

St. Andrew UMC

Newsletter, February 2023

The seasons of the Church come and go quickly. We just experienced Advent and Christmas in November, December, and January, and in a few weeks, we will begin the season of Lent.

Lent begins on Ash Wednesday and is forty days (not counting Sundays) to Easter. Traditionally during the season of Lent Christians fast in various ways. I have always been a believer that we should give up bad habits permanently, and instead of fasting temporarily from things like chocolate, we should focus more on developing healthy habits long-term like practicing mindfulness, devoting our time to serving others, eating healthy and exercising, reading scripture and other inspirational texts, and taking steps like joining a small group. As your pastor, I would be more than happy to set up a one-on-one session with you to help you discern what kind of spiritual practices would be best for you to engage in during the season of Lent.



This year, Ash Wednesday falls on February 22. We will have a service with the imposition of ashes in the chapel at 6:30pm. It is an important service that you should not neglect if you are able to be in attendance.

At the beginning of 2020, I started a Bible Study on the Book of Revelation. Unfortunately, the study was canceled due to COVID. Multiple people in the congregation have shared that they really wish that we could finish our study on Revelation before I transition out as your pastor.

After thought and prayer, I have decided to record very brief (5-10 minute) episodes highlighting key themes in the Book of Revelation to use as a devotional study during the season of Lent. Because Revelation is often perceived as enigmatic, my plan is to keep it as simple as possible, focusing on the practical implications, and tying it into the season of Lent.

Once the sessions are recorded, they will be sent to you via email, and they will be posted on the church's Facebook page. After Easter, I will organize a time of fellowship where we can get together for a meal, have some discussion, and you will have the opportunity to share key insights and ask questions. My hope is that this study will enrich your discipleship journey and prepare you for the life transforming reality that Easter brings.

If there are ways that I can pray for you or help you grow on the discipleship journey, I invite you to contact me: jonathan.wvumc@gmail.com, 304-444-3874.

Yours in Christ,

Jonathan

Sheila's Page



Dear Church,

I'm not sure about you, but it does not seem possible, that last month we celebrated Epiphany and yet the Lenten season starts in three weeks. Lent is the 40 day observance of the time Christ spent in the desert, fasting and praying. Each year the WV Annual Conference produces a Lenten Devotional available to everyone on their website; I am honored to say that I was asked to write a devotional for February 23rd (which also happens to be our 22nd anniversary). I hope you all take time each day to check out the devotions at wvumc.org and that you will be Blessed by each of the Clergy, staff and Laity that contribute.

Now, the hard question...what are we giving up for Lent? Typically, in the past, I have given up social media for lent, so that I could spend that time in prayer or studying His word, and this year, I am going along the same lines. I am not giving up social media, but I am going to read one chapter from Exodus each day (in addition to my regular readings) and then share something new I learned on Facebook.

Something that has become popular in recent years is the 40 items or bag challenge; each day during lent you find one thing you can donate or fill a bag with items that can be donated.

A few other things you can do during Lent to strengthen your relationship with God:

- Give up Starbucks and donate the money you save to Christ Kitchen.
- Read the four Gospels; Matthew, Mark, Luke and John.
- Give up secular music.
- Give up complaining.
- Hot showers; I know this sounds drastic but each time we take a cold shower, we would be reminded of the fact that not everyone has access to something we take for granted.

What will you be giving up or doing to strengthen your personal relationship with God? I would love to hear from you!!

As always, please know that I am here for you no matter the need. Do not hesitate to call, text or email me at any time; I am always here for you, whether you need to talk, laugh or cry!

In closing, I leave you with my scripture for the month of February...

"For God so loved the world, that he gave his only Son so that everyone who believes in him shall not perish but have eternal life" (John 3:16)

In His Love,

Sheila Radochio, Minister of Congregational Care

sheilaradochio.clm.ccm@gmail.com

304-744-6086 (home) 304-415-0863 (cell)

Melanie's Page

Food Donations for the St. Albans Food Pantry

On the first Sunday of each month, items are collected for the St. Albans Food Pantry. For Feb. any non-perishable food items are always welcome! However, the most needed items at this time are: pudding, pancake mix, syrup, peanut butter, Jiffy cornbread mix, and potato sides. Your support for this ministry in our community is greatly appreciated. Thank you!

Children's Ministry:

Children's Church: Every Sunday from 10:30-11:30am in Cottrell Hall. All ages welcome!

Compassion Camp: Sun. Feb. 19 – 4:00 -5:30 p.m. in Cottrell Hall. All children in Gr. K-5 are invited!



Compassion Camp Project

Items to collect for the homeless in St. Albans now through February 19:

To be used to feed the homeless at Christ's Kitchen

- ~ Canned chili with beans
- ~ Sloppy Joe/Manwich sauce
- ~ Coffee (regular) for the coffeemaker

To be given to individuals

- ~ Little bottles of detergent
- ~ Bar soap

*These things may be placed in the overflow in the container labeled
"Compassion Camp Project"*



Youth Ministry

Sun. Feb. 19 – 4:00-5:30 p.m. in Rm. 308

Outreach Opportunities

Opportunities are available to meet and connect with our neighbors during the month of February. Is God calling you to participate in any of the following? All are welcome. You may call the church office at 304-727-7114 for further contact information.

- *Personal Care Kits*

Karen Bradley's Small Group is continuing the collection of items for personal care kits for St. Albans schools. Items needed are: chapstick, tissues, shampoo, conditioner, body wash, soap, toothbrushes, toothpaste, deodorant, hairbrushes/combs, and feminine hygiene products. Please place your donations in the box in the overflow. Thank you!

- *Villager Apartments Ministry*

Tim Priddy's small group will meet at 4:00p.m. Feb. 7 at the church to prepare & deliver fruit & candy bags to Villager Apartment residents.

- *Sharing a Meal*

The Fishermen Small Group will meet Feb. 23 at 11:15 a.m. at Christ's Kitchen to share a meal with the local patrons.

St. Andrew Piecemakers

To request a Prayer Pillow made by St. Andrew Piecemakers, please call Melanie Ogu, 304-724-7114, option 5.

SNAP Update



We welcome Angie Breeden to the SNAP staff to begin serving as their leader on Feb. 6.

Angie has over ten years of experience working with people who have intellectual and developmental disabilities and their families across the state of West Virginia including founding the On Purpose Project to involve people with disabilities in civic life. She lives in St. Albans with her husband Tony and their four children.

Church Donation Options

Several individuals in the congregation have asked questions about their contribution/pledge to St. Andrew and how might be the best way for them to make that happen, weekly, monthly, annual donation?



While there is no one specific way to make that contribution, one thing that everyone who is retired and has a 401K or a traditional IRA in their name needs to consider. Depending on your date of birth/age, you may need to begin or may already be taking a **Required Minimum Distribution (RMD)** from your account.

One question to ask, is – did you know that you can take an RMD from your 401K or traditional IRA and donate it to a qualified charity (eligible nonprofit organization) and reduce your tax obligation? These distributions aren't taxable and they still count toward satisfying your required minimum distributions for the year. You can donate up to \$100,000 from your IRA as a Qualified Charitable Distribution to avoid taxes if:

- Your IRA custodian agrees to transfer the funds to your chosen charity on your behalf. (You can't make the donation directly.)
- You don't claim that donation as a charitable deduction on your taxes.

As an example of your RMD is \$20,000 for the year, and your pledge to the church is \$5,000, you may ask your IRA custodian (Financial Institution) to make a payment directly to St. Andrew from your IRA to cover your entire pledge for the year. By doing this, the tax obligation on your RMD is reduced from the original \$20,000 to \$15,000, saving you a \$5,000 tax obligation for the year.

If you think you qualify for this option on your 401K or Traditional IRA RMD, please take the time to contact your Financial Institution and discuss this option with them. If you would like to speak with someone at the church on the Finance Team about this option, please contact Ernie Downey (Finance Team Chair) or Walter Wood, either of which would be glad to discuss this possibility with you. This donation can be done anytime during the year, and many Financial Institutions will work with you to make these contributions quarterly, monthly, etc. during the year. The only thing you need to consider is timing on your RMD gift which needs to be to the church before the end of the year.

February 2023

- Wed. Feb. 1 **Weekly Small Groups** – 6:30 p.m. by Zoom
- Sun. Feb. 5 **The Vine: Virtual Message and Music**
 Choir Rehearsal – 9:30 a.m. in the choir room
 Worship – 10:30 a.m. in the sanctuary
 The Table – 4:44 p.m. in Friendship Hall
- Tues. Feb. 7 **Small Group Outreach** – 4:00 p.m. at church to prepare and deliver fruit &
candy bags to Villager Apts. residents
- Wed. Feb. 8 **Weekly Small Groups** – 6:30 p.m. by Zoom
- Thurs. Feb. 9 **Fishermen Small Group** - 11:00 a.m. in Rm. 100
- Sun. Feb. 12 **The Vine: Virtual Message and Music**
 Choir Rehearsal – 9:30 a.m. in the choir room
 Worship – 10:30 a.m. in the sanctuary
- Tues. Feb. 14 **Trustees** – 6:30 p.m. by Zoom
- Wed. Feb. 15 **Weekly Small Groups** – 6:30 p.m. by Zoom
- Thurs. Feb. 16 **Church Council** – 6:30 p.m. by Zoom
- Sun. Feb. 19 **The Vine: Virtual Message and Music**
 Choir Rehearsal – 9:30 a.m. in the choir room
 One Service – 10:30 a.m. in the sanctuary
 Compassion Camp – 4:00-5:30 p.m. in Cottrell Hall
 Youth Ministry – 4:00-5:30 p.m. in Rm. 308
- Mon. Feb. 20 **SPRC** – 6:30 p.m. by Zoom
- Tues. Feb. 21 **Prayer Pillow Group** – 9:30 a.m. in Rm. 300
- Wed. Feb. 22 **Ash Wednesday** – There will be a service in the chapel with the imposition of
ashes at 6:30p.m. No small groups will meet.
- Thurs. Feb. 23 **Fishermen Small Group Outreach** – 11:15 a.m. at Christ's Kitchen
- Sun. Feb. 26 **The Vine: Virtual Message and Music**
 Choir Rehearsal – 9:30 a.m. in the choir room
 One Service – 10:30 a.m. in the sanctuary
 Small Group Leaders – 6:30 p.m. by Zoom

If any of these meetings pertain to you, a Zoom link will be sent in the Midweek Update.

February Birthdays

1	Jane McCallister
5	Debbie Lanham
6	Nancy Crawford, Chad Proctor
8	Rhodanna Hall, Lillian Stumpf
13	David Peters
14	Graham Young
18	Susan Danford
19	Jim Winter
20	Joanne Smith
21	Nathan Hall
24	Pam Duncan, Norma King
26	Jessica Duppstadt
27	Bev Hart

February Anniversaries

11	Bill & Teenie Morrison
21	Lee & Vonda Roberts
23	John & Sheila Radochio
27	Herk Jr. & Dot McGraw

Congregational Care Updates

Prayer Concerns

Our Church; Our Staff; Nursing Homes & Shut-ins; Healing for our nation and the world; Those suffering from anxiety/stress; Unspoken; Our Military; Rev. Jarrold & Debbie Lanham; Dinah Withrow; John Hensley; Melissa Henrich; Sheila Hill; Barbara French; Karen Rae; Harriet Claypool; Eugene Workman; Karen Gray; Alice Baldwin's family (Collin & Alyssa); Lori Young; the family of Bill Hensley in his passing; Edith Ward; Tim Torman; the family of Randy Talley in his passing; JoAnn Curtis Pauley; Jackie Houston, Sr.; James Robert; Jack Brown; Sue Ann Holstein; Ann & Jack Browder; Sam Miller; Goldia Saunder Raines; the family of Robert Lovejoy in his passing; and Sherry Wood.

A joint memorial service will be held for Laura and Caren Thomas at the church on Saturday, March 25. The family will receive friends at 2p.m. and a joint service will begin at 3p.m.