



The Clarion Call

Love God, Love Everyone, No Exceptions

January

2020

A Covenant Prayer in the Wesleyan Tradition

I am no longer my own, but yours.

Put me to what you will, rank me with whom you will;

 put me to doing, put me to suffering;

let me be employed for you, or laid aside for you,

 exalted for you, or brought low for you;

 let me be full,

 let me be empty,

 let me have all things,

 let me have nothing:

I freely and wholeheartedly yield all things

 to your pleasure and disposal.

And now, glorious and blessed God,

 Father, Son and Holy Spirit,

you are mine and I am yours. So be it.

And the covenant now made on earth, let it be ratified in heaven.

Amen.

Remedies. Not long after we left church on December 29, 2019, came the news of yet another shooting, this time at West Freeway Church of Christ, in White Settlement, Texas. Our prayers are with them. I wish, we all wish, we had a remedy for all of these senseless and tragic acts. I have to believe that the person who carried out this act was also looking for a “remedy” to what plagued and inflicted him. His answer, shooting people at a church. I have to believe that perhaps his family and friends knew that something was amiss, broken, with him, and they too tried to find the remedy to fix what was wrong, to no avail.

As we begin a new year, our prayers are that we might find some “remedies” to the hardships and violence and disunity that avail us. In an election year, I hope we find the “remedy” for unity. The “remedy” for unity within The United Methodist Church. The “remedy” for peace within our households. The “remedy” for cancer. The “remedy” for poverty and homelessness. The “remedy” for _____, (and you can fill in the blank). Two voices from our past also spoke about remedies, Hellen Keller and Anne Frank:

We may have found a cure for most evils; but we have found no remedy for the worst of them all, the apathy of human beings. – Hellen Keller

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be. – Anne Frank

John Wesley, the founder of Methodism, also had a remedy. It is the prayer above, the Wesleyan Covenant Prayer. He believed we should gather often, read it together, pray it aloud, and then with God's help, live into it. Many churches use this prayer for *WatchNight* services held on New Years Eve.

I've noticed on my GPS on my phone that when I am going somewhere, especially an unfamiliar place, I will often use the feature that allows me to "look ahead," to literally scroll ahead and look to see what town city, or geography is up ahead. When I do that, it means I have to leave where I am on that map, that is the small icon which is the car I am driving, is no longer visible. So, thankfully the GPS has a tab that simply reads, "re-center." When I push that tab, instantly I am able to see myself again, exactly where I am at.

I think that is helpful in finding our "remedies" of life. It is encouragement to not "look ahead" for too long. To not "lose sight" of yourself for too long. The New Year holds some unfamiliar things for all of us and we will eventually get to those events, places and people. But here at the start of a new year, it is time to hit the "re-center" tab, to know where we are at this exact time, to see ourselves as we truly are, and then to find some quiet time as Anne Frank suggested and then to simply pray this prayer above. Maybe once, maybe twice, maybe each time we need to in the coming months. To "re-center" ourselves is always part of the remedy I believe.

Dear Union Chapel, may your year be filled with peace, prosperity and love. May God's blessings shower upon you and bestow upon each of you a bright, healthy and peaceful season, in this new year. AMEN

Pastor Mike

A New Year's Prayer

Lord, You make all things new

You bring hope alive in our hearts

And cause our Spirits to be born again.

Thank you for this new year

For all the potential it holds. And for the challenges that will make us stronger.

Come and kindle in us a mighty flame

So that in our time, many will see the wonders of God and the newness that Jesus spoke of.

Help us to live for You and for our neighbor, that in our words and our actions, we will

praise Your

glorious name.

Amen



Prepare Your Car for Winter

In addition to annual maintenance, here are some tips to winterize your car:

- Test your battery; battery power drops as the temperature drops
- Make sure the cooling system is in good working order
- Have winter tires with a deeper, more flexible tread put on your car
- If using all-season tires, check the tread on your tires and replace if less than 2/32 of an inch
- Check the tire pressure; tire pressure drops as the temperature drops
- Check your wiper blades and replace if needed
- Add wiper fluid rated for -30 degrees
- Keep your gas tank at least half full to avoid gas line freeze

Avoiding Frostbite and Hypothermia

Cold weather can be dangerous for anyone who spends time outdoors for either work or pleasure. Be mindful of the risks. Excessive exposure to low temperatures, wind or moisture can cause two dangerous conditions: frostbite and hypothermia.

Before venturing outside in winter, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy.
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves
- Cover your head and ears with a warm hat
- Wear socks that will keep your feet warm and dry

Frostbite

Even skin that is protected can be subject to frostbite. It's the most common injury resulting from exposure to severe cold, and it usually occurs on fingers, toes, nose, ears, cheeks and chin. If caught early, it is possible to prevent permanent damage. If not, frostbite can cause tissue death and lead to amputation.

Superficial frostbite affects the skin surface while the underlying tissue remains soft. The skin appears white, waxy or grayish-yellow and is cold and numb.

If the condition progresses to deep frostbite, all layers of the skin are affected and the outcome likely will be more serious. The skin will become completely numb, blisters may form and eventually the skin tissue dies and turns black.

If you suspect frostbite:

- Move the victim out of the cold and into a warm place
- Remove wet clothing and constricting items

- Protect between fingers and toes with dry gauze
- Seek medical attention as soon as possible
- Warm the frostbitten area in lukewarm water (99 to 104 degrees) for 20 to 30 minutes only if medical care will be delayed and if there is no danger of the skin refreezing
- Do not use chemical warmers directly on frostbitten tissue
- Protect and elevate the frostbitten area

Hypothermia

Hypothermia occurs when the body's core temperature drops below 95 degrees. Hypothermia is most associated with exposure to extreme cold, but it can also occur at higher temperatures if a person becomes chilled from being soaked with rain or submerged in water.

Severe shivering, one of the first signs of hypothermia, is beneficial in keeping the body warm. But as hypothermia progresses, shivering gives way to drowsiness or exhaustion, confusion, shallow breathing, irregular heartbeat, slurred speech, loss of coordination and, eventually, unconsciousness and death.

Paradoxical undressing is an extremely rare symptom of hypothermia. The victim undresses instead of bundling up. Researchers believe that in the final throes of hypothermia, victims may feel like they are overheating due to a rush of warm blood to the extremities.

If you encounter someone suffering from hypothermia:

- Check responsiveness and breathing, and call 911; except in mild cases, the victim needs immediate medical care
- Provide CPR if unresponsive and not breathing normally
- Quickly move the victim out of the cold
- Remove wet clothing.
- Warm the victim with blankets or warm clothing
- Only if the victim is far from medical care, use active rewarming by putting the victim near a heat source and putting warm (but not hot) water in containers against the skin
- Do not rub or massage the victim's skin
- Be very gentle when handling the victim
- Give warm (not hot) drinks to an alert victim who can easily swallow, but do not give alcohol or caffeine

These steps are not a substitute for proper medical care. Be sure to seek medical attention for frostbite and hypothermia as soon as possible.

Church Safety & Security

Seminar

Sponsored by: West Virginia State Police



Information to assist churches in organizing and implementing a safety program to fit your needs.

Instructors: **Sgt. J. L. Mitchell** **Director of Chaplin Services**
Wellness Officer

Capt. D. M. Lee **Director of Training**
West Virginia State Police Academy
Chaplin

Cpl. I. M. Harmon **Chaplin**

Cpl. M. D. Gillmore **Chaplin**

Cpl. B. W. Claypool **Chaplin**

Location: **Union Chapel United Methodist Church**

Date: **Saturday, January 11, 2020** **Time:** **1:00 PM**

Contact: **Kevin Duckwall, Morgan County EMS Executive Director**

Mission Monthly

The last Sunday of each month the Homeless team, usually 4 to 6 folks, makes the trip to Washington DC leaving Union Chapel around 3pm and meeting up with a group from Faith UMC to guide us through DC. Our goal is to deliver meals, water, men's and women's clothing, health kits, underwear, socks, coats, blankets, shoes, etc. to the homeless in parks and on the streets of DC. As we try to give our homeless friends a blessing by our gifts and God's love, we usually find that we are the ones receiving a blessing from God.

Participants Role

Many different roles: making meals, organize clothes, find clothes, etc. through yard sales etc. to give to the homeless. Load the church van on Sunday trips, organize clothes, and then organize clothes some more, prayers, money to purchase items for homeless and making the trip our Sunday.

----- Giving from the heart ----- Prayers

Frequency

Monthly trips on the last Sunday of the month. Organizing clothes and looking for clothes for the homeless – daily.

Contact Person(s)

Arnie Stotler (304) 433-1222 cell or (304) 258-7040 work

Vickie Miller (304) 279-7103 cell (meals)

DC Homeless Mission

Cooler weather approaching we will be needing these items for the homeless men and women, light weight jackets, jeans, blankets, sheets, backpacks, small carry bags on wheels and shoes. We will soon start our glove collection for the winter months. Thanks for all you do to make these trips possible. If you would like to go see and experience first hand what the DC Homeless Missions is all about just let Arnie or Vickie know and we will save you a spot in the



van.
Again Thanks

Kathy Zeigler, our Administrative Assistant will be working in the church office on Tuesdays and Wednesdays. Please email her at ucumcww@gmail.com with Newsletter information and Bulletin information.



Happy New Year to the best shoebox packers.

It's never to early to start planning and shopping for this year. If you buy throughout the year, shopping the sales, makes it a whole lot easier.

If you have any questions please do not hesitate to call Debbie Weiss, 304-258-8831. Thanks, happy packing and God Bless you...



Hats, Gloves & Scarves

January

The United Methodist Church:
www.umc.org

Baltimore Washington Conference of the United Methodist Church:
www.bwcumc.org

Western Region of the Baltimore Washington Conference of the United Methodist Church:
www.bwcumc.org/westernregion



Please join us on Tuesday, January 7 at 6:00 pm as we meet to plan our year's activities. If you are not able to attend but have suggestions, please email them to Becky Miller @ rebkmill@gmail.com.

Our Ladies Ministry has been asked to make refreshments for the Church Safety Seminar sponsored by WV State Police to be held at our church on Saturday, January 11 from 1:00-4:00.

Light snacks, sweets, and beverages will be greatly appreciated. Food can be dropped at the church at 12:00 pm. Please email Becky Miller @ rebkmill@gmail.com if you can provide a snack.

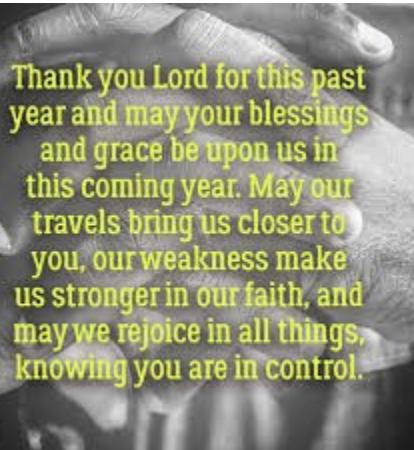
Ladies Bible Study "The Story"

The Ladies Six week Winter Bible Study begins Wednesday, January 15, 2020. We will meet at 10:30 am in Fellowship Hall for approximately 90 minutes. Each meeting will consist of prayer time, a 15 minute video and discussion of one Chapter in the book that participants will read at home ahead of class.

Please read the Preface and Chapter One "Creation" in the book before the first class on January 15.

We look forward to seeing you on January 15th.

Nancy Jordan nancybrown242@yahoo.com and Judy Dekker judithdekker@man.com



PRAYER
changes things





The Youth Group had a wonderful time at the Annual Christmas Party hosted by the Melson's! We ate a lot of good food, decorated Christmas cookies, exchanged gifts and had a sleep over. Thank you Tom and Debbie for your generous hospitality!

The youth sold beautifully crafted Christmas ornaments donated by Dixie Stoltz. We were able to raise \$250 to support our youth mentoring programs. Thank you to Dixie and to all who bought ornaments!

Unfortunately our opportunity for the youth to assist at the Operation Christmas Child processing facility was cancelled in Baltimore as they completed all processing early.

All students are invited to go bowling immediately following the combined service on Sunday, January 5th. Please bring \$ for lunch at the bowling alley. Bowling and shoe rental will be covered by the student ministry. Meet with Reidonna King in the narthex after the service. Students under 3rd grade should be accompanied by an adult.

Our condolences go out to Allie and Ethan Lafferty at the loss of their dad. Please keep them in your prayers.

We have a wonderful group of Sunday School Volunteers who joined our existing wonderful teachers. The January sign up sheet needs a few more signatures.

First quarter sign up sheets are also in the Narthex. Please sign up to help guide our students "in the way they should go" (Pro. 22:6)

"Why did God call me to teach? Perhaps because I had so much to learn." (Beth Moore)

Some of our church families occasionally host the youth for an evening of food and fun. We would like to make this a monthly event. We already have October taken care of, but need a host for the other 11 months in 2020. If you are interested in having this great group of young people over one month during the next year, please let Reidonna King know (919) 218-8981. We can narrow down the exact date for each month about 30 days prior to the event."

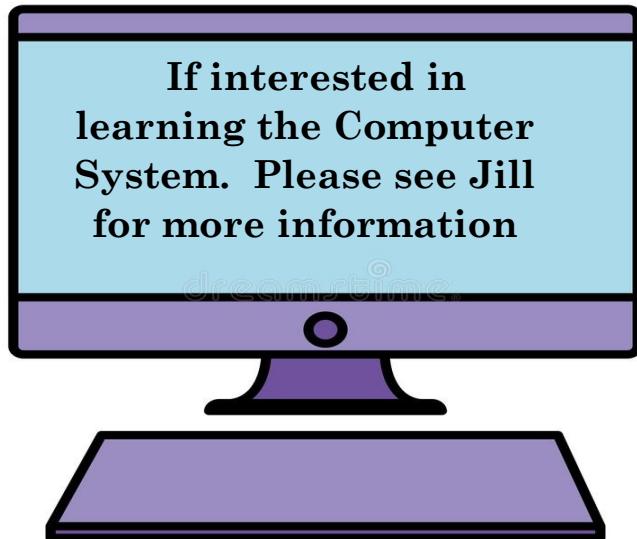
UMC Youth Coalition

On December 17th, a group of local pastors and adult members met at the Blue to discuss ideas and processes necessary to form a youth coalition of Morgan County and Northern Virginia students, 6th-12th grades. The purpose of this group is to mentor teenagers through good example and devotions, safe activities, food and fun, in order to develop long term relationships that point them toward Jesus. In our community of youth, we want to mentor disciples for Christ and reach the unchurched.

The next Youth Coalition Meeting is scheduled on Sunday, January 5th, 6pm at the Blue (440 Farnow Rd. Berkeley Springs, WV 25411). The purpose of this meeting is to get input from those who could not attend the December 17th meeting and continue to plan for the January 26th meeting when the youth of Morgan County United Methodist Churches will be invited to join the meeting at the Blue.

On January 26th, youth from Morgan County UMC are invited to join the core group for discussion of plans and ideas for future gatherings that will include a diverse group of youth from the community. This meeting will be a time of food, fun and sharing within the group, with a devotion time included. Our goal for this meeting is to allow the youth to get to know one another and to engage in organizing and co-leading successful community events that interest other youth and introduce them to Christ.

Please mark your calendars for these important events and let Pastor Mike or Reidonna King know if you have any questions.



Nurse's Corner

Nurse's Corner January 2020

I hope everyone had a great Christmas and I wish everyone peace, joy, and good health in the New Year. Speaking of health, we all at sometime become caregivers to our families or friends.

It's hard being a caregiver to others and still have to care for your own family and maybe even hold down a job as well. If you don't take care of yourself you won't be much good to others. We all neglect ourselves at times. This month's bulletin board will be on caring for the caregiver. Stop by the bulletin board and take a look, or see me if you have any questions.

Blessings, Kim



ATTENTION—

If you see any areas of the Church that need attention, either inside or outside, please contact Dave Fink at: dave.finkucumc@gmail.com or Harry Weiss at: harryweissucumc@aol.com or any members of the Union Chapel Board of Trustees

My Church Family,

After a few setbacks, "thanks be to God", my first monthly disability payment was deposited in my checking account in November .

Through these last 3 years God has provided for me in so many ways through my Union Chapel family. Your prayers, support; and your more than generous monetary gifts have carried me through these many months. I honestly don't know what I would have done without all of you. Thank you doesn't seem enough...but thank you so so so very much from myself and my mama.

God Bless each of you,
Darlene

Outdoor
Christmas
Building
Team
Coming Soon
For 2020
Please see Jill

**MCEIC-MCEAT
Mission Request
For January
Beef Stew**



Backpackers Mission:
2nd Thursday of each month (during the school year)
Starting Points:
2nd Monday of each month from 1-5 pm
4th Tuesday of each month 3-5 pm



**NOOMA Adult /
Sr. High
Sunday School Class**

Will begin Sunday, January 5th during the Sunday School hour. The NOOMA series is an engaging and modern video presentation of scripture and the lessons they offer. All adults and youth in 10th, 11th, or 12th grade are invited to attend. The gathering will be in the fellowship hall.



Leslie Canoles	1/2
Christian Hovermale	1/4
Annie Jarrell	1/5
Carlee Spielman	1/6
Natalie Cottrell	1/7
Sharon Cox	1/7
Ayden Stohl	1/8
Mark Swaim	1/11
Sheryl Heydt	1/13
Daniel Wachter	1/15
Gary Wachter Jr.	1/15
Alan Omps	1/16
Kara Reed	1/16
John Shoemaker	1/16
Frank McCusker	1/18
Jeremy Leedom	1/21
Kiersten Tanner	1/23
Ray Henry	1/24
Patricia Funt	1/30
Mark Canoles	1/31

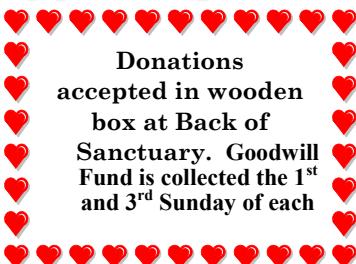


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Like us on
Facebook

Goodwill Fund



Just a reminder, we email the monthly newsletter in a PDF File, if a paper copy is needed please let Kathy know. Please make sure Kathy has your correct email address for electronic information.



Recycle your **Upper Room** and **Daily Bread** booklets. There is a labeled container in the Narthex for the used booklets. They will be included with meals for the homeless when the church members visit DC each month.

To join the Church's e-mail prayer chain, or to submit your own prayer request for a friend, family member, or neighbor, contact **Darlene Unger** **(304) 671-0340** **atlantaplus5** **@aol.com**

CHURCH USERS

If you raise or lower the temperature in the space you are using, please read the posted temperature settings located under each thermostat throughout the Church. Thanks, Your Board of Trustees

ATTENTION FELLOWSHIP HALL USERS

When you leave the hall please ensure that the blinds are left open. This is necessary so that the Sheriff and the Deputies can see in when responding to a security issue here.

Thank You, Your Board of Trustees

Offering Envelopes

If you need offering envelopes for 2020 please sign up on the yellow pad in the narthex or call

Bruce Elliott (cell 540.246.4237).

If you have unused envelopes from 2019 please use them.



Ladies Exercise Class

Tuesdays and Thursdays at 10am at Cacapon State Park
Inquiries made to Ratih Hughes 443-822-3899

“SAVE THE GIRLS”

“SAVE THE GIRLS” Help ladies who need: bras – new or fairly new, underwear – new or fairly new, Always pads, tampons. There will be a collection box for donations of these items in the Narthex. Cash donations will also be gratefully accepted.

May God Bless You Contact Joyce Kline 304-258-5199



Union Chapel United Methodist Church
Love God, Love Everyone,
No Exceptions



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Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Emmaus at Wesleyan 6pm	3	4
5	6 Safety Mtg 6:30pm	7 Ladies Exercise 10am Ladies Quarterly Planning 6pm Trustees Meeting 7pm	8 Crafts 10:30am Simeon & Anna 1pm	9 Men's Prayer Group 8am Ladies Exercise 10am Backpackers	10	11 Safety & Security Seminar 1-4pm
12	13 Starting Points 1-5pm	14 Ladies Exercise 10am	15 Crafts 10:30am Ladies Bible Study 10:30am Simeon & Anna 1pm	16 Men's Prayer Group 8am Ladies Exercise 9am Emmaus at UC	17	18
19 Blood Pressure Screening	20	21 Ladies Exercise 10am	22 Crafts 10:30am Ladies Bible Study 10:30am Simeon & Anna 1pm	23 Men's Prayer Group 8am Ladies Exercise 10am	24	25
26 DC-Homeless Trip 3pm	27	28 Ladies Exercise 10am Starting Points 3-5pm	29 Crafts 10:30am Ladies Bible Study 10:30am Simeon & Anna 1pm	30 Men's Prayer Group 8am Ladies Exercise		

www.umcunionchapel.org

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pmikeunionchael@gmail.com
Cell Number: 304-707-1250