be accepted after the deadline.

Please Note: The complete application package must be returned no later than April 1, 2010 to: WNY Conference, Undergraduate Education Grant, 131 John Muir Drive, Buffalo, NY, 14228. Applications for the Undergraduate Grant are available online at <http://wny.brickriver.com>.



The United Methodist Church Conference Merit Award Program

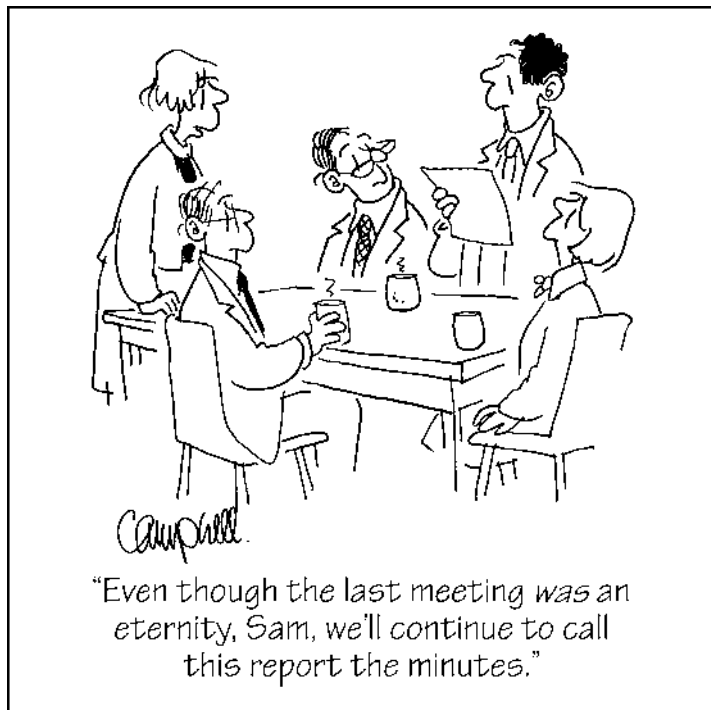


One award is designated for an undergraduate student attending a United Methodist related college or university by the WNY Conference Board of Higher Education and Campus Ministry. A list of United Methodist schools can be found at <http://www.gbhem.org/site/c.lskSL3POLvF/b.3463093/>.

Please Note:

1. An applicant must be nominated by a local church.
2. Only one student may be nominated annually by each church.
3. The complete application package must be sent no later than April 1, 2010 to: WNY Conference, Merit Award Program, 131 John Muir Drive, Buffalo, NY 14228.
4. Applications for the UMC Conference Merit Award are available online at <http://wny.brickriver.com>.

Awards are also available to students attending any accredited college, university or seminary in the USA by the WNY Conference Board of Higher Education and Campus Ministry. Students must have been a member of a WNY United Methodist Church for at least one year prior to application. Please use the Merit Award Application materials and instructions above.



Family Ministries News

Simple Lenten Activities for All Ages

Kim Weingartner

Take time this Lenten season to reflect in a spirit of repentance with a willingness to change more into the likeness of Jesus Christ. Lent is a time of new growth and new life. It is also a time to remember God's love that surrounds us and binds us together. Make it a priority to connect with God and others.

- Pray the Lord's Prayer every day during Lent.
- Make a place mat out of purple paper. Draw or add Lent and Easter symbols to it for use during meals.

Ash Wednesday - Read John 3:16

- Show God's love by doing something nice for someone

1st Sunday - Read John 8:12

- Find a window where the sun is shining in. Put an article of clothing in the sunshine for 30 minutes or more then put it on. How does the warmth of the clothing remind you of God's love?

2nd Sunday - Read I John 4:7-8

- Visit a friend who is sick or someone in a nursing home.

3rd Sunday - Read Matthew 21:22

- Make a list of all that you are thankful for and pray a prayer of thanks.

4th Sunday - Read Ezekiel 36:26

- Enjoy a special meal like Jesus enjoyed a meal with his friends.

Easter - Read Matthew 28:19-20

- Think of one thing you have done during Lent that you will continue to do after Easter.

- Smell a flower and look for new life.

Let God into your thoughts, hopes, trials, and disappointments this Lenten season. Let God bring new life, abundantly.



Three Things in Life

Three things in life that, once gone, never come back:

1. Time - Ecclesiastes 3
2. Words - Proverbs 12:18
3. Opportunity - 1 Thessalonians 4:10-12

Three things in life that can destroy a person:

1. Anger - Ecclesiastes 7:8-10
2. Pride - Proverbs 13:10
3. Unforgiving - Matthew 6:14

Three things in life that you should never lose:

1. Kindness - Galatians 5:22-23
2. Peace - John 14:27
3. Honesty - Psalm 15

Three things in life that are valuable:

1. Faith - Romans 5:1-3
2. Hope - Psalm 71:14
3. Love - 1 Corinthians 13

As you think about these qualities, also take time to consider the

"Benefits of Wisdom" outlined in Proverbs 3, and of course, the "Fruits of the Spirit" in Galatians 5:22-26:

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things, there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other.



WUMC Book Club

Ann Killian

If you enjoy reading, consider attending the WUMC Book Club to join in our interesting discussions - or you can just listen. List below is information about the meetings and the books we will be reading for the next four months.

Book Club Meetings

February 19, 7:30 p.m., at the home of Midge and Vaughn Hackworth

Book Selection: *Snow Falling on Cedars* by David Guterson

A fiction book about how a small town deals not only with a serious crime, but also with issues inside the community that are exposed during the investigation and trial.

March 19, 7:30 p.m., at the home of Bud and Sally Jost

Book Selection: *The Shack* by William P. Young

A story of the loss and regaining of faith.

April (date TBD), 7:30 p.m., at the home of Holly and Phil Reynolds

Book Selection: *Buffalo Gal* by Laura Pederson

A humorous memoir about living in Buffalo, New York.

May (date TBD), 7:30 p.m., at the home of Karen and Jon Patterson

Book Selection: *Devil in the White City* by Erik Larson

A nonfiction selection about, "murder, magic, and madness at the fair that changed America."

It's not too late to be a part of the Book Club. If a book looks interesting, join us for the discussion. If you have questions or need more information, please contact Ann Killian.

Christian Education News

Children and Youth Christian Education

Love Your Enemies

Judy Toone

"A new commandment I give to you, that you love one another; as I have loved you, that you also love one another. By this all will know that you are my disciples, if you have love for one another." John 13:34-35

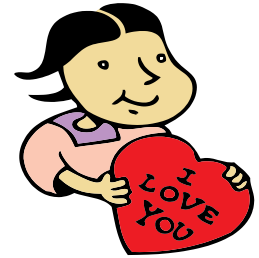
Children in grades kindergarten through 4th grade are currently learning about loving their enemies in Sunday school at 9:45 – 10:30 a.m. We all know it is easy to love people who are nice to us and who love us too. Jesus told us to do something far harder than that. He told us to treat others like we want to be treated. For the next few weeks, the children will be learning nonviolent ways to take a stand against injustice, practice responding with forgiveness instead of revenge, and pray for our enemies. Wouldn't the world be a better place if we could all learn these lessons?

The following poem about crayons is being used with our kindergarten through 4th graders in Sunday school. However, these simple words carry such a powerful message that we decided to share it with everyone as a reminder that God's love color-blind.

The Crayon Box That Talked

By Shane DeRolf

While walking into a toy store the day before today,
I overheard a crayon box with many things to say.
"I don't like Red!" said Yellow and Green said "Nor do I."
"And no one here likes Orange, but no one knows just why."
"We are a box of crayons that doesn't get along,"
Said Blue to all the others, "Something here is wrong."
Well, I bought that box of crayons and took it home with me,
And laid out all the colors so the crayons all could see.
They watched me as I colored with Red and Blue and Green
And Black and White and Orange and every color in between.
They watched as Green became the grass and Blue became the sky.
The Yellow sun was shining bright on White clouds drifting by.
Colors changing as they touched becoming something new,
They watched me as I colored - they watched me till I was through.
And when I finally finished I began to walk away,
And as I did, the crayon box had something more to say.
"I do like Red!" said Yellow and Green said, "So do I."
"And Blue you were terrific! So high up in the sky."
"We are a box of crayons each one of us unique,
But when we get together the picture is more complete."



Christian Education Dates to Remember

Monday, February 1

7:00 p.m.

Children and Youth Christian Education Team Meeting – All are welcome to attend

Sunday, February 7

Senior High Super Bowl Party

Sunday, February 14

9:45 – 10:30 a.m. "Reach Out In Love" Celebration

Sunday, February 21

New Rotation begins for kindergarten through 4th grade

Sunday, March 7

9:45 – 10:30 a.m. Lenten Fair for all children and their families

Sunday, March 28

Senior High Annual Pancake Breakfast during Worship Services

Christian Education Team Meeting – February 1

A warm welcome to anyone interested in attending our Christian Education Team meetings. We are always looking for new faces and ideas so if you have ever thought about becoming more involved in this ministry, please join us! We meet the first Monday of every month. This month we will meet Monday, February 1, at 7:00 p.m. in the outer church office. See you then!

"Reach Out In Love" Celebration – February 14

Sunday, February 14, is not only Valentine's Day, but it is also our "Reach Out In Love" Valentine celebration for children from age 3 through 4th grade in Fillmore Hall from 9:45 – 10:30 a.m. We call it "Reach Out in Love" since we make valentine projects for others as well as for ourselves. It is a wonderful way to celebrate our love for God and our love for each other! Parents are welcome to join us!

Most of you know Valentine's Day as another opportunity to remind people we love them. But did you know Valentine's Day was actually the day St. Valentine was killed for telling people of God's love? Before he was killed, St. Valentine was able to send out notes saying, "Remember your Valentine!" This year, when you tell people how much you love them on Valentine's Day, remember the true meaning of the day and remind them how much God loves them too!



Christian Education News

Children and Youth Christian Education



Lenten Fair – March 7

The Lenten Fair is coming up quickly on Sunday, March 7, so mark your calendar now for this family-fun event that is open to all children and their families. The Lenten Fair is being held downstairs in Fillmore Hall from 9:45 – 10:30 a.m. on March 7. This is always one of our favorite events filled with crafts, storytelling, and lots of special things to share. Please plan to join us as we celebrate the Easter season together!

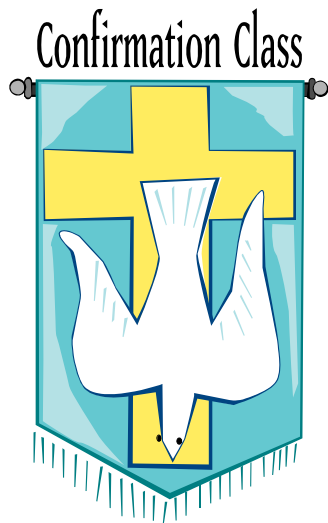


“Christmas around the World” - Advent Fair Photos

During our annual Advent Fair last November, we used hands-on activities to help us learn a little about “Christmas around the World.” We thank Ron Leonardi for taking photos as we engaged our imaginations and learned a little about Christmas traditions in other countries.

Junior and Senior High Youth Group News

WUMC Confirmation Class 2010- Begins March 6



The Confirmation Class for 2010 will begin on Saturday, March 6, and continue through Saturday, May 22, when we share a meal together. We will meet each Saturday morning at the church from 10:00 to 11:30 a.m. to study the topics listed below in the schedule. Then on Pentecost Sunday, May 23, we will receive new members from Confirmation Class during the worship service.

If you or someone you know is in 8th grade or above are interested in joining this Confirmation Class, or if you need more information, please contact Pastor Nick Perry.

Blessings,
Pastor Nick

Confirmation Class 2010 Schedule

March 6	Introduction and Information Meeting
March 13	Overview of Christian Year: Focus on Advent, Christmas, and Epiphany
March 20	Overview of Christian Year: Focus on Lent, Easter, and Pentecost
March 27	Core Christian Beliefs: God, Jesus, and the Holy Spirit
April 17	Introduction to Hymnal, Baptism, Holy Communion, and Confirmation
April 24	Introduction to Methodist Heritage
May 1	Introduction to Methodist Beliefs
May 8 Service	How to Grow in Our Faith: Scripture, Prayer, and
May 22	Share a meal together!
May 23	Pentecost Sunday - Introduction to the congregation during the worship service



Invest time in Our Youth—Reap Big Benefits

I am reminded of a crippled individual that Peter and John encountered in Acts 3. The begging man asked Peter and John for assistance. “I have no silver or gold, but what I have I give you,” responded Peter. We are not about to ask for your money, but for something deeper and more meaningful to our church and youth. Help us to “strengthen the ankles” of our youth, and together bask in the “wonder and amazement” of the ways that God might work through us - the modern-day Peters and Johns.

We are looking for parents and adults who are willing to invest a 90 minutes on a Sunday (s) evening in our youth. We know that volunteers come with different gifts and comfort levels. You will not be asked to “run” a program, but we do ask that you be willing to help in other ways. For example, you might enjoy being an active listener in our devotional time, or perhaps you would like to help ensure that games are played in a fun and safe manner.

We ask that you prayerfully consider a way in which you can “give” to the youth group. You can even invite a friend or spouse to come with you the Sunday evening on which you agree to volunteer.

If you have any questions, please feel free to contact Pastor Nick or Judy Toone at the church office 634-4800. We look forward to having you work alongside us for the remainder of this year as we invest time in our youth.

Recap of Youth Activities and Plans for 2010

As we start 2010, we thought we would recap all the Junior High happenings we have done so far! We started the year off with a pizza party. In October, we had a haunted tour of Old Fort Niagara, followed by a night of faith sharing with the Buffalo Bills in November. We had a different kind of gift exchange and a Christmas prayer station night in December. Whew! And that’s just the beginning of

our year together! We will continue to meet every other week on Sunday evenings for more fun times together.

Our goal at the beginning of the year was to continue to meet every week with the Senior High Youth Group and every other week with Junior High. We recognize each of these groups as being at different levels socially, mentally, physically, and emotionally. We hoped to plug in at least two parent volunteers at each meeting so we would not have to combine the

groups so they could continue to function as separate ministry areas.

Unfortunately, we have struggled with being able to adhere to this goal on a regular basis. We will continue to look for extra volunteers and ways to accomplish these goals. In the meantime, double-check the calendar below for specific dates. In addition, check in Weekly Messenger and the youth group pages on WUMC’s Web site (www.williamsvilleumc.org) for any changes to these schedules.



YOUTH GROUP

Junior High Youth Group Schedule

January 31	Regular Meeting	6:30-8:00 p.m.
February 14	No Youth Group - Mid Winter Break	
February 21	Regular Meeting	6:30-8:00 p.m.
February 28	Regular Meeting	6:30-8:00 p.m.
March 7	Regular Meeting	6:30-8:00 p.m.
March 21	Regular Meeting	6:30-8:00 p.m.
April 11	Regular Meeting	6:30-8:00 p.m.
May 2	Regular Meeting	6:30-8:00 p.m.
May 16	Regular Meeting	6:30-8:00 p.m.

Senior High Youth Group Schedule

January 24	Regular Meeting	6:30-8:00 p.m.
February 7	Super Bowl Party	
February 14	No Youth Group - Mid Winter Break	
February 28	Regular Meeting	6:30-8:00 p.m.
March 14	Regular Meeting	6:30-8:00 p.m.
March 28	Regular Meeting	6:30-8:00 p.m.
April 25	Regular Meeting	6:30-8:00 p.m.
May 9	Regular Meeting	6:30-8:00 p.m.
May 23	Regular Meeting	6:30-8:00 p.m.

If anyone has suggestions, solutions, or would like to volunteer to help, please feel free to contact:

Pastor Nick Perry or Judy Toone



Christian Education News

Adult Christian Education Update

Adult Bible Study

The Adult Bible Study group is going strong and welcomes more participants! We meet in the first classroom on the right as you reach the bottom of the stairs from the Oakgrove entrance. This quarter we are studying different aspects of leadership as shown in the Bible. Participation can range from daily scripture readings to just showing up. This is a discussion-based class and all viewpoints and questions are welcome!

Eternal Perks

For those of you not familiar with Eternal Perks, this is our little coffee shop set up in the library, which is located off the narthex. Every week, between first and second service, feel free to come in, relax, read the Sunday paper, and treat yourself to a cup of coffee! With so many coffee shops in the village, we know it's hard to pick one. But we would love it if you make Eternal Perks your first perk pick on a Sunday morning!

Contemporary Issues: Creation in Crisis

The Contemporary Issues class is examining the November pastoral letter from the Council of Bishops, "God's Renewed Creation: Call to Hope and Action." In it the bishops write, "God's creation is in crisis. Our neglect, selfishness, and pride have fostered pandemic poverty and disease, environmental degradation, and the proliferation of weapons and violence. We must begin the work of renewing creation by being renewed in our own hearts and minds." The bishops' letter along with the accompanying foundation document are posted on the Adult Christian Education page of WUMC's Web site (www.williamsvilleumc.org). If you plan to attend this class, bring a copy of these documents with you to class. Come when you can - you are always welcome! We meet upstairs in the nursery school gym, which can be reached by taking either the stairs or elevator.

Additional ACE Opportunities

Invitation to Psalms

A 10-week Disciple Course titled "Invitation to Psalms" is offered through the ACE ministry on Sunday afternoons from January 17 through March 28. The class meets in the church library from 1:00 - 3:00 p.m. The study is facilitated by Barbara Manhardt and Cheryl Thomas. If you love the Psalms and would like to explore them at a deeper level, then this is the study for you. We look forward to joining with others who are interested in spiritual growth through the verses of the psalms.

Nurture and Visitation Reflections

National Wear Red Day – February 5

One day a year, what you wear speaks volumes. On February 5, the American Heart Association is sponsoring National Wear Red Day as a way to speak up about heart health for women. Wearing red on February 5 makes a statement about the Number One killer of American women: cardiovascular disease, the cause of one in every three female deaths.

Too many women die each year because they are unaware of this vital statistic. One in three women suffers in silence, and almost one woman dies every minute of this largely preventable disease.

By wearing red, we can bring a voice to this silent killer. We can listen to what our hearts are telling us, talk to our doctors, and spread the word to our family, friends, and community about making the right choices and taking action. The American Heart Association encourages us to shatter the silence by choosing to speak up about heart disease and help save lives.

Our Adult Christian Education (ACE) committee is devoted to the enrichment of our ACE program at WUMC. The ACE committee helps formulate topics for programs and consider new ways to meet the diverse needs of the adult members and friends of our congregation. If you are interested in serving on the ACE committee, please contact Judy Toone.

The ACE classes listed below meet every Sunday morning from 9:45 - 10:30 a.m., which is between WUMC's two worship services. Please feel free to join us on Sunday morning when you can.

Nurture and Visitation Reflections

Our Hearts. Our Choice.

Transform your health with small, simple choices. The American Heart Association provides a free 12-week online program called “Go Red BetterU” that includes tools, tips, and information that can help you achieve “a complete heart makeover.” Some of the 365 great tips you’ll learn are:



- Think lifestyle, not diet. It’s the small choices that make a huge difference.
- Use the nutrition facts panel and ingredients list when choosing foods to buy.
- Plan your meals, grocery list, snacks, and physical activity.
- Write your physical activity time on your calendar. Make an appointment with yourself — and don’t break it!
- Check food labels for number of servings per container.
- Helping someone with healthy habits motivates you to stick to your plans. You’ll feel good too.
- Write down your eating and physical activity habits to help you track your challenges and successes.
- Don’t let your mood control your food. Ask yourself why you want to eat before you pick up a snack

You can sign up for this free heart-health program from the American Heart Association at www.GoRedForWomen.org/BetterU.



WUMC’s Blood Pressure Clinic – February 14

On Valentine’s Day this year, in addition to telling your sweetheart, family, and friends how much you love and appreciate them, give yourself a little gift of love by stopping by WUMC’s Blood Pressure Clinic. A registered nurse from our church will complete a private check of your blood pressure. This clinic is located in a quiet location in the church - just ask an usher for directions to the Blood Pressure Clinic. Stopping by the clinic each time it is available on the second Sunday of every month is an easy way to monitor your blood pressure, which is an important indicator of your overall health.



Outreach and Missions

Be There. Be Hope. In Haiti

God is our refuge and strength,
an ever-present help in trouble.

Therefore, we will not fear,
though the earth give way
and the mountains fall
into the heart of the sea.

Psalm 46:1-2 (NIV)

In these times of trouble, we cling to our God who gives us both safety and strength for the days ahead. We join together to create safe spaces for those who mourn deep losses, encourage one another, and gather strength for a new day.

United Methodist Response Begins

Thanks for Your Support – You Were Great!

Kevin Lyttle

As a result of the generosity and caring of many in our congregation, we were able to provide significant support to our sister congregation at Seneca Street Church in Buffalo. We provided gifts and helpers to assist at their early December “Christmas Shoppe” where neighborhood children could “buy” gifts for family members and learn a little more about what “giving” can mean. We provided gift cards and McDonald’s food cards for participants, as well as helpers to assist at Seneca Street’s very well attended Annual Christmas Party. The joy this event brings to children (and parents) in the area is hard to de-

Tragedy struck the already-beleaguered nation of Haiti on January 12. The magnitude-7 earthquake effectively flattened the capital city of Port-au-Prince, affecting an estimated 3 million people and killing untold tens of thousands.

The United Methodist Committee on Relief (UMCOR) is already responding. “UMCOR has always had a strong presence in Haiti,” UMCOR executive Tom Hazelwood said. “With this tragedy, we’ll just be redoubling our efforts, and we’ll be calling on people across the country to help us.”

Give Generously

Give through your local church. Checks should note UMCOR Haiti Emergency in the memo line. WUMC will send all “Haiti Emergency” gifts made through our local church di-

scribe. We followed these activities with the donation of 30 overflowing food bags plus \$25 Tops cards to provide families in the Seneca Street congregation with the basics for a Christmas dinner. For many families in this community, these were gifts that could be literally “lifesaving.”

During this holiday season, we continued our long tradition of participation in Gateway-Longview’s “Angel Tree” program by fulfilling the gift requests of 50 of their children and young adult participants. With over 900 children and youth in their various service programs, the success of Angel Tree depends on many in the community, and we can be proud of our contribution to this success again this year.

Because of a special gift to the Missions committee, we were

also able to reach out to those beyond our local community and provide assistance as well. We made contributions to the nursing program run by the North Katanga Annual Conference, Democratic Republic of the Congo, a sister conference to ours Western New York Conference. We also contributed to the international effort, supported by the general United Methodist Church, to reduce or eliminate the impact of malaria in many areas of the world.

directly to the conference. You can also make donations online at www.umc.org/haiti.

100% your gift to the Haiti Emergency will go to help the people of Haiti.

Send Health Kits

UMCOR is shipping health kits to provide basic necessities to people who have lost everything. Instructions for assembling and shipping health kits are online at www.umcor.org.

Prepare to Volunteer

There will be a great need for volunteers to help rebuild.

Currently, it is not safe or possible for volunteers to go to Haiti.

Those wishing to volunteer should contact your jurisdictional United Methodist Volunteers in Mission (UMVIM) coordinator about opportunities at www.umvim.info.



Aid for Victims of the Earthquake in Haiti

“The joy this event brings to children (and parents) in the area is hard to describe.”

a visit from Brian Rotach, pastor of Seneca Street Church, and his wife Cheryl Bird, so all of you can hear more about their programs and their continuing need for support. We will also continue to examine other programs, both within and outside our community, where we feel support from our congregation might make a difference – and we will alert you to those opportunities. So, watch for more information to follow!

What’s Next?

We are continuing our work with Seneca Street Church’s programs to help the children of the Seneca-Babcock community. We are working with them to develop funding for several additional teachers to help with needed tutoring activities. We will be hosting

Stewardship Thoughts

United Methodist Pastor Raises Food for the Needy

By Heidi Robinson, United Methodist News Service¹

"They will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' 'He [Jesus] will reply, 'I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.'"
Matthew 25:44-45

At a glance, you would never know the man with the feed bucket is the Rev. Nels Ledwell, pastor of St. Paul's Waccamaw United Methodist Church in Pawleys Island, SC. When he's not preaching, you will find this pastor working the pasture. The 70 head of cattle grazing in the field belong to Outreach Farm, a nonprofit organization that delivers meat to homeless shelters, soup kitchens, and children's homes along the South Carolina coast. The farm provides the possibility of protein — the most expensive and, as a result, most expendable part of the daily diet for people who are poor.

Farm Roots

Ledwell grew up on a cattle farm. When he received his appointment to a church in the affluent, resort town of Pawleys Island, Ledwell told his new congregation that he didn't play golf. "But I told them I sure could graze a lot of cows on their golf course," he quips.

Community members soon invited the cowboy pastor

to see the budding work at Outreach Farm in Hemingway, about a 30-minute drive away from the beaches of Pawleys Island. Ledwell discovered an opportunity to merge ministry and life experience.

Retired accountant George Harmon is a member of St. Paul's Waccamaw United Methodist Church and now volunteers at Outreach Farm. "For years we supported food drives. After a time, I realized that meat wasn't donated," Harmon says. "You give noodles and canned food, but where is the protein?"

Harmon, along with members of his church and volunteers from other area churches, works on the fences, barns and equipment. He and the other volunteers have seen the herd grow, along with the list of people needing the farm's help. Outreach Farm now provides beef to 10 agencies feeding the needy, and they have a waiting list of organizations that want to be added. "We know where the food is going," Harmon says. "We know we are doing something important."

43,000 and Counting

"We're raising top-quality, farm-grazed beef just for the needy," Ledwell says.

"The folks who come to these kitchens are just worried about their next meal. We want to be sure they have quality food."

Outreach Farm provided 43,000 portions of beef to hungry people in 2008, and the goal is to push that number higher each year. Many churches participate in the effort — some offering freezer space, others transportation for deliveries.

The hungry aren't the only people who benefit from Outreach Farm. Volunteers, who have often never farmed before, learn that their labor can help a child go to bed with a full stomach. "When we're out here working, getting our hands dirty, or delivering beef to the soup kitchens, then these hands become the hands of God," Ledwell says. "People actually see the difference they are making in the lives of people who need them."

¹© Heidi Robinson, United Methodist News Service
"Pastor works pasture to raise food for poor," [January 21, 2009.](#)



"The folks who come to these kitchens are just worried about their next meal. We want to be sure they have quality food."



Family Ministries News

Behind the Scenes: Men's Breakfast Group



Our vibrant community at WUMC includes many activities that meet the spiritual and fellowship needs of members and friends of our church. The Men's Breakfast Group meets every other Saturday at Sheridan Family Restaurant for a social gathering. In this article, Bob Hayman took time to share his insights into the Men's Breakfast Group.

How would you describe a typical Saturday morning Men's Breakfast Group?

BH About 4-6 men who are members of WUMC meet at Sheridan Family Restaurant (on Sheridan between Harlem and Bailey) every other Saturday at 8:30 a.m. for about an hour. It's casual and informal. We usually have the same server and we can add tables when more men show up.

It sounds like men hanging out on a Saturday morning.

BH Yes. It's primarily a social group. But it's a great way to slow down for a while, and then go about our day. Some men volunteer for church activities such as ushering. We meet for social and fellowship reasons. It's a pretty low profile group, and a nice way to get to know fellow church members.

What do you talk about?

BH We're open-ended about what we discuss - there is no agenda. Sometimes we talk about sports, current events, or politics. Many times, we discuss newspaper articles or listen to someone's interesting travels and humorous stories. Or we might jokingly tease and banter - all in good fun. With so many people already committed to various activities, this is a non-stressor, just-for-fun, time out for the group.

So it's a pretty non-committal group?

BH Absolutely! No one is going to ask you to sign up for something. If you are active in a ministry, that's great. But this is not a recruitment tool masquerading as an informal Saturday morning breakfast!

How long has this group been meeting?

BH Rev. Jim Pollard started the group back in the 1990s. We used to meet at the Four Seasons Restaurant on Maple Road until that restaurant closed. Someone can come for breakfast and then still have the rest of the day for other activities.

Is this an intergenerational group?

BH It certainly could be and we hope it becomes such. It's hard with so many people working many hours these days. Plus, all the activities people and their families are involved in precludes them from one more "thing." It can be a challenge to find an hour or two twice a month to meet for breakfast. But believe me, it's time well spent. You have a good feeling when you leave. I hope some new faces give us a try!

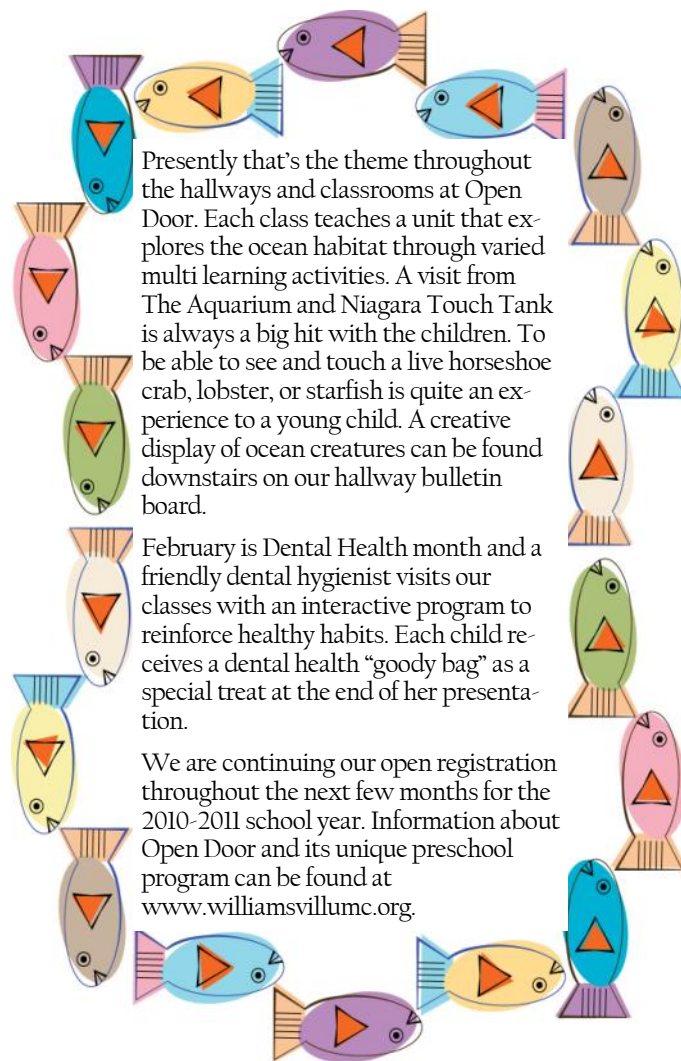
Can someone just "pop in"?

BH Sure! All ages are welcome. Some guys show up every time, others occasionally. Whatever suits their schedule - we will be there every other Saturday morning. Call Bob Hayman if you have any questions or need a ride.



Open Door Nursery School News There's a Commotion in the Ocean!

Judy Knab



Presently that's the theme throughout the hallways and classrooms at Open Door. Each class teaches a unit that explores the ocean habitat through varied multi learning activities. A visit from The Aquarium and Niagara Touch Tank is always a big hit with the children. To be able to see and touch a live horseshoe crab, lobster, or starfish is quite an experience to a young child. A creative display of ocean creatures can be found downstairs on our hallway bulletin board.

February is Dental Health month and a friendly dental hygienist visits our classes with an interactive program to reinforce healthy habits. Each child receives a dental health "goody bag" as a special treat at the end of her presentation.

We are continuing our open registration throughout the next few months for the 2010-2011 school year. Information about Open Door and its unique preschool program can be found at www.williamsvillumc.org.

Community Bulletin Board

Thank You to WUMC Puppet Players

I would like to thank everyone who participated in our Family Christmas Eve Service. It was great working with everyone and I look forward to next Christmas.

The King's Kids family worship service, which is at 9:00 a.m. on the third Sunday of each month, is a very important service. This service gives the children a chance to be a part of the worship service, which I believe helps them learn what the scripture is saying. There are many ways to tell the stories of Jesus' ministry. One way is using our puppets, which enable us to reach the kids and the young-at-heart.

If you are interested in working with puppets, give the church office a call. We are always looking for new ideas and new people to help us spread the word of God.

Blessings,
Barbara Saltarella

2010 Altar Flower Calendar Posted

The Altar Flower Calendar for 2010 is now up on the bulletin board in the narthex. Church members and friends are welcome to choose a Sunday to provide flowers for the worship service. Flowers may be given in memory of loved ones, in honor of special events, or as a loving dedication. A member of the Altar Guild will contact you the week before your chosen Sunday as a reminder and to take your bulletin dedication.



United Methodist Women Fundraiser

Back by popular demand, the United Methodist Women are selling magnetic extender clasps for an easy on and off for most necklaces. Two sizes in gold and silver are available from Carol Forden. For \$4.00, you can purchase one - but you will want more!

Recycle, Recycle, Recycle!

Don't forget about our Recycling Bin at the back of the church parking lot. Please bring your old newspaper, catalogues, magazines, paperback books, hard cover books with the covers removed, junk mail, and other paper to the Recycle Bin. The more we collect each month, the more we receive per ton.



Please submit articles, news, announcements, etc. for the next edition of *The Messenger* to Sondra Scott. Thank you!


Prayer Chain

Church family and friends may request special prayers through the Prayer Chain by calling Bob or Irene Hayman.

Infant and Toddler Care

Loving, consistent childcare is available in the nursery downstairs from 8:30 a.m. - 12:30 p.m. September through May and 9:30 - 11:30 a.m. when we have only one service in the summer. Our paging system will alert you quietly if your child needs your presence. If you need directions to the nursery, an usher will be happy to help you!

Sermons Available on WUMC's Web Site

 If you are not able to attend a Sunday morning worship service, you can listen to the sermon by downloading it as an MP3 file that can be played through iTunes, Windows Media Player, or a portable music players. You can also read the sermon online or print it by downloading the PDF file. You can find the MP3 and PDF versions of the sermons on WUMC's Web site by clicking the "Worship" menu in the left column of the Home page, and then clicking the "Sermons From Our Pastors" [link](http://www.williamsvilleumc.org/WorshipandMusic/SermonsfromOurPastors.aspx) (http://www.williamsvilleumc.org/WorshipandMusic/SermonsfromOurPastors.aspx).

OUR STAFF AND LAY LEADERS ARE HERE TO HELP YOU

- Senior Pastor: Richard W. Neal
- Associate Pastor: Nicholas Perry
- Director of Christian Education: Judith Toone
- Pastoral Assistant for Nurture & Visitation: Barbara Saltarella
- Music Directors: Judith Stafford and Wendy Amuso
- Church Administrator: Denise Barham
- Custodian: Floyd Schebell
- Nursery Care Supervisor: Kathleen Ciccone
- Nursery Care Assistants: Amanda Dickerman, Allison Soucise
- Newsletter Editors: Sondra Scott and Rachel Zeller
- LAY LEADERS-
- Trustee Chair: Ed Howard
- Staff & Pastor Parish Relations Chair: Gary Brost
- Stewardship & Finance Chair: Rosemary Elliott & Lori Pacer
- Coordinating Lay Leader & Treasurer: Dave Reichard
- Communication Ministries: Karen Gerken & Sondra Scott
- Family Life Ministries: Kim Weingartner
- Membership Care Ministries:
- Memorials: Sally Jost
- Open Door Nursery School: Kathleen Zarbo
- Outreach & Missions Ministries: Kevin Lyttle
- Relational Ministries:
- Worship Ministries: