

JUNCTION CITY UMC

UPDATE

FEBRUARY
2025

WELCOME

Please join us for worship every Sunday morning at 10:30am, either in person or on Facebook Live www.facebook.com/junctioncityorumc

Stay for coffee and conversation in the Fellowship Hall immediately following worship service.

Communion is served the first Sunday of each month. All are invited to the table. Please bring a protein to be donated to Local Aid, like peanut butter, canned tuna or chicken.

We are a Reconciling Congregation, welcoming all persons regardless of age, sexual orientation, gender identity, family configuration, economic status or mental or physical abilities.



Newsletter Deadline

Newsletter submissions are due on the 3rd Friday of each month. Please send your submissions to junctioncityumc@gmail.com

March Newsletter submission deadline is February 21, 2025

Upcoming Events

- 2/2 Communion Sunday
- Court Lunch Packing 2/4
- Choir Practice Wed. @ 7pm
- Just Breakfast 2/8 &
- Leadership Team Meeting 2/16 @11:40

Contact Info

Email: junctioncityumc@gmail.com

Website: junctioncityorumc.org

Pastor Nancy Notes

This sunshine we are having in January is absolutely wonderful!!! I hope that you have been enjoying the sunshine either with walks outside or sitting in your favorite chair looking outside. There's just something about the sun shining that brings a smile to our faces (especially in an Oregon winter!), puts joy in our hearts and overall lifts our mood.

There is much going on in the world right now. It can get too heavy. Let me encourage you to take care of yourself. Don't watch 24-hour news, our minds, our spirits, our emotions were never meant to absorb that much news the way it is presented today. It can lead to feelings of hopelessness, and we are hopeful people. Watch or read enough to be informed but not traumatized.

If you are feeling like everything is out of control, remember history repeats itself. If we want a different outcome, then we need to behave differently. We have power to change things through living out our faith "to do justice, love kindness and walk humbly with God (Micah 6:8). I was listening to a sermon earlier and the pastor said, *"don't let the enemy become your inner me."* WOW!!! That really spoke to me. Take care of your heart, soul and mind. What does that look like?

For me it's been looking like:

- Changing my news sources and how I get my news. I don't do well with people yelling opinions at each other. So, I get news in snippets and through written sources in my emails.
- Making sure I'm drinking my water and trying to get at least eight hours of sleep every night. However, to be honest, my sleeping patterns have changed. I'm still working on how to improve my quality of sleep.
- Spending more time throughout the day praying. You all are in my prayers. I am so grateful to be living life with you during this time.

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

--Martin Luther King Jr., A Testament of Hope: The Essential Writings and Speeches

In the journey with you,

Pastor Nancy

Discipleship Group

Would you like to have a discussion about life and the Bible?

Please join the conversation on Sundays at 3pm in the Fellowship Hall

Come for one or come for them all!



Communion Sunday

The first Sunday in the month we will be celebrating communion. Please bring a protein for the local food pantry. Good sources of protein include peanut butter and other nut butters, lentils, beans and canned chicken. I would like for us to get into the habit of bringing a source of protein for the food pantry on communion Sundays. As we are fed the bread and cup of life, let us share food and life with our community members who are food insecure.

February 2025 Worship Series (*Communion is served the first Sunday of each month*)

King David - David was a paradox. Scripture call him a man after God's own heart. He's known as one of Israel's greatest kings, yet he was still fully human. He made destructive choices, abused his power and caused brokenness in the lives of others. But despite his failures, he ultimately sought to follow God and was redeemed by truth and forgiveness.

2nd Shepherd
9th Warrior
16th Poet
23rd King

1 Samuel 16:1-13
1 Samuel 17:2-11
Psalms 34
2 Samuel 11:1-5

Communion Sunday

Pastor Nancy's February Schedule

Monday is the Pastor's Sabbath. If there is an emergency she will respond, otherwise she will be available starting on Tuesday.

Tuesday is Sermon Prep day so she will work away from the church but is available by email or text message.

Wednesday & Friday she will be in the church office from 10am - noon

Thursday she will hold office hours at Max Porters am - noon.

Saturday is her day off EXCEPT for Community Breakfast Saturdays.

- *These hours are subject to change so please feel free to make an appointment.*

During the other hours of the week, she will out in the community, planning for sermons, writing, office administration work, engaging in pastoral visits and study group. As always, you can text or call Pastor Nancy at (740) 562-3879 or email her at pastor@junctioncityorumc.org.

Prayer Team

"I can no longer condemn or hate a brother for whom I pray, no matter how much trouble he causes me."

— Dietrich Bonhoeffer, *Life Together: The Classic Exploration of Christian Community*

As followers of Jesus, we know that prayer is important for our lives and our relationship with God and one another. For some of us praying comes as easy as breathing (you have the gift of prayer!), but still for others prayers can seem elusive. Whether prayer comes easy or you feel like you don't know how to pray, if you would like to be a part of a group who emphasizes prayer let Pastor Nancy know via email so a prayer group can begin. Once we know who is interested in the prayer team, we can establish a time to meet.

*"In me there is darkness,
But with You there is light;
I am lonely, but You do not leave me;
I am feeble in heart, but with You there is help;
I am restless, but with You there is peace.
In me there is bitterness, but with You there is patience;
I do not understand Your ways,
But You know the way for me."*

*"Lord Jesus Christ,
You were poor
And in distress, a captive and forsaken as I am.
You know all man's troubles;
You abide with me
When all men fail me;
You remember and seek me;
It is Your will that I should know You
And turn to You.
Lord, I hear Your call and follow;
Help me."*

— Dietrich Bonhoeffer, *Letters and Papers from Prison*





United Methodist Women Meeting Change

The UMW will be meeting on February 5th (instead of February 19th) to work on a special project for the church family.

They will meet at 10am in the Fellowship Hall for a short meeting and then will be working on their special project.



Are you interested in being part of a Prayer Chain?

Email Pastor Nancy to let her know
Pastor@junctioncityorumc.org

Prayers of the Church

Prayers for Rosalee Harrington as she recovers from multiple broken bones from home. Prayers for Glen and their family. **Prayers for Diane Knudtson's niece, Jolene Petersen**, who was recently diagnosed with Acute Myeloid Leukemia. Prayers as she starts a long process of chemo & bone marrow transplant surgery. Prayers for her husband, Jordan and their children, Austyn and Quade. **Prayers for friends and family in Southern California** as they continue to navigate through fires that are out and fires that are still burning. **Prayers for UMC & all church congregations** who have lost their church buildings in the fires.

Angel's Corner

We Give Thanks to:

... to all who brought clothing items for the young elementary students in December. Cheryl Glasser took 3 full shopping bags of clothing to the school nurse.

... Cheryl Glasser for being our project liaison with the schools.

... Everyone who prepares and serves Just Breakfast! You are all so appreciated!

... Izzy Crecca, who works with Jennifer and does our deposit every Monday!

... Our custodian, Austin Eldridge, for keeping our church clean.

Do you have an angel you wish to thank? Send them to junctioncityumc@gmail.com

Valentine's Day Isn't Just for Lovers

Valentine's Day can be tough if you are on your own. But it can be a great time to celebrate self-love and connections with dear friends. Here are few ideas if you are facing the holiday on your own:

- **Treat Yourself:** Buy a gift you've been wanting or an indulgent treat you've been craving
- **Practice Self Care:** Take a bath, light a candle or give yourself a home facial. Take a Yoga class!
- **Write a Love Letter to Yourself:** I know this sounds corny, but this is a great way to remind yourself of all of the great qualities you possess and all of the wonderful gifts you share with others.
- **Celebrate Galentine's Day:** This is an unofficial holiday celebrated on February 13th that celebrates friendship. Gather your besties for a lunch or dinner!
- **Take Yourself to a Movie:** If love stories are a trigger, look for that comedy!
- **Reach Out to Family & Friends:** Take your grandchildren out for dinner, ask your single daughter to join you for appetizers. Don't be afraid to ask because 9 out of 10 times other people are just staying home alone too and would LOVE your companionship!

United Women in Faith News

Our United Methodist Women were busy in December supporting local and global missions. Each year, the women host a holiday bazaar to raise money for those projects close to their hearts. This year they raised over \$1000 and then spent the month of December disbursing those funds to the following groups:



United Women in Faith Missions
Eugene Mission
Wesley Foundation
Junction City Fire Department
Ophelia's Place
H.O.M.E
Viking Sal Senior Center
Junction City Local Aid
Junction City Sharing Tree
Women's Space
UMCOR

The United Women in Faith (formerly known as the United Methodist Women) was formed in 1869 with just 8 women. Today, they nearly a half a million members. Interested in finding out more about what these incredible women are doing? Visit www.uwfaith.org to read about their history and discover how these women are changing lives all over the world!

Highlights from Meeting with Fire Marshal, Bob Trout

Thank you to everyone who came to the Fire Safety talk with Fire Marshal, Bob Trout in January. We got a lot of great info from him and these are things we all should know:

Smoke Detectors - You should test your smoke detectors to make certain they are working properly. You can test them by pushing the TEST button on the front of your detector. Batteries should be changed twice per year and a good rule of thumb is to change the batteries and test the detector when you change our clocks in the Spring and Fall. Detectors should be replaced every 10 years and many new models do not require batteries.

Carbon Monoxide Detector - It is recommended that you install a CO2 detector if you have a gas stove or gas heater.

Heating Systems - Most fires are started by heating devices, such as portable heaters. Never plug an electric heater into a power strip. They should be plugged directly into the receptacle and make certain the model you have has a "tip over" switch on them.

Escape Plan - Have an escape plan drawn out so you and your loved ones know the best way out in case of a fire. Set up a meeting place outside.

Cell Phones - You should have your phone with you at all times in case of a fall or an emergency. Your phone should be fully charged every day.

Bedroom - Sleep with your bedroom door closed in case of a fire. If you suspect a fire on the other side of your door, touch the door to check if it's hot before opening it. If it's not hot, open the door slowly to check for smoke and a way out. If it's smoky, get low and head for an exit.

Risk of Falls - If you are at a risk for falling, please consider investing in a Life Alert or a smart watch so you can call for help. And don't be afraid or embarrassed to use it!

Bob handed out flyers with lots of great info. If you didn't get one or are interested in learning more, please reach out to Diane Knudtson. You can also contact the JC Fire Department.

Local Aid February Needs

Local Aid pantry is in need of the following items: Canned/Dried Fruit, Pasta, Seasonings, Salt, Baking Soda, Lard/Shortening, Cereal, Canned/Pouched Chicken, Boxed Milk, Broth & Flour.

They also serve clients through hygiene and clothing departments. Current needs there are: Toothpaste/Toothbrushes, Feminine Products, Adult Diapers (sizes S, M, L), Baby Diapers (sizes 4-6), Pull Ups (any size), Razors, Shampoo & Body Wash.

You can bring your donations to church on Sunday or drop them directly to Local Aid during business hours: 210 E. 6th Avenue, Junction City. **You can also make financial donations by writing LOCAL AID on the memo line of your check to JCUMC.**

Recipe of the Month

Crockpot Cheeseburger Soup

4 small russet potatoes peeled and diced
1 small white onion
1 cup shredded carrots
1/2 cup diced celery
1 tsp dried basil
1 tsp dried parsley
3 cups chicken broth
1 lb. ground beef

2 tbsp all purpose flour
2 cups 2% milk
1/2 tsp salt
1/2 tsp black pepper
2 cups shredded cheddar
3 tbsp butter

Place potatoes, onions, carrots celery, basil, parsley in large crock pot. Pour chicken broth over vegetables. Cover with lid. Cook on low heat 6-8 hours or on high heat for 4-5 hours (until potatoes are tender).

About 45 minutes before serving, cook and crumble ground beef in skillet. Drain any grease. Pour cooked meat into crock pot.

Carefully wipe out hot skillet with paper towel and add butter. When butter is melted add flour and whisk in milk, salt and pepper. Pour mixture into crock pot and add cheese. Stir and replace lid, cooking for additional 20 minutes. Serve hot & enjoy!



Do You Have a Favorite Recipe You'd be Willing to Share?

Send all the details to
junctioncityumc@gmail.com



Leadership Team Meeting

All Leadership Team Members are asked
to join the meeting on
Sunday, February 16th
11:40am
Fellowship Hall

Jennifer Williams will be joining the
meeting via Zoom.



Pastoral Letter Addressing the Plight of Migrants, Immigrants and Refugees in the US

Epiphany 2025

Jesus said, "When you welcome the stranger, you welcome me...." Matthew 25:35

At no time has the church in the US had a greater opportunity to welcome Jesus among us as he journeys with migrants, immigrants, and refugees than today. We your bishops are clear that the situation these beloved of God face as the Trump Administration comes to power threatens their humanity, livelihood, and basic human rights.

For decades, a broken immigration system in the U.S. has kept migrants, immigrants and refugees in this country living in the shadows of society in a state of perpetual fear. They have come to the U.S. under forced circumstances fleeing extreme poverty, hunger, political and religious persecution, war, cartel and gang violence, and the severe impact of climate change. Some are actively recruited by large U.S. companies who need their labor. Yet migrants, immigrants and refugees help to sustain the U.S. economy, serve our families caring for our children and our elderly, cleaning our homes, landscaping our properties, building our roads and the houses we live in, and cultivating and picking the crops that feed our families. They are our neighbors, our friends, and members and pastors of our churches.

Deplorably, racist, xenophobic, nationalistic, and anti-migrant hate speech has become standard rhetoric for many US politicians, including President-elect Donald Trump. He has stated that under his administration he will order the mass deportation of the 11 million undocumented migrants who live and work in the U.S. He has threatened to use military and law enforcement at all levels for this mass deportation. If allowed, this mass deportation of migrants will cause further racial profiling, the separation of families, the undermining of communities and congregations, the weakening of the economy of this country and its democratic systems of law and justice. President-elect Trump has also threatened to end birth-right citizenship, dismantle Refugee resettlement in this country and further strip away the possibility of the U.S. welcoming Asylum Seekers onto this land.

We are living in a dark time that more than ever calls us to be the light of Christ, people of faith who take our baptismal vow to "resist evil in all its forms," with utmost seriousness.

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As United Methodists we have firmly declared through our Social Principles that we are called to actively welcome the migrant, immigrant, and refugee among us.

- Affirming the dignity, worth and rights of migrants, immigrants and refugees.
- Recognizing that displaced people are particularly vulnerable as their in-between status often provides them with few protections and benefits, leaving them open to exploitation, violence and abuse.
- Urging one another to welcome migrants, refugees, and immigrants into our congregations, providing concrete support, to them including help with navigating restrictive and often lengthy immigration policies, and assistance with securing food, housing, education, employment and other kinds of support.
- Opposing all laws and policies that attempt to criminalize, dehumanize or punish displaced individuals and families based on their status as migrants, immigrants or refugees.
- Decrying attempts to detain displaced people and hold them in inhumane and unsanitary conditions.
- Challenging policies that call for the separation of families, especially parents and minor children.
- Opposing the existence of for-profit detention centers that are used for the purpose of detaining migrants, immigrants, and refugees including minor children.

(Social Principles of The United Methodist Church, The Political Community Basic Rights and Freedoms, Section G. Migrants, Immigrants and Refugees)

We your bishops call upon the people of The United Methodist Church to pray for migrants, immigrants, and refugees among us and to welcome them with the fullness of Christian love, remembering that as we welcome these, our brothers, and sisters, we welcome Jesus our Lord.

Bishop Tracy S. Malone
President - Council of Bishops
The United Methodist Church

