

Aldersgate United Methodist Church
5767 Sellger Drive
Norfolk, Virginia 23502



FEBRUARY, 2017

Vol. 20 Issue 2



Christmas Card Post Office Donations Help To Buy Farm Animals

For several years now the family of Aldersgate UMC have sent Christmas Cards through the church Post Office. Most of you know that the funds collected have been used for various mission projects, but have you really thought about it? The Heifer Project was chosen as the recipient of our donations this year - we purchased shares of farm animals do you know why -here is a quote from their website-

“This Is No Ordinary Gift.

Giving an animal is like giving someone a small business, providing wool, milk, eggs and more. Animal donations can provide families a hand up, increasing access to medicine, school, food and a sustainable livelihood.”

See article inside

INSIDE

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7 Exercises to Strengthen Your Prayer Life



1. Schedule it. Plan time daily to speak and listen to God.

Prayer is the greatest act of our day, so make it a priority.

2. Shut in. Find a quiet place to separate yourself so you can be “shut in with God.” (See Luke 4:42; 5:16; 22:41).

3. Posture it. Kneel, stand, close eyes, look up, lift hands, etc. When your body is engaged, it’s easier for your soul to follow. If able, pray out loud. It keeps your mind from wandering.

4. Pray Scripture. Turn the verses into Prayers.

For example:

(Psalm 25:4-5) *Show me your ways, LORD, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.*

5. Pray specifically. Vagueness can be the death of prayer. Praise God’s specific attributes, confess specific sins, thank God for specific blessings, and ask God for specific things.

6. Pray for and with others. Praying *for* others increases care for others and decreases self-centeredness. Praying *with* others inspires deeper relationships with each other and with God.

7. Pray with faith. God is All-Powerful and promises to provide for all your needs. Pray for anything, but trust God’s judgment on how and when to answer your prayers. If God says “No”, it’s because he has something better in mind. Trust God!

Pastor Lee

Some Calendar Highlights:

2/4	Vision Team Retreat	8 AM - 2 PM
2/12	“Easy Outreach Class”	2 PM
2/18	Ministry Team Meeting	9 AM



News from the Pews

Christian Sympathies are extended to the family of Pat Sauer. Pat passed on December 24th.

We would also like to extend prayers to Cathrine Garrett for the loss of her mother, Melody. Cathrine grew up in our church family and currently attends VW college.

Remember to pray for all of our shut-ins especially those who have lost family members this year. Give them a call or drop them a note.

Women’s Conference - St. Peter’s Episcopal Church

2/18 9 AM Cost: \$10.00

Speaker: Nikki Beck

Registration: 8:30 AM - continental breakfast provided
Call 466-9392 for more information

The Aldersgate Experience

Aldersgate United Methodist Church
“Making Disciples of Jesus Christ”

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“Like” us on Facebook

Bishop.....Rev. Sharma D. Lewis

District Superintendent...Rev. Wayne Snead

Pastor..... Rev. Lee J. Crosby

Lay Leader..... Beverly Cooper

Music Director.....Cindy Crosby

Church Secretary.....Joyce Russo



Office Hours.....8:30-12:30 PM

Sunday School.....9:30 AM

Worship Service...11 AM

Worship Choir - Wednesdays.....6:30 PM

Heart FRUIT SALAD

Make this cute, healthy snack for your loved ones on Valentine's Day.



What you need:

- Adult help
- Washed fruit (watermelon, cantaloupe, strawberries, grapes)
- Knife and cutting board
- Small heart-shaped cookie cutter
- Bowl and spoon
- Mint leaves (optional)

What you do:

1. Slice the watermelon and use the cookie cutter to make heart shapes.
2. Slice the cantaloupe and cut chunks into heart shapes.
3. Remove strawberry stems and cut berries in half. Cut a small V atop each half to form a heart.
4. Cut grapes in half.
5. Place fruit in bowl and stir. Sprinkle strips on the salad. Enjoy!



Love your neighbor as yourself

Valentine's Day is the perfect opportunity to live out God's love. How does Jesus say we should treat other people?

Directions: Find a hidden word in each sentence. For example, "the" is hidden here: (12) "It's Harry's hat he stole." The (12) means the hidden word starts on the 12th letter (ignore punctuation). Use the answers to complete Matthew 19:19, NIV.

(1) You really like ice cream! _____

(16) Carly has a really fat hermit crab. _____

(21) My favorite animals are moth, ermine and eels. _____

(4) "Hello, Vera!" called Joseph. _____

(11) When horses neigh, boredom reigns. _____

(17) Their daughter, Kara, sat patiently. _____

(6) "That's yours, elf!" the fairy yelled. _____

"Honor _____ and _____, and _____ your _____"

Matthew 19:19, NIV

Answer: "Honor your father and mother, and love your neighbor as yourself." Matthew 19:19, NIV

New Lenten Study-register now



Registration & Book Order

Book Cost: \$12.

Name: _____

Contact Info: _____

Group (Check One):

[] Sundays, March 05-April 09, 9:45 am – Lounge

[] Wednesdays, March 08-April 12, 7:00 pm – Lounge

[] Thursdays, March 02-April 06, 7:00 pm – Social Hall

[] Your preference: _____

of books: _____ Total Cost: \$ _____

(For Office use only) Paid: _____



The Church Office will be closed on the following days in February -

February 3; February 10; and February 17th.

Thanks



Phyllis Day

I have attended Aldersgate Church for about two years. The decision to become an "official member" was made easy with the Connection Card and then the Explore Membership class offered! I was widowed in 2009. I grew up in a small town in Maine and I guess that makes me a Yankee forever!!!

Family fact: My husband was a graduate of Maine Maritime Academy. Through the Navy he was stationed in Norfolk. We made it our permanent home since 1955.

The church family here is so warm and welcoming. AUMC has added so much to my life. I want to give back!



Linda Crabtree

I attended Aldersgate from late 1978 to 1996. I moved back here in summer 2014 and started attending again. My job frequently interfered with regular attendance which has changed about a year ago, so that now I am able to attend more frequently.

I love some of the new things happening at Aldersgate including our new pastor and his wife. I am excited to be part of the family.

Family fact: The kids call me silly gramma because I have no problem acting like a kid with them!

Aldersgate Worship Choir – February News



SEEKING MUSICIANS

We are seeking musicians to add to our weekly services. If you play an instrument or played an instrument in school or college and have put it away, bring it out of the closet and come to a rehearsal. I think you will quickly see that your skill is still valuable for God. We need YOU!

The worship choir is working on new music including praise songs such as Jesus Messiah, Once Again, and some old favorites such as River in Judea.

New vocalists are always welcome to join. Reading music is NOT required to join this music group.

**1, 8, 15, 22 February
6:30 pm
Wednesday rehearsal**

Please contact Cindy if you have questions,
(757) 461-3201.

rescheduled



“Easy Outreach” Workshop
Sun. February 12th, 2:00 pm
Social Hall

Discover easy and fun ways to share your faith by loving people in your community. If you struggle with fear or with the know-how of sharing your faith, come explore a fun way that fits YOU!

Experience ways to give people a *taste* of God’s love that leaves them hungry for more. The class is FREE, and the first 10 people to register (and attend) receive a free book.

To register, fill out the Connection Card in your bulletin and place it in the offering plate. You can also email Pastor Lee at leecrosby@vaumc.org

Vision Team Meeting rescheduled for Saturday, February 4th 8 AM - 2 PM will be held in the Social Hall.

All vision team members are encouraged to attend. If you are unable to be present - please let the pastor know.



Dan and Veda Wolfe

We recently relocated to Norfolk for Dan’s new position. He works in civil engineering. We found Aldersgate Church and have been attending since Fall of 2016. We were attracted to the church because we felt the Spirit here and everyone was so friendly.

Family Fact: Veda grew up in Nashville TN and has lived in Georgia, Alabama, Florida, North Carolina and Virginia. Dan made a late-in-life career change into civil engineering in his mid-50s. We have four grandchildren, four dogs and one cat.

Opening Ceremony

*What is an opening ceremony?
A time to gather which prepares our heart to learn, fellowship, and worship God.*

At Aldersgate each Sunday morning from 9:30 to 9:45, we find Gary Albertson in the hall smiling - ready to lead us in a few songs and prayers as we begin gathering for our Sunday small groups.

It’s a wonderful way to get to know some of your congregation family who are in small groups on Sunday!

....and you get to meet Gary too!

Thank you Gary—you are a blessing to us!






FEBRUARY Birthdays and Anniversaries

2/5	Joseph Dziagwa	2/26	Magdalene Smith
2/7	Beverly Cooper	2/28	Joseph Forstall
2/18	Michele Floyd		Taylor Moore
2/20	Courtney Dziagwa		

2/15 Neal and Marguerite Windley
 2/23 Chas and Lucille Hulock
 2/27 Phil and June Floyd



Belated anniversary wishes to Dan and Veda Wolfe - 1/27



Remember in Prayer

Home: Jane Jones, Shirley Briggs, Phil Floyd,
 Barbara Jenkins

The Gardens of Va. Beach—Milton Midgette
 Sentara Village S.—Shirley Henley
 Mila Home Care—Jackie Wilkinson
 Georgian Nursing Facility--Billy Thrasher

If you know of others in the congregation who need to be included on this prayer list, please call the church office.

Altar Flowers

“Flowers by Kings” has closed their shop and the church will no longer be putting fresh flowers on the altar each Sunday. We have begun to use seasonal artificial arrangements. Please feel free to provide your own fresh flowers. See Ann Manuel for more information.



Ushers

Neal Windley and Kevin Floyd

Counters

2/5 Greg Dziagwa, Jim Powers
 2/12 Mel Manuel, Ben Hogwood
 2/19 Debbie Supper, Bill Bunch
 2/26 Millie Hanson, Gary Albertson



Lawn Maintenance

2/6 Team 2
 2/13 Team 3
 2/20 Team 1
 2/27 Team 2

Sermon Note

This month's Sermon Series - “Legacy”

NEWSLETTER DEADLINE

Wednesday, February 15

You do not have to wait for the deadline to submit your information you can email it anytime during the month, or just call the church office



Continued From cover page:

Christmas Card Post Office Donations Help To Buy Farm Animals

Thank you for using the Aldersgate Post Office to send your Christmas greetings to members this year. With your help we were able to donate \$169.35 to the Heifer Project.

The children chose to donate the funds for the following animals:

\$30.00 Share of Fish
\$25.00 share of a buffalo
\$20.00 two shares of a pig
\$20.00 a flock of chicks
\$30.00 Honey Bees
\$20.00 a share of sheep
\$10.00 share of rabbits
\$10.00 share of a goat



Total: \$165.00

Leaving a balance of \$4.35 which the Heifer Project will use where needed. If you would like more information on this mission project or how you can donate to purchase more shares you will find a pamphlet on the table in the Narthex.

Thank you again for your help with this mission.

Barbara Harrell

and all of the Postal Helpers

My Heart Small Group

As of this newsletter, My Heart has completed 4 sessions in January of the new study! We are learning that our purpose is to:

...Love God and to Know God

...more every day. We are God's greatest passion. He loves us beyond anything we can imagine. What on Earth are We Here For—come be part as we continue to explore God's plan for our lives through February.

JOIN us, make friends, grow deeper in relationships and God's word. Questions? Contact Cindy (757) 461-3201.

Thursdays, 7:00 pm, Social Hall



My Heart will participate in the ***Lenten Study***:

Life in Community with Pastor Lee on Thursday evenings beginning on March 9th, 7:00 p.m.! Consider joining in on one of these sessions—see the bulletin for other meeting options.

Aldersgate Members at Work - filling Blessing Bags; church decorating, repairing costumes and Salvation Army Stockings...We had a busy holiday season.

