



The Wesley Word

Good Medicine

Jesus Invites Us Into His Presence

By Jayne Wolfe



Holy father, grant that we may keep our eyes on the goal and run with discipline and commitment. We praise you for the rising sun and for all the reflections of your glory. Guide us during the days of Lent so we will be ready to come to the empty tomb with joy and confidence. Amen

Adapted from Alive Now, Jan/Feb 2009

“A cheerful heart is good medicine, but a crushed spirit dries up the bones.” Proverbs 17:22

It is a blitz, but it’s not football. It is a full court press, but it’s not basketball. It is running at full speed over various hurdles, but it’s not track. It is a takedown with the goal of full submission, but it’s not UFC. Rather, these are Lisa’s and my typical moves at trying to administer bad tasting medicine to our kids. A few months ago all these skills were put to the test when the pharmacist forgot to put the flavoring in the antibiotic. The medicine was good for our son, but it wasn’t good.

Proverbs 17:22 calls a cheerful heart “good medicine”. It is *good* and good for you..

Many people live with a “crushed spirit”. Rejection, spiritual defeat, broken dreams or repetitive tribulation has squashed their hope, and along with it, their cheerfulness. The *New Century Version* says, “a broken spirit drains your strength.” *The Message* says, “gloom and doom leave you bone-tired.” Perhaps you can relate.

We can think about this proverb two ways: One as an objective commentary on humanity - People are divided into two camps, the cheerful hearts or the broken spirits. Or, we view it as a way of identifying where we are, as well as inspiration to change if we don’t like where we are. Cheerfulness, happiness and joy are viewed throughout the scriptures not only as good, but attainable by the grace of God.

Several times Jesus says to his disciples or to others, “Be of good cheer.” Jesus’ words challenge the one who is not cheerful to experience cheerfulness, as well as contain the promise that cheerfulness can be had.

But it usually doesn’t happen by accident. F.B. Meyer says, “A happy and cheerful heart is a matter of cultivation. We cannot afford to abandon ourselves entirely to our moods.” (“Cultivating Cheerfulness”).

What’s the work? Four challenges come to mind:

(1) Choose to Be Cheerful. The psalmist says, “This is the day the Lord has made, let us rejoice and be glad in it.” We must choose rejoice.

(2) Two, Learn to Laugh. We need to lighten up. Don’t misunderstand. Everything we face is not humorous. Serious and sobering issues are before us. Nor do we have to put on a plastic smile in every situation. Ecclesiastes reminds us that there is a time to mourn. Yet there is also a time to laugh. Medical research shows that laughter is truly good for you. Study after study concludes that laughter has positive effects on physical and emotional well-being. The Spanish nun, Teresa of Avila wrote, “She who laughs, lasts!” Lincoln said, “If I do not laugh, I should die!”

(3) Begin to Believe. Most of us believe to a degree. We believe that Jesus died for our sins and offers eternal life for all who believe. We believe that he will take care of us in eternity. We struggle, however, to believe that he will take care of us here and now. What if we really believed Romans 8:28? What if we truly believe as Paul writes, “For we know that in all things God works for the good of those who love him, who are called according to his purposes.”

Shannon is one of the most cheerful persons I know. Her smile and energy are refreshing. I discovered that her cheerfulness was forged in the fire of suffering. In our Church’s daily devotional, she writes of God’s faithfulness in overcoming a deep pain from her past.

Inside this issue

New Members, WCP, Confirmation Update	Pg 2
Birthdays and Upcoming Events,	Pg 3
UMW, Ash Wednesday, Kids Night Out, Mexico Mission	Pg 4
Puppets, Samaritan Inn	Pg 5



“Let the hearts of those who seek the Lord rejoice”
Let us rejoice as we present ourselves before our loving creator.
Welcome to Wesley, Welcome to this house of God.

Our New Baptized Members

Jordan Allen
Evan Mosley
Ashleigh Quinn
Natilee Quinn
Wesley Jozwiak
Emily Jozwiak

Our Newest Members

Michael & Nycol Mosley
Megan Mosley
Susan Quinn
Mark & Jonelle Jozwiak
Kristina Kaszowski

(Good Medicine)

Continued from Page 1

Upon receiving an epiphany of God's love, she writes, "I'd like to be able to say that I faced my demons with courage immediately but I didn't. I did however say a small but honest prayer asking God to make me willing and months later I was. I was finally ready to walk through the valley. Once willing God and I began a painful and amazing journey..." Can you begin to believe?

(4)Seek to Serve. Jesus says, "It is more blessed to give than to receive." A few days ago I had lunch with someone from Wesley. He's sort of a cut and dry, straight shooter. He mentioned our Angel Tree outreach from last Christmas and how he enjoyed purchasing some items. Though the families were anonymous, he caught on to the codes and realized that his family had two children and both children wanted bikes. He decided to purchase both bikes. Passionately he spoke of the blessing he received in return. "Ed," he said, "it felt so good!" Indeed, "It is more blessed to give than to receive." Serving others produces a cheerful heart.

Blessings,
Ed

(If you're anything like me, you've been thoroughly blessed by Wesley's home-spun devotional, *100 Days to 100 Years*. Each daily reading has nourished my soul well. It is treasure of personal witness to the grace and truth of our Lord. I'm grateful for each entry and each memory.

I also felt led to create a sermon series around the Devotional. Each Sunday I'm preaching from one of the scriptures found in the previous week's readings. I hope you read along with me.)



WESLEY CHRISTIAN PRESCHOOL
inching forward with love and learning
A ministry of Wesley United Methodist Church

The preschool begins registration for the 2009/10 school year for current students and church members on February 2nd. Open registration will begin February 9th. Registration requires filling out two enrollment forms and an \$85 non-refundable registration fee. We will continue to offer classes for 2-5 year olds (must be that age by Sept 1st to enroll in respective age classroom). Preschool hours continue to be Monday-Thursday 9:15-2:15 and Fridays 9:15-12:45. Two, three and five day classes available. The preschool uses a Christian curriculum and is licensed by the state of Texas. All teachers meet state requirements, have had background checks, FBI fingerprinting and are trained in first aide/CPR. Please stop by the preschool office between 9:00-3:00 for a registration packet. New families welcome. Sibling discounts.

Wesley Christian Preschool board meets Tuesday, February 10th at 7:00.



Confirmation Update

Confirmation has had a wonderful year so far, and we are still looking forward to the rest of it! We all LOVE Kids Night Out and love all the wonderful children you bring to it. We are all excited about our retreat coming up as well. We are trying to do the best we can raising money and hope you love all the COOKIES! Mmmmmm anyways, confirmation is about the most memorable experience that I will look back on for the rest of my life.

Being new to this church, I have made many new friends from confirmation, and have gotten to know many people. Like all the kids from Kids Night Out! They are all AMAZING kids. Also, I have gotten to know parents too!

This year is one of the BEST years of my life!

Christina Cowley
Confirmation 08-09



Happy February

Birthday's

Katherine Hines	1st
Callie Moorman	2nd
Sara Tinsley	3rd
Ashley Schmidt	5th
Denise Tolbert	5th
Dorothy McIntire	8th
Joy Short	8th
Rachel Moorman	11th
Wilma Williams	11th
Don Furness	13th
Matthew DeLisle	15th
Davie McBride	15th
David Pratt	16th
George Gilbert	17th
Reece Jones	17th
Nikki McDonald	17th
Christine Brauen	19th
Christian Clarke	19th
Dana Dupree	19th
Richard Billings	20th
Francine Chehati	20th
Debbie Anderson	24th
Diane Hartnell	24th
Natilee Quinn	24th
Charles Schober	24th
Michelle Gell	28th
Ken Hollingsworth	28th
Tori Young	28th

Up Coming Events

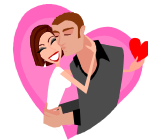


- 1st Youth Parent Meeting
- 2nd WCP Enrollment for currently enrolled students and church members
- 2nd Trustees Meeting
- 6th Kids Night Out
- 8th 100 days to 100 years celebration with SLB Meal
- 9th WCP Open Enrollment
- 9th Finance Meeting
- 10th WCP Board Meeting
- 14th Samaritan Inn Meal/Hands and Feet Open
- 16th Church Council Meeting
- 19th Prime Timers
- 21st UMW Meeting
- 21st Youth fundraiser/Spaghetti Dinner
- 23rd SPRC Meeting
- 25th Ash Wednesday Service



Puppets meet 1st and 3rd Sundays from 4pm to 6pm all other Sundays 5pm to 6pm.

Praise Band Practice held on the 2nd and 4th Sunday's from 4pm to 6pm.



FAMILY LIFE
Presents

WEEKEND TO REMEMBER

Valentine's Weekend

February 13-15, 2009

Gaylord Texan Resort Grapevine, TX

To join our group contact

Tim & Valerie Brinkman

home@thebrinkmanfamily.com

972-540-6290 by

February 3, 2009



PRIME TIMERS

The Prime Timers will meet on February 19th at Spring Creek Barbeque at 11:30 am for lunch. All are welcome.



CENTENNIAL CELEBRATION

**GRAND FINALE,
MARCH 8, 2009**

100 Years of Faithful Service

There will be one Worship Service at 11:00 a.m. Sunday March 8th. In Attendance and helping lead this special Worship Service are: Bishop W. Earl Bledsoe (preaching), Dr. Clara Reed, (District Superintendent), Rev. Van Lazaroff, and Rev. Leighton Bearden.

Celebration Meal will follow.

Please mark you calendar for this special day and plan on being in attendance.



UMW'S FEBRUARY MEETING

What: Wesley UMW Meeting
 When: Saturday, February 21
 Time: 9:30 a.m.—12:00 noon
 Where: Quilters Room

Come join us as we share our food, uplifting program and Christian fellowship. If you have questions, please feel free to contact one of the following officers:

- Pat Chadwick countrymusicmemories@yahoo.com
- Betty Bailey bettybailey@tx.rr.com
- Carol Bichler cbichler@jcpenny.com



Kids Night Out is Here!

This is a time for parents to drop off their kids for a fun time at the church while the parents get to go out on a date or do something fun as well...just by themselves!

- When:** The first Friday of every other month. **Feb 6th April 3rd**
- Time:** The evening will run from 6:00 to 10:00 PM.
- Cost:** The cost will be \$10.00 (one child), \$15.00 (two children), \$20.00 (three+ children).
- Limit:** 20 children total. Reservations HIGHLY recommended.
- Who:** Children walking age thru 5th grade
- Where:** Fellowship Hall – Wesley UMC
- Sponsored by:** The Confirmation Class of 2008-09

Come and have some fun!

Call Valerie Brinkman 972-540-6290 to make your reservation.



**CENTENNIAL CELEBRATION
 (Part 3) February 8**

Come join us at 11:00 a.m. for Part 3 of 100 years of Faithful Service. Rev. Bill Shaddox (preaching), Rev. Jim Gatlin, & Rev. Jeanne Davis will be leading Worship. A celebration meal will follow.



ASH WEDNESDAY SERVICE
February 25
7:00 PM
IN SANCTUARY

Wesley invites everyone to participate in our Ash Wednesday service. This is a day to reflect on what needs to change in our lives if we are to be fully followers of Christ. It is called Ash Wednesday because it is tradition to rub ashes on the foreheads of those attending the service as a reminder of our mortality and an expression of repentance. Your prayer requests from 2008 will be burned to create the ashes for the service. God will bless beyond belief.

COME!!



WFN HOSTING PANCAKE SUPPER

Wednesday February 25, 6:15 pm

Prior to Ash Wednesday Service

All are welcome! Look for sign up sheet in the Narthex in February.

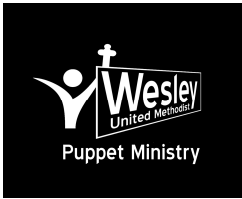
Cost of the meal: Free for children 0-3, \$1.50 for children 4 years thru 9 years, and \$3.00 for everyone else (10 and older)



Mexico Mission Trip 2009

Did you know the average income of a worker in Juarez, Mexico is \$50 per week or \$1.25 per hour. Unfortunately, that \$1.25 does not buy too much more than it would in the United States. As a nation, we take for granted most the basic needs of life...safety...water to drink...food to eat...the roof over our head. These are daily struggles for many of the people of Juarez. As we begin to prepare for this year's trip to Mexico, please join us in prayer as we seek safety, provision and humble heart to do God's work in a place that so desperately needs it. Over the next few weeks, sign up sheets will be posted in the Narthex asking for food and other items needed for the trip. Even though you may not be able to physically join us, you can all play a part in the trip through your prayers and support. We thank you in advance.

Together in Christ,
 Mexico Mission Team



We are hard at work getting ready for our Centennial show, the Mexico Mission trip and planning something special for the spring. Puppets now meet for 2 hours on the 1st and 3rd Sundays of the month from 4 to 6 pm. The other Sundays we still meet from 5 to 6 pm. We welcome anyone 6th grade on up to put a puppet on your hand and share God’s message.

Mexico Mission Puppet Project: We got together on Saturday, January 24th to put together the 100 puppets that will be going to the orphanage in Mexico. We are now working on the skit and song we’ll be presenting. Keep this mission in your prayers.

Help Wanted: The Puppet Team has an urgent need for a Creative Director. We need someone who can lead a creative team of students in the design & production of sets, props and costuming. Must be able to meet regularly with Director & Administrator and be available to meet with your team on Sundays (4-6pm or 5-6pm depending on day). Please pray for the person God will be sending us - is it you?!

Storage Needed: As the Puppet Ministry has grown, so has our inventory of puppets, props and costumes. We are looking for a large dresser to store these items in. If you have one you want to donate - we can pick it up. Call Stacey 214-726-1000.

A note from the director...

As I read my devotional this morning, from Charles Spurgeon, the scripture verse truly spoke to me. It was Ezekiel 33:22: “Now the hand of the Lord was upon me in the evening”. In this case the Lord’s hand was heavy and Ezekiel had to share a difficult message but the message that was spoken to *my* heart through Spurgeon was that no matter what the Lord is saying, hard or easy it is of benefit to us. When we learn to love what the Lord is saying we start to let Him apply these profitable godly ways to our lives...and, as Spurgeon puts it: “The invisible is near, and the visible loses it’s power over us.” I love that!!

The Puppet Team has a very busy spring and summer coming up. I have a tendency to become overwhelmed but when I stand before the Lord, the invisible draws near and the visible (issues and concerns) lose their power! I become peaceful and let the Lord run His ministry and bless the socks off me. Please be in prayer for our team as they face a busy time with 100 puppets for Mexico, Wesley Centennial celebrations, VBS and a trip to Chicago if the Lord wills it!!



SAMARITAN INN MEAL

<u>DATE:</u>	<u>HANDS AND FEET</u>	<u>DATE:</u>	<u>HANDS AND FEET</u>
January 10	An Individual	July 11	Open
February 14	Open	August 8	Open
March 14	Open	September 12	Open
April 11	Open	October 10	Open
May 9	Open	November 14	Open
June 13	Open	December 12	Open

Sign up now for 2009, call church office or David Coburn 214-726-0182

“Truly, I say to you, as you did it to one of the least of these my brethren, you did it to me”. Matthew 25:40

The second Saturday of each month is the designated time for Wesley UMC to provide groceries to the Inn. The ingredients are purchased based on a list provided by the kitchen and delivered to the Inn by 6:00 PM. The ingredients will be used for a future meal to be prepared by the Inn’s personnel. The cost of the groceries is approximately \$200.00.



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PRST STD.

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Permit No. 228

McKinney, Texas

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Terrilee Schober, Interim Children's Director,

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Dennis Full, Youth Director,

youthmin@wumcmckinney.org

Karen Stein, Preschool Director,

Wcp_karen@wumcmckinney.org



WESLEY CHRISTIAN PRESCHOOL
inching forward with love and learning
A ministry of Wesley United Methodist Church

Enrolling for the 2009/2010 preschool year beginning Feb 9th

- ❖ 2,3, 5 day Classes available
- ❖ Must be aged 2, 3 or 4 by Sept 1 to be in respective class.
- ❖ Christian curriculum including weekly Spanish, Music/Movement and Chapel
- ❖ 5 day Transitional Kindergarten offered for older 4's or 5 year olds
- ❖ Hours Mon-Thurs. 9:15-2:15 Fridays 9:15-12:45
- ❖ Following MISD calendar holidays with the exception of the starting and ending dates. Starting date Sept 7th.
- ❖ Low ratios, qualified & caring staff
- ❖ Licensed by State of Texas

Director, Karen Stein 972-542-4778 Admin Nikki McDonald