

Sunday Sermon Themes and Scriptures

Date: February 5, 2023 Title: Baggage: Live Free, Travel Light. Theme: Let it go. Purpose: There are certain things in our lives we simply need to let go of in order to grow in our walk with Christ. Old Testament: Proverbs 11:14, 19:20, 20:18 New Testament: Ephesians 4:31-32	Date: February 12, 2023 Title: Baggage: Live Free, Travel Light. Theme: A New Thing Purpose: When we wonder, "what if" or "if only," we rob ourselves of the fresh work of God within us that can take us places we cannot imagine. Old Testament: Exodus 12:31-36 New Testament: John 20:24-29
Date: February 19, 2023 Title: Baggage: Live Free, Travel Light. Theme: Cast Your Cares Purpose: When we feel anxious, instead of bottling it up and keeping it within us, we should cast it on Jesus and trust Him to handle it. Old Testament: Psalm 55:22 New Testament: Luke 10:38-42	Date: February 22, 2023 (WEDNESDAY) Title: Learning to Live Inside Out (sermon series) Theme: Ash Wednesday Purpose: We come and confess and are reminded of both our sinfulness and our mortality. Old Testament: Isaiah 58:1-12 New Testament (Epistle): 2 Corinthians 5:20b – 6:10 New Testament (Gospel): Matthew 6:1-6, 16-21
Date: February 26, 2023 Title: Learning to Live Inside Out (Sermon Series) Theme: If You Fall Down Purpose: If we endeavor to work in the world around us, we will fall down. So, if we must fall, let us fall down in worship of the one who redeems us. Old Testament: Genesis 2:15-17; 3:1-7 New Testament (Epistle): Romans 5:12-19 New Testament (Gospel): Matthew 4:1-11	<h2 style="text-align: center;"><u>Sunday's Service</u></h2> <h3 style="text-align: center;"><u>Information</u></h3> <p style="text-align: center;">Currently, we have switched over to one worship service on Sundays, and it is at 10:00 am.</p>

Church Contacts

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Email: burtonmemorial@bellsouth.net Pastor: pastor.foote@outlook.com

Administrative Assistant: bae_bmumc@att.net Web Site: www.BMUMC.net

Office Hours: Monday – Thursday: 9:00 am to 4:00 pm. Friday – Office Closed.

Newsletter and Bulletin Deadlines

We have a lot of ministries and events going on at Burton and it is important to get the word out regarding them. So, please remember the *deadline for getting information into the weekly bulletin is on Wednesdays. The deadline for monthly Beacon articles is the twentieth of each month.* Please send all information that you want placed in the bulletin or in the Beacon to the office at bae_bmumc@att.net.

DON'T MISS
THE DEADLINE!

February Birthdays:

February Anniversaries:

<u>DAY</u>		<u>DAY</u>		<u>DAY</u>
James Kirkman	3 rd	Mark Hulsbeck	20 th	Vicki & Richard O'Meara Gassaway
Janet Atkin	4 th	Melba Benson	22 nd	Hal & Rae Quanbeck
Susan Gabler	4 th			Tom & Anita Simpson
				Rene & Shirley Held
				27 th



The Beacon

a monthly newsletter publication of Burton Memorial UMC
February 2023

Two Sermon Series for February and Lent

Far too many people walk around carrying heavy baggage from years of mistakes, hurt, pain and bad choices. In Jesus, there is no condemnation for our past miscues because we have been given grace. It's time to unpack all the worthless weight we have been lugging around and learn to live free. **"Baggage: Live Free, Travel Light"**, is a 3-week sermon series that will empower and encourage our congregation to leave the past behind and move confidently into the future. It is my sincere hope that our church community will experience freedom and vitality as a result of the Baggage series.



February 5, 2023: Main Teaching- Know the Issue

Obviously, to let go of an issue, we must first understand what the issue/problem is. In this sermon, Paul identifies 7 specific things believers need to "get rid of." They are: Bitterness, Rage, Anger, Brawling, Slander, every form of Malice and Unforgiveness



February 12, 2023: Main Teaching- Leave the Past in the Past

Much of this sermon is based on the Exodus of God's people from Pharaoh. At this point in history the Israelites were being granted freedom from over 400 years of slavery. It's hard to imagine what people were feeling as they started walking off into the wilderness towards the promised land. It's even harder to imagine they would want to go back to lives of servitude, (but as we now know that's exactly what they eventually wanted.)



February 19, 2023: Main Teaching - Humility

As we identify the baggage in our lives, let it go, and trust God with your future, there is something else -- an imperative ingredient to the mix we cannot miss. The secret sauce... is humility. You need to be willing to ask for help, to seek out your blind spots, to get untangled from sin, to move forward. In fact, the passage we read from 1 Peter identifies humility BEFORE casting your cares on Jesus.

Lenten Worship Series: Learning to Live Inside Out

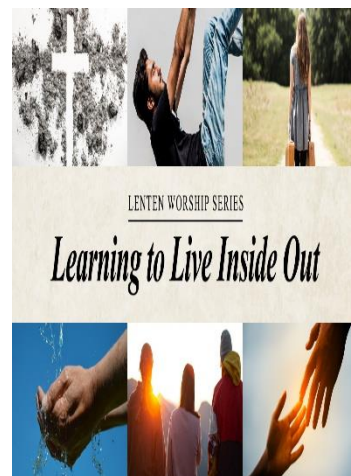
Examining your soul is more than just looking inward; it is also considering the state of your soul as it walks about in the world.

February 22, 2023: Ash Wednesday – The Fast We Choose

We come and confess and are reminded of both our sinfulness and our mortality. And yet we are given a visible mark in the imposition of ashes, a way of letting the world know that we are people of faith.

February 26, 2023: 1st Sunday of Lent – If You Fall Down

If we endeavor to work in the world around us, we will fall down. From time to time, we will fail; our efforts will not be received in the spirit intended; the fruit will be slow in coming. So, if we must fall, let us fall down in worship of the one who redeems us.



Potluck Luncheon

Burton will be hosting a potluck on **February 5 at 11:30 am in the Fellowship Center** following the 10:00 am service. ***Our theme will be Valentine's Day and we will have a special Valentine questionnaire for those in attendance.*** Pastor Kerry Foote will be providing smoked brisket, and we will be asking others that are attending to bring a dish to share. If you are unable to provide a dish, come anyway because we always have leftovers and more than enough food.



Membership and Information Class

Pastor Kerry Foote will host a membership and information class in his office this month on Sunday, February 5, 2023, at 1:00 pm. If you would like to discover more about Burton Memorial United Methodist Church and what it means to be a member of the United Methodist Church, please attend. Also, if you would like to become a member of Burton Memorial and will not be able to attend one of the classes provided on Sunday, please **contact Pastor Kerry to set up an appointment.** Call or text him at 305-407-7040 or email him at pastor.foote@outlook.com.



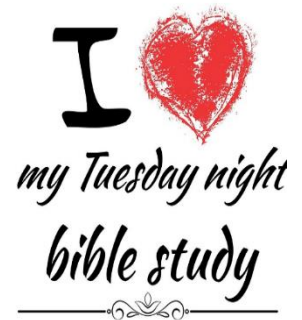
Tuesday Night Fellowship and Adult Bible Study

For the month of February, the Tuesday Night Fellowship and Adult Bible study will be meeting on 2/7, 2/14, 2/21, and 2/28. Those attending are asked to bring a dish to share. This a traveling Bible study and meets at various homes of those attending.

6:00 to 6:30: Food and Fellowship

6:30 to 7:30: Bible Study (In person or on Facebook)

This study will coincide with our current sermon series, **“Baggage: Live Free, Travel Light.”** Stay tuned for the place and the lesson itself will be emailed out prior to the study according to our church database.



Men's Wednesday Morning Devotional Breakfast

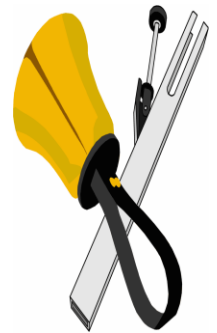
Every Wednesday morning, from 8:00 am to 8:45 am, the Men of Burton Memorial, along with their friends, are invited to attend our Wednesday morning devotional breakfast. We share a hot breakfast with one another and various devotional topics that cover current events of the day. We also provide one another with much needed support and fellowship through prayer, storytelling, and active listening.



Ringin' News

Join us on **Wednesdays at 3:00 pm for Beginner bells in the sanctuary.** The Baby Belles of Burton are looking for a few more new ringers! We currently have a handful of ringers practicing but we would love to have a few more. Ringing techniques and basic music education are provided. No experience necessary! God offers the BEST benefit package around! Come and join the bell choir.

The Burton Ringers are rehearsing on Wednesdays at 4:30 pm in the sanctuary. We are always seeking new ringers. If you have handbell and/or music experience, we would love to have you. See any bell choir member or director RaeLeigh Gonsalves for more information.



From the Altar Guild

After much discussion and prayer, ***we are discontinuing the flower calendar*** due to flower availability, rising costs, and lack of participation. We are committed to trying to source flowers for Easter (lilies or hydrangeas) and Christmas (poinsettias). We appreciate those of you who faithfully celebrated your family and honored your loved ones over years and do not come to this decision lightly. Thank you for understanding.

Campus Ministry Representative

A very special thank you needs to go out to Holly Holly for stepping into the role of our Campus Ministry Representative. The person filling this position is responsible for keeping our church in contact with our college and trade school students. If you would like yourself, your child, grandchild, or great grandchild to be put our “student database,” please send your request to burtonmemorial@bellsouth.net. We will need the name of the child, grade, and school.



God's Kitchen/Food Pantry



Burton is still in need of help with our Food Pantry Ministry. We can use extra hands in the pantry to help with deliveries on Wednesday and Thursday mornings, and to serve our clients. Please call or text Cindi Miller at 786-236-6336 to volunteer, or call the office at 305-852-2581, to get more details or to volunteer.

We are also still looking for groups or individuals to help with our God's Kitchen Free Dinner on Thursdays, helping to cook, serve and clean up. If you can help, please call or text Marylou Wilkinson at 305-394-3878, or call the office at 305-852-2581, to get more details or to volunteer.

Burton's Outdoor Sanctuary

On a recent January morning in Key Largo, I was in my garden at sunrise following a rainfall. What a joyful moment to contemplate the beauty of the bougainvillea vines filled with radiant, purple blossoms. Droplets of fresh raindrops on the flowers glistened in the early morning light. I had come to the garden, but I was not alone. I thought of the gospel song written in 1912 by C. Austin Miles, "I Come to the Garden Alone"... it was my mother's favorite hymn, and I guess mine too. The song of a mockingbird drew my attention; the moments passed by so quickly. Overcome with rapture. I offered a word of thanks for the blessing. It didn't seem like a prayer. I knew who was listening.

Jack Stein Grove Ph.D. Green Team



When I returned to my study, I googled the song from 1912. Not surprisingly, there are many recorded versions. My favorite is the one by Roy Rogers and Dale Evans; they recorded the song with an orchestra in 1950. Check it out. I also like the rendition by Elvis Presley, who recorded the song on his gospel album *How great Thou Art* in 1967. In contrast to the song's words, "He speaks, and the sound of his voice is so sweet the birds hush their singing, "... the mockingbird I listened to that morning was not hushed; I believe that was his voice. Take a moment to visit the outdoor sanctuary here at Burton Church, listen to the gulls as they fly over the estuary, and uplift them in prayer with your admiration.



The Chosen Outdoor Movies for Season 3

“The Chosen” season 3 movies are being shown in the Outdoor Sanctuary on Friday evenings starting at 6:30 pm. Bring your chair, blanket, etc., and come enjoy the movie and popcorn.

Contribution Statements

Your giving statements were mailed or emailed if we have your email address, on January 19. If you do not receive them, please call Betsy at the church office, 305-852-2581, or email her at bae_bmumc@att.net.



United
Women
in Faith

Thanks to everyone who helped with our fundraising mission tea on Jan 21 and 22. Without the entire church united behind us, our little group of women would not be able to accomplish nearly as much as we do to support mission work with women and children in the United States and around the world. This year we shared a little bit about 10 special mission projects out of the 226 that the UWF support in the US and 34 foreign countries. And God blessed us with an amazingly successful teal ***Thanks to the generosity of our attendees, over \$3,000 was raised for mission work***, a record-breaking total for Burton's little UWF group. And an amount that is greatly needed. The COVID pandemic caused a 25% drop in fundraising revenue in 2020-2021 which meant that many people and projects in need in 2022 were not able to receive the assistance they needed. If you were not able to attend our tea or to donate goodies for it, you can still support us by making a small financial donation. Just make your check out to United Women in Faith, and mark the envelope or the check memo line – UWF or UMW or mission tea.

Twelve women from our unit attended a brunch meeting at Harry Harris Park on Monday, Jan 23, with a delightful Bible Study led by Betty Ann Gear. It was such a relaxing and inspiring event that the unit decided to schedule ***our February 27 meeting as another 10:00 am brunch at Harry Harris Park***. Bring a dish to share, a folding chair if you have one and a friend or two to share the good times. Norma Warrington will be leading a short Bible Study from Luke 13.

Our big event for February will be a Call to Prayer and Self Denial Program held in the church Fellowship Center immediately after service on February 12. We will be serving three different kinds of soup plus finger foods and desserts to anyone from church who wishes to stay for the free luncheon. This will be followed by a short program on Racial Justice lead by Barbara Koch and Linda Lillo Norman.



A special offering will be collected to support racial justice work, especially efforts to interrupt the “school to prison pipeline.” This initiative seeks to help those children who are pushed into harm’s way, funneled away from educational success and toward the criminal justice system at a very young age. If you are not able to attend the program on February 12, but would like to contribute to this initiative, please make any checks out to United Women in Faith and put Call to Prayer and Self Denial in the memo line or on the offering envelope.

We will be collecting money for this racial justice work all during the months of February and March, ending on Easter Day, April 9.



Prayer Shawl Ministry

The baby blanket and hat in the picture is going to a beautiful new baby in our community.

We make prayer shawls for all occasions, hospice, friends, college students, military, cancer children, sickness, new homes and more. ***Join us making prayer shawls on Thursdays in the Joy classroom starting at 7:00 pm*** for fellowship as we make these shawls. We have yarn, knitting needles and crochet hooks. We teach. For more information, please call Virginia Spear at 305-522-2978.

2023 Apportionments

Tim Bricker

The ministries we provide here at Burton Memorial UMC directly benefit us and our community, and we are blessed. However, as commanded by Jesus, we are to go out into the world to make disciples (Matt.28:18). One way we do this is by joining collectively, with the worldwide United Methodist Church, through our apportionment giving. Our apportionments for 2023 are \$21,079, an amount determined by how much we spend on ourselves (ministries, salaries, utilities, maintenance, etc.). That represents 6.4% of our 2023 church budget.

22% of our apportionments (\$4,637) goes to what might be considered overhead, and includes the Episcopal Fund, Clergy Support, Conference Services, and General Administration. 23% (\$4,848) goes to the Ministerial Education Fund (14%), the Black College Fund (7%), and Africa University (2%). 54% (\$11,382) goes to the World Service Fund, underwriting over 2,000 mission personnel around the world, empowering evangelical efforts, stimulating church growth, expanding Bible studies, enriching spiritual commitment, and supporting local church programs.

Does Burton Memorial UMC receive any support from apportionments? Not that I am aware of. Why not? I'll presume it's because we don't need it. When offering your tithe, remember that some have much and give enough, while some have little and give anyway (Matt:41-44). To pay 100% of our apportionments, each member needs to include \$2.50 in your weekly tithe for that purpose. We can do this. Be prayerful in your giving.

Status of Offerings

Please remember that the weekly offerings pay the expenses of our worship services, as well as contributing to the various church ministries. Below are the offering and website collections for the past four services.

Last Four Weeks					Year to Date		
Week	Date	Offering	Plan	+ / -	Offering	Plan	+ / -
1	1-Jan	\$2,681	\$6,052	-3,371	\$2,681	\$6,052	-3,371
2	8-Jan	\$2,398	\$6,052	-3,654	\$5,079	\$12,104	-7,025
3	15-Jan	\$3,169	\$6,052	-2,883	\$8,248	\$18,156	-9,908
4	22-Jan	\$1,408	\$6,052	-4,644	\$9,656	\$24,208	-14,552



We are continuing with our Facebook Live services at 10:00 am, with videos posted on Facebook. If you are not able to attend services in person, please help us by either mailing your normal donation by check to Burton Memorial UMC, 93001 Overseas Highway, Tavernier, FL 33070, or go to our website: bmumc.net and click on **Give Online** in the upper right corner of the home page to set up a payment online.

Florida United Methodist Children's Home Update

Julie Ratliff

We have the end of year giving information for 2022 for our Methodist Children's Home. Our financial goal for the year was \$1,908.00 (159 members at \$12 per member). For 2022, we gave \$7,312.04 to the Children's Home; so, we gave 383% of goal! We give God the glory as we thank you, each and every one of our Burton family, for your love, your prayers, and your stewardship in this mission.

In 2023 our goal of \$12.00 per member will remain the same as it was in 2022. We have five Fifth Sunday offerings this year to help us meet our goal - January 29, April 30, July 30, October 29, and December 31.

Since the Children's Home is an extension of the United Methodist churches in Florida, the goal of giving is set each year at the Florida Annual Conference in Lakeland. Also, each Sunday that we partake in Communion (the first Sunday of the month), the "Penny Jug" gladly accepts your pennies, nickels, dimes, and quarters.

Thank you all for your ongoing support. It is truly an honor and a blessing to serve as your local church representative for our Children's Home.



Health and Wellness

Debbie Premaza, RN, BSN

Hebrew's 12:1 New Living Translation “Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us.”

“Biggest losers” “Godly winners”, and “Fit for Christ” are BACK!

Biggest loser's final weigh in will be April 30, 2023. The overall winners will be announced on May 7th. Weigh ins are Sunday at 9:30 am or immediately after church service.

“Godly winner's” exercise challenge collects your weekly fitness times and the person who did the most overall exercise time will be announced on May 7th. Please share with me on Sundays.

Fit 4 Christ group exercise for ALL levels on Mondays from 5:00 pm to 6:00 pm in the Fellowship Center.

Hate Exercise? 5 Tips That May Change Your Mind by American Heart Association 2017

You don't have to be a gym hero to get enough physical activity to improve your health. There are a lot of ways to make regular activity part of your life – which can help you have more energy, handle stress better, reduce your risk of illness and disease, and look and feel good! It's pretty much a no-brainer. But most of us (about 80 percent of Americans) don't make exercise a regular habit. And many say it's because they just don't like it.

So how can you stop being a hater and get over exercise aversion? Here are some tips to help you add physical activity to your life – and maybe even learn to like it!

Find what Fits you: Instead of forcing yourself to do something you don't enjoy, find ways to exercise that fit your personality. If you're a social person, do something that engages you socially – take a group dance class, join a recreational sports team, or start a walking group with friends. If you're more of a lone wolf, running or swimming might be a better fit.

Give it time: It can take a while for a new behavior to become a habit, so give yourself time to get into a regular routine. One way is to try to be active around the same time each day. Exercise can become addictive in a good way. Once it becomes a habit, you'll notice when you aren't doing it.

Build it in: Build activity into your schedule and lifestyle so it doesn't feel like a chore. There are many ways to *fit exercise into your life*, and it doesn't mean you have to give up something else, like time with family and friends. *Get active together as a family* and friends, you'll all benefit.

Break it up: It's OK to fit in physical activity when you can. The American Heart Association recommends a total of *at least 150 minutes of moderate activity a week*, but if that sounds overwhelming, try adding two or three short activity sessions most days of the week. It all adds up!

Keep going: If you miss a day or a workout, don't worry about it. Everybody struggles once in a while. Just make sure you hit it again the next day. And if what you're doing just isn't working for you, revisit this list. You may need to try a different activity or a different time of day. **Don't give up!**

Apps and planners are a great way of tracking your progress! Need ideas?

Questions? Please do not hesitate to contact me at 305-546-6682.



Events to Mark Your Calendar

Pancake Dinner (Mardi Gras / Shrove Tuesday)

Date: February 21, 2023

Time: 6:30 p.m.

Place: Fellowship Center

Shrove Tuesday serves multiple purposes of encouraging Christians to repent of their sins before the start of Lent on Ash Wednesday and also giving them the opportunity to partake in a last round of jubilation before the beginning of the austere Lenten season.

Pancakes are connected with Shrove Tuesday as a way to use up rich foods such as eggs, milk, and sugar, before the fasting period of the 40 days of Lent. Liturgical fasting calls for eating simpler food while abstaining from meat, dairy products, or eggs.

On Shrove Tuesday, the final day of the Shrovetide season, many Christians, such as Anglicans, Lutherans, Methodists, and Roman Catholics, have an emphasized focus of self-examination, reflecting on what sins they need to repent for, and what improvements in life or aspects of spiritual growth they need to ask God's help in edifying.



Ash Wednesday Service

Date: February 22, 2023

Time: 7:00 p.m.

Place: Sanctuary

Each year, Ash Wednesday marks the beginning of Lent and is always 46 days before Easter Sunday. Lent is a 40-day season (not counting Sundays) marked by repentance, fasting, reflection, and ultimately celebration. The 40-day period represents Christ's time of temptation in the wilderness, where he fasted and where Satan tempted him. Lent asks believers to set aside a time each year for similar fasting, marking an intentional season of focus on Christ's life, ministry, sacrifice, and resurrection.

During Mass (for Catholics) or worship service (for Protestants), the priest or pastor will usually share a sermon that is penitential and reflective in nature. After this, the congregation will be invited to receive the ashes on their foreheads. Usually, the priest or pastor will dip his finger into the ashes, spread them in a cross pattern on the forehead, and say, "From dust you came and from dust you will return."

Confirmation Class

Date: March 5 – May 28 (*Every Sunday*)

Time: 12:00 – 1:00 p.m.

Place: Fellowship Center

This class will be for youth that are 5th grade and up. Lunch will be provided and please stay tuned for more information.

Those eligible are youth that are 5th grade and up. Anyone interested in attending the class, please contact pastor Kerry Foote at 305-407-7040 or pastor.foote@outlook.com.



4th Annual Pascal Weisberger Day of Service: Feb. 2, 2023



DAY OF SERVICE
FLORIDA KEYS
Feb. 2, 2023
#PASCALSWAY

Our fingerprints
don't fade
from the lives
we touch.

— Judy Blume



Help Honor Pascal Weisberger's Memory By Continuing His Legacy of Community Service With Activities In Your Area On or Near Feb. 2, 2023.

Upper Keys Residents Are Invited To Join Troop 912 To Participate In A Marine Debris Cleanup From 3:30 – 6 PM on 2/2/23 at Harry Harris Park in Tavernier.

Please post photos of Pascal's Day of Service activities at : <https://www.facebook.com/PascalsWay.org/>

