

The Tower

First United Methodist Church

Tenth & Millington, P.O. Box 270, Winfield, KS 67156

(620) 221-2700 – office@winfieldfumc.org – www.winfieldfumc.org

“We are not like Jesus yet, so we will continue to grow in love for God for the sake of others.”

FITBITS AND JESUS

Ministers by baptism:
Every Christian

Lead Pastor:
Rev. David Brian Smith

Children & Family Ministries:
Pastor Rachelle Epperson

**Associate in Youth
Ministry, Education
and Technology:**
Bill Podschun

Visitation Pastor:
Pastor Beth Wilke

Office Administrator:
Teresa Bradbury

Administrative Assistant:
Amber Benavides

**Director of Maintenance
& Property:**
Randy Vanderpool

Music Director:
Julie Woodring

Organist:
Chance Alquest

Sunday Worship Times:
8:30 am – Sanctuary
9:40 am – Sunday School
classes for all adult ages
10:45 am – Sanctuary, with
FaceBook Live streaming

(Nursery available for
10:45 worship service for
infants through four-year-olds)

I was recently reading an article about how Americans have gone crazy over fitness trackers. Fitbit has sold millions of their devices-which come in a variety of options. This fitness craze has reminded me of a book that Leonard Sweet wrote several years ago, *The Jesus Prescription for a Healthy Life*. Sweet identifies ten health areas:

1. **LAUGH A LOT** - Jesus was the master of puns. Who has a light and hides it under a bushel? I will make you fishers of men. I will build my church upon this Rock.
2. **HANG OUT WITH FRIENDS** - Jesus had friends and by his life instructed that relationships are sacred. There is a healing power in friendship.
3. **PLAY OUT THE CHILD IN YOU** - Jesus celebrated childhood and demonstrated the ability to view the world from the eyes of a child. Children loved him and flocked to him.
4. **WALK DAILY** - Jesus was a walker. He called some fishermen to be his disciples while walking near the Sea of Galilee. Walking was not just exercise for Jesus-it was a ministry strategy.
5. **MIND YOUR THOUGHTS** - Jesus minded his thoughts. Jesus knew the power of the mind. What you are inside, he insisted, is what you become outside.
6. **SET THE TABLE** - Jesus spoke the language of food. He used food to teach, heal, build community, transform village life, and break down the walls of alienation. Jesus ate “good food with bad people.”
7. **ADOPT A SEE-YOU-AT-THE PARTY SPIRIT** - Jesus’ mission statement was: “I came that they may have life, and have it abundantly.”
8. **COME APART, SO YOU DON’T COME APART** - Jesus dealt with stress by going out into nature to let the Father and nature revive him. He prayed. He created an alternating rhythm for his life.
9. **EMBRACE THE UNKNOWN** - Jesus loved surprises. He often used surprise as a metaphor to describe the kingdom of God. The parables that Jesus taught are loaded with surprises.
10. **MOODLE ALONG THE WAY** - Marvel at a lake, a cloud formation, a garden, a starry sky, a bird singing its heart out. Wonder!

TAKE THAT FITBIT...AND GARMIN...AND APPLE!!

April 10, 2024

Pastor Dave



Happy Birthday to these special people:

- 5/1 Amy Lance, Rheegyn Richert, Richard See
- 5/3 Tina Almanza, Preston Richert, Terri Stoabs, Caleb Wilson
- 5/5 Kevin Brown, Peggy Craig
- 5/6 Bill Wagner Jr.
- 5/7 Collin Johnson, Dared Price
- 5/8 Steen Danielsen, David Parsons, Luke Rankin
- 5/9 Margaret Neal, Mercedes Nihart, Josh Reid
- 5/11 Jabari Harrod, Thomas Pipes, Chance Price
- 5/12 Teri Spengler-Andreas
- 5/13 Delcia Allison, Sharon McFarland, Michael Norton
- 5/14 Leigh Bradbury, Easton Johnson, Hayden Lewis, Mark Olney, Chelsea Stark
- 5/15 Luanne Warren, Zena Williams
- 5/16 Lee Byerley, Nathan Golay, Jerry O'Neil
- 5/17 Brian Epperson, Lindy Merritt
- 5/18 Micael Dean-Stanton
- 5/19 Trisha Smith
- 5/20 Gordon Bosie
- 5/21 Luc Adler, Luke Wilke
- 5/23 Alicyn McGinnis
- 5/24 Ely Behrhorst, Jacob Behrhorst, Briar Blair, Nancy Finley, Noah Hunt, Breckyn Lindenman, Braden Mugler, Hannah Podschun
- 5/25 Abigail Reid, Jason Spear
- 5/26 Linda McElmurry
- 5/27 Dorothy Fisher, Sam Podschun, Boyd Pugmire, Jo Ann Tasker,
- 5/28 Kyle Bryant, Isabella Hunt, Brooke Shackelford
- 5/29 Korban Benavides, Caroline Golay, Derek Hammer, Bob Warner
- 5/30 Lydia Bumgarner

PASTOR DAVE'S RETIRMENT PARTY!

Sunday, June 2nd

We will be having a retirement party for Pastor Dave on Sunday, June 2nd in Fellowship Hall. More details to come!



Winfield First Family

Colleen Andreas	Carolyn Eastman	Larry Schuster
Wanda Andreas	Brenda Lloyd	Bob Sheetz
Amber Benavides	Jeanie Purcell	Ramon James Tapia
Lynn Biddle		

Extended Family and Friends

Phillip Bauler	Debbie Hill	Lila Ratliff
Mark Curran	Melinda King	Dennis Rice
Gloria Davis	Travis Morin	Don Smith
Jerry Drennan	James Morris	Lacey Smith
Chad Flower	Mona Mozingo	Marsha Spangler
Addi Foster	Lynn Phillips	Keith Tasker
Darlene Green	Sid Pitzer	Aaron Toney
		Doug Tucker

Grief and Loss

Donna Reed in the death of her daughter
 Gwen Tyler in the death of her mother
 Dee Ledy in the death of her brother
 Mike Ledy in the death of his aunt
 Merrilee Morse in the death of her son

World Concerns

Residents of the Middle East; military, Winfield High School students and staff; first responders, and their families; those affected by violence in Ukraine.

A Look at Our Loyalty

	Offering
March 17	\$5,179
March 24	\$4,363
March 31	\$4,011
Needed Weekly	\$11,988
Needed as of 3/31	\$155,844
Received as of 3/31	\$76,492

FOOD BASKET ITEMS NEEDED

We are collecting the following items throughout the month of April:

- Cloth Grocery Bags
- Instant Mashed Potatoes

Please place items in the food basket, located outside the Sanctuary.

HARRY HYNES GRIEF SUPPORT GROUP

Harry Hynes Grief Support group will begin meeting at Winfield Senior Living Community, to accommodate a growing number of homebound members from this group. They will continue to meet on the second Tuesday of each month at 6:00 pm. The next meeting will be **Tuesday, May 14th** at Winfield Senior Living.

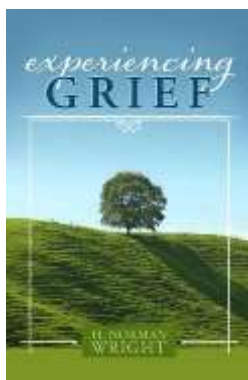


CHILDREN'S PROGRAMMING AT FUMC

Kid's Club, our after-school program, meets **every Wednesday from 3:45 - 5:15 pm**, following the school calendar. The final Kids' Club this spring will be May 8. This FREE program is open to all K- 5th graders and is structured VBS style with Bible Story rotations, crafts and games that coordinate with the day's Bible lesson, and of course, snacks! Shuttle services from Whittier to the Church are available for registered students. For more information, contact the church office or Pastor Rachelle.

APRIL LIBRARY NEWS

Another great read from the Library Team:



Norman Wright uses his book, Experiencing Grief, to cover the five stages of grief. He also lists tips for how to deal with your grief. The book is helpful in defining to the reader how to understand their grief, what they are experiencing and why they are experiencing it. Dealing with loss is a challenge that affects everyone at some point in their

lives. I found this book to be an excellent resource for someone who just needs answers for how and why they are feeling the way they do after a loss. The book is available for anyone to check out in the church library. Book review by Chandra Snively.

CAMP HORIZON SCHOLARSHIPS

Summer Camps are back in full swing at Camp Horizon for the summer. You can sign up on the Camp Horizon website. If you need assistance with the cost, visit the "Get Connected" tab on our church website to request assistance. You may also come by the church office and fill out a card requesting the amount that you would need to be able to attend camp.



We had six students join the church on April 7. They are front row left to right to left: Karen Podschun, Rachel Lashier, Sofia Miller, Sage Snively, and Cheryl Rude. The back row is Bill Podschun, Luke Wilke, Oliver Merritt, and Kenyon Potts. They led the church in worship on their Confirmation Sunday and it was well done.

MS/HS YOUTH

Our Confirmation retreat will be June 4-7 to Omaha, Nebraska. Students will go to the zoo, have a service project and spend time considering what is next in the life of faith in the church for their group.

Students interested in going to the Summit at SC May 28-31 should talk to Bill. It is a camp experience for upper high school youth who would like to explore their faith development in an intentional way. There are opportunities for worship, study, service and lots of fun times together with other youth from around our area.

Our Middle School Youth will meet weekly on Wednesday nights from 6-7:15 in the Fellowship Hall. We will have supper each week. We are excited for the spring semester of youth group. Our final week for the spring will be May 8.

Our High School Youth Group will meet weekly on Wednesday nights from 7:15-8:30 pm for Bible study and fellowship. Our final week will be Wednesday, May 8 for this group.

FIRST UNITED METHODIST CHURCH
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WINFIELD KS 67156
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ALL CHURCH POTATO BAR/POTLUCK

A Potato Bar/Potluck luncheon is scheduled for this **Sunday, April 14th, following 10:45 am Worship**. The potatoes and trimmings will be provided. We encourage everyone to bring your favorite potluck dish to add to the menu. Here's the SPECIAL PART, our "Tuesday's Table" guests will be invited to eat and fellowship with us! Please plan to join us for this exciting event in Fellowship Hall. Sign up at the Welcome Center to help with this event.



YOUTH SPRING CLEANING FUNDRAISER

We have youth willing to help with Spring Cleaning as a fundraiser for summer camps. If you have some project you need help with, call Bill at 620-0221-2700. Thank you for all your support of our youth in the life of the church.

