

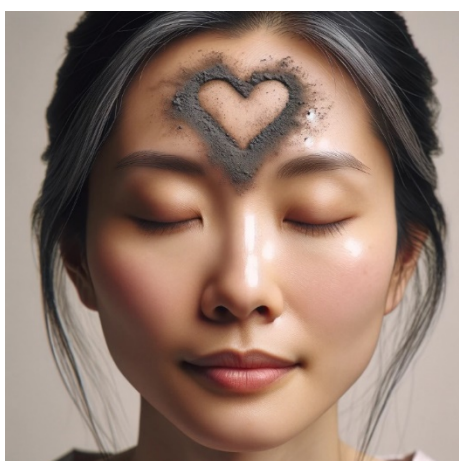
# THE **Central** SENTRY

United Methodist Church

REV. DR. MICHELLE BOGUE-TROST

17 NANTICOKE AVENUE, ENDICOTT NY 13760  
WWW.CENTRALUMCENDICOTT.ORG  
607-754-6060

## PASTOR MICHELLE'S NOTES



It's February! There is a rare and beautiful convergence this year: Ash Wednesday and Valentine's Day share the same date. It is a unique occasion and an invitation to reflect on the interplay of divine love and spiritual renewal.

Ash Wednesday marks the beginning of Lent, a season traditionally dedicated to introspection and growth. We are encouraged to look inward, to find ways to deepen our spiritual practice, and to prepare our hearts for the journey towards Easter. The ashes we receive are not just a symbol of mortality and repentance but also a reminder of the transformative power of God's love in our lives. On the same day, we celebrate Valentine's Day, a time to express love and appreciation for the people in our lives with gestures of affection, reminding us of the strength and beauty of human love.

This year, the confluence of these two significant days is an invitation to reflect on the broader meaning of love. In its truest form, love is not just about romantic or familial relationships; it is also about the love we share with our community, the love we hold for ourselves, and the love that God extends to all of creation.

As we enter into this season of Lent, I invite each of us to consider how we can grow in love. Perhaps this means reaching out to a neighbor in need, offering forgiveness where there has been hurt, or taking time for self-care and reflection. It might also mean exploring new ways to connect with your faith, whether through prayer, meditation, or service.

Remember also that spiritual growth is not a journey we undertake alone. We are supported by the love of our community and the boundless love of God, which guides and sustains us. This season can be a rich time of supporting one another in our individual and collective journeys of faith and rediscovering that from love comes renewal, and from renewal, a deeper and more profound love. This month, may we all experience meaningful reflection, spiritual growth, and an ever-deepening understanding of the love that surrounds us all.

Still in One Peace, Pastor Michelle

## PASTOR PAUL'S NOTES

“O Lord, make this Lenten season different from the other ones. Let me find you again. Amen.” (Henri Nouwen, Catholic priest, writer, theologian, and Yale Divinity School professor)

Lent begins on Ash Wednesday (February 14 this year) and continues for 40 days (not including Sundays). Lent comes from the Anglo Saxon word *lencten*, which means lengthen and refers to the lengthening days of Spring. It is a period of time during which we self-reflect and examine ourselves—at the people we are and who we want to be. Lent is often observed with fasting and repentance. We use it as a time to reflect on building a deeper relationship with God, becoming stronger disciples, and extending ourselves into other mission/ ministry opportunities.

John Wesley used “Five Means of Grace” (Prayer, Searching Scripture, Receiving the Lord’s Supper, Fasting, and Conferencing; see “Adult Sunday School” reference) to help his classes and societies to become closer to God. We can use those too!

I think we sometimes get caught up in the things of the world and get side-tracked from the mission and ministry that God has selected for us. We tend to lose sight of God (well, I do anyway) as our world becomes busy and chaotic and full. My goal for Lent is, as the quote from Henri Nouwen reminds us, to find God again. Find God in the small parts of my life; find God in the big parts of my life; find God wherever God may be. May you also find God, again.

*Pastor Paul*

## FAITH FORMATION NEWS

Fabulous February Friends,

We have a wonderful and exciting year ahead of us! We’re hoping to reach many more people by sharing some great new ideas for community outreach.

We’re kicking things off with our Shrove Tuesday pancake dinner on Tuesday, February 13<sup>th</sup> from 5:00-6:30pm. This year’s event will be held in the dining room, or you may take your meal to go. Join us as we do dinner breakfast style. Please consider staying after the meal to help with clean up, as many hands make light work. Contact the church office if you’re able to help with this event. See the flier for more information, and be sure to mark the date on your calendar.

Ministry Night is also on February 13<sup>th</sup>, and meeting attendees are invited to come eat pancakes!

The Faith Formation Team is looking for people to join us as we seek to raise the young minds in our community to grow in Christ. It will take a village to do this and we would love your help. Please sign up to volunteer if you’d like to help with Sunday school or community outreach events.

The team is EGGCITED to announce the upcoming annual Easter event. Stay tuned for more details in the March newsletter and Weekly Sentry to learn about how you can get involved.

As always, I am grateful for all of you that make everything possible. You make a difference in this church and our community. May God bless you all.

Faith Formation Coordinator,  
Donna Miller-Kross



## CENTRAL MEN'S GROUP

### Men's Fellowship Group - Friday Feb 16

We continue to invite all men, either in person for a meal, or remotely via zoom. While we have a consistent group that meets in person for a meal at 6:00, we'd really like to have more join the monthly fellowship. The Zoom aspect is great too, because we have steady attendees from Florida and Michigan and would love to add to that list. Basically the schedule is- 6:00 meet at Central for a meal, at 7:00 we move to the Lounge for devotions and fellowship for those who can't make it in person. We would love to have some new attendees.

Men's Group ZOOM info:

Join Zoom Meeting

<https://us02web.zoom.us/j/81530597732>

Meeting ID: 815 3059 7732

Passcode: 491318



United  
Women  
in Faith

The installation of the 2024 Officers of United Women in Faith will be on March 10, 2024 at the 11:00am worship service.

### Circle Meetings

All women are invited to attend one of the United Women in Faith Circles. Please contact the circle leader for more information.

**Deborah Circle** Tuesday, Feb 20 at 7:00 pm on Zoom only. We will be doing Call to Prayer and Self Denial. Contact: Pat Breneman, 748-3430. The Zoom information can be obtained from the church office.

**Grace Circle** Wednesday, Feb 21 at noon in the library at church. Please bring your lunch with you. Contact: Pauline Witt, 748-4142

**Sarah Circle** Tuesday, Feb 20 at noon in the community room at church. Please bring your lunch with you. Contact: Carole James, 757-2629

### Church Women United No Bake Bread Project:

In February, we collect for the No Bake Bread Project and send our donations to Church World Service to alleviate world hunger. Originally, women from all churches would bake breads and sell them in front of Giant Markets. As it became more difficult to do it this way, the **No Bake Bread Project** was born.

Now churches take donations and the money

is sent to CWS. You may bring your donations to the World Day of Prayer gathering on Friday, March 1, 10-noon at Nimmonsburg UMC or send checks (made out to Church Women United) to the treasurer, Barbara Aldrich, 1918

Lillie Hill Road, Apalachin, NY 13762 by March 15, 2024.

## ALLOCATIONS NEWS

The Allocations Team continues to work on streamlining the application process and making it as easy as possible for community organizations to apply for grants made possible by the interest earnings on Central's Endowment Funds.

The Spring application opens on February 15 and all applications are due April 1. Share the application with any organizations or ministries who might be interested in applying!

If you would like to be part of the team that accepts requests and disburses grants, please let Pastor Michelle know!

Central UMC Allocations Grant Application



Applications accepted February 15 - April 1



We are currently working through a Spiritual Gifts study. It has been exciting for each of us to see what gifts we have and then discuss how we can use them in ministry and mission. If you are interested in your spiritual gifts, please see Pastor Paul.

Our Lenten study will be "Five Means of Grace: Experience God's Love the Wesleyan Way" and we will begin on Sunday, February 18. This study will guide us through the five means of grace that John Wesley called "instituted," meaning these are spiritual practices in which Jesus himself participated and which he encouraged his followers to do. These five practices are: Prayer, Searching Scripture,

Receiving the Lord's Supper, Fasting, and Conferencing (communion, fellowship). I am excited to share this with the group. Please consider joining us at 9:30 in the Lounge!

Also, don't forget the Psalm Challenge!! (Read a Psalm a day, from 1-150) Please let Pastor Paul know if you are participating.



From Pastor Paul:

I have some exciting news to share! We are one of the first two "Neighborhood Mission Hubs" in the Upper New York Annual Conference. Our Mission Room (down in the multi-purpose room) has been repurposed into a supply closet that contains flood buckets, health kits, and menstrual kits. These will be used in emergencies in our area. So, rather than people waiting for a shipment from the Conference Center to come in the event of a flood, we have the supplies right here to hand out!

In addition to the standard UMCOR kits, we will also be able to "create" kits unique to our area. For example, the Kenmore UMC (the other Neighborhood Mission Hub) creates "Blizzard Boxes" for their residents. I am thinking about replicating some of those; Gabby S is very interested in To Go Bags. Some of the supplies we receive will also be shared with the UE School district when they have unhoused residents register for school.

I am so excited about this new ministry that we are involved in and I look forward to sharing more news with you about this!

Our mini- mission project for February is "Souper-Bowl Sunday" and we are collecting cans of hearty, nutrient dense soups with snap top (pull off) lids for our Shepherd's Supper and CHOW. The big push is for Super Bowl Sunday (February 11), but we will accept cans any time in the Mission Center (Nanticoke entrance). Cash donations for Shepherd's Supper or CHOW will also be accepted.



® "Souper-bowl" Sunday is February 11. Our mission project for February will center on this theme and we will be collecting cans of soup with snap top (pull off) lids for our Shepherd's Supper and CHOW. Grocery bags for this collection will be available January 21 and should be returned by February 11. After worship, we will gather together to separate the cans to go to CHOW and to



Shepherd's Supper and then have a "Pre-pre- game" Tailgate party with some snacks to get us ready for the big game! Cash donations will also be accepted for CHOW and Shepherd's Supper.



## **BLOOD DRIVE March 2**

### **Helpers & Donors Needed**

Central is hosting the 2nd blood drive of 2024 on March 2. Volunteers are needed to help with this. We need to provide someone to sign in the donors, and Central's tradition is to provide bagels, pastries, which is a bit more than the Red Cross provided snacks. We also need volunteers to serve these food items to the donors. Please consider if you'd be willing to volunteer for a few hours that day. The time slots are only 2 3/4 hours on the days of the drives: 7:45 - 10:30 or 10:15 to 1:00. Please let Knud Hansen ([khansen3@yahoo.com](mailto:khansen3@yahoo.com) or 607-759-3378) know if you'd be able to volunteer for the March 2<sup>nd</sup> drive or future blood drives.

### ***EMERGENCY NEED FOR BLOOD DONORS***

Why is there an emergency need for blood? The American Red Cross is experiencing a national blood shortage. Fewer donors than needed gave in 2023 drawing down the national blood supply and reducing distributions of some of the most needed blood types to hospitals.

You can give by signing up at the Red Cross website, then searching for Central's drive on March 2- [www.redcrossblood.org/give.html/find-drive](http://www.redcrossblood.org/give.html/find-drive)



# Save the date

UWF Spring Luncheon

Saturday, April 13, 2024

11:00 AM – 1:00 PM

“Park and Pick Up”

Menu & Pre-order form will be in the

March & April Newsletters

Featuring the famous chicken salad & deviled eggs

## CENTRAL CHURCH EVENTS:

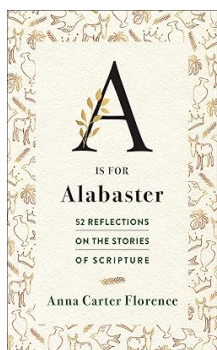
### “SOUPER-BOWL” SUNDAY

Sunday, February 11<sup>th</sup> Bring your bag of non-perishable soups/foodstuffs to worship, and stay after the 11am service for the “tailgate” party!

### MONDAY NIGHT BOOK DISCUSSION

7:30pm each week

Meeting:88466303555 Passcode: 051760



January 8 Intro-I (p xi-39)

January 15 J-P (p 40-67)

January 22 Q-U (68-88)

January 29 V-Z (89-110)

February 5 A-G (111-140)

February 12 H-N (141-158)

February 19 O-T (171-194)

February 26 U-Z (195-216)

### SHROVE TUESDAY PANCAKE DINNER

Tuesday, February 13<sup>th</sup> 5:00-6:30pm

### MINISTRY NIGHT

Tuesday, February 13<sup>th</sup>

5:30 Administrative teams

6:30 Dinner (Pancakes!) & Fellowship

7:00 Church Council

### ASH WEDNESDAY SERVICE

Wednesday, February 14<sup>th</sup> 7:00pm

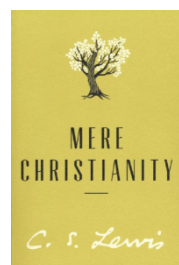
### CENTRAL MEN’S GROUP

Friday, February 16<sup>th</sup>

Dinner 6:00pm

Meeting 7:00pm (in person & ZOOM)

### UWF CIRCLE MEETINGS



**Next book:** Mere Christianity:

C.S. Lewis

March 4 preface-Book 1

March 11 Book 2

March 18 Book 3 pt 1-5

March 25 Book 3 pt 6-12

April 1 Book 4 pt 1-5

April 8 Book 4 pt 6-11

### WESLEY CLASS

Thursday, February 8<sup>th</sup>

- No Breakfast

7pm **ZOOM**

Sarah Circle  
Tuesday, February 20<sup>th</sup>  
12 noon community room

Deborah Circle  
Tuesday, February 20<sup>th</sup>  
7:00pm ZOOM only-please call office  
for login information.

Grace Circle  
Wednesday, February 21<sup>st</sup>  
12 noon church library

**RED CROSS BLOOD DRIVE**

Saturday, March 2<sup>nd</sup> 8:00am





Join us for Shrove Tuesday's  
**PANCAKE DINNER**

Tuesday February 13th, 2024

5:00pm- 6:30pm

Dine In or Take Out

**\$5 DONATION  
TO BENEFIT FUTURE  
COMMUNITY EVENTS**

Central UMC  
17 Nanticoke Ave  
Endicott, Ny 13760  
RSVP Recommended  
607-754-6060



Pancakes | Sausage | Homefries | Applesauce