

ANNOUNCEMENTS

for the week of January 29th

Prayer Concerns:

- *Do Koudelka – recovering from back surgery after a fall
- *Pat Brand – dealing with some bronchitis and COPD
- *Reid Pakkebier, 8th grader & confirmation student – recovering from a fractured right elbow that is very painful

Joys:

- *Today's Healing Service / Anointing with Oil
- *Plans are beginning for LL to have a new pictorial directory

FOR THE ANOINTING WITH OIL TODAY, Becky Wood and Frank Camp have graciously agreed to assist. Becky is Lovely Lane's former Director of Health Ministries and is a long-time church member. Frank is our 10:30 Lay Leader and an active and long-time member of Lovely Lane.

DID YOU DO YOUR HOMEWORK? If you brought your elevator speech today, just put it in the offering plate this morning. Thank you for sharing your witness!

ADULT EXPLO WEDNESDAY NIGHTS AT 6:00 PM: During the 4 weeks of February, we will be studying the Book of Job which explores the problem of Evil. Come and join us!

ARE YOU READY FOR THE SUPERBOWL? *Chips, dips, pop, popcorn, salsa, pig knuckles wait! Sub sandwich?! Where can I get a sub sandwich? My kingdom for a sub sandwich!*

Don't be caught in that dilemma, order your sub sandwich today! Our youth will make it fresh for you and your family on Super Bowl Sunday (Feb. 5th) to pick up after church and enjoy during the game. Just fill out the form in your bulletin and put it in the offering plate, or give to one of our amazing youth. Pay now or later—we'll have it ready for you when the magic moment arrives! LL Sr. High Youth

GET THE POWER OF POTASSIUM: Potassium is one potent mineral! It has been shown to prevent and control high blood pressure as well as lessen risk of stroke. A potassium rich diet also helps to lower the risk osteoporosis. So eat up some spinach, beets, raisins, prunes, Brussel sprouts, baked potato, skim milk or orange juice.

HEART HEALTHY BRUNCH: We will be making some healthy treats for you to try! Please join us on Sunday, Feb. 12th, for our Heart Healthy Brunch from 9:00 until 10:30 AM, sponsored by the Health & Wholeness Committee.



YOGA TO HEAL TRAUMA is being offered by the Exhale Project. This 6-wk. trauma-informed yoga class for trauma survivors and non-offending support persons will be held at Sisters Health Club in Cedar Rapids. Classes will be held Tuesdays at 6:30 PM; they started on Jan. 24th and run thru Feb. 28th, 2017.

There's no time like the present to begin to heal...mind, body and spirit! The 6-wk. session is FREE and adapted for all levels and abilities. We look forward to seeing you on the mat!

To register, please contact Julie at juliej@stopdvsa.org or learn more at facebook.com/exhaleproject.



WANT TO SHARE YOUR SEWING EXPERTISE? On Friday, Feb. 3rd, you can help students at Johnson STEAM Academy machine-sew flannel blankets and hand-sew sock monkeys from 9 AM to 1:30 PM (come for just an hour or longer). Contact Kathy Gilbert @ kgilbert@cr.k12.ia.us or 319-389-6473.



GIVE YOURSELVES A LITTLE LOVE AT A SPA DAY! All East Central District United Methodist Women are invited for fun, food, and fellowship on Saturday, Feb. 18th, at Cedar Rapids Buffalo UMC (1000 30th St. NE). There will be card making, nail painting, hand massages, coloring sheets, cookie decorating, prayer beads, a facial scrub project, a 7 ½ min. exercise routine, worship, and celebration! The cost is \$10 to cover lunch and supplies.

Please pre-register by Feb. 14th by sending your check to Donna Jordan, 360 12th Ave. SW, Mt. Vernon, IA 52314. Make your check payable to East Central District UMW with *Spa Day for [name or names]* written on the memo line. If you have any questions, contact Donna @ ddjordan@q.com. *Experiencing our freedom as whole persons through Jesus Christ.*

MENTAL HEALTH FIRST AID TRAINING is being offered by the Iowa UMC-East Central District on 2 days: Thursday, Feb. 16th, and Saturday, Feb. 25th. The schedule for each day is 8:30 AM to 5 PM with a 30 min. lunch break. What is *Mental Health First Aid Training*? It's the initial help given to a person who is showing signs or symptoms of mental illness or a mental health crisis. Much like first aid, mental health first aid is provided until appropriate professional help or other help is obtained.

The training will be led by Rosemary Rohde Ziskovsky, LISW, Mental Health Therapist. The cost is \$50 per person which includes a training manual and lunch. On-line registration is available thru the ECD website: eastcentral.iaumc.org.

MARCH 6 ~ RACE: The Power of an Illusion - Cedar Rapids, St. Paul's UMC: This one-day (8:45 AM to 3:45 PM) guided educational experience brings people from various backgrounds together to begin "courageous conversations" as they explore intersections of race, equity, and child welfare. The event will be guided by trained facilitators using a variety of resources. Contact Rita Carter, ritaac@mchsi.com or 515-979-0605 by February 24th to participate.

THIS WEEK AT LOVELY LANE

Ministry Opportunities

Events in Bold Face = everyone * = childcare

SUNDAY — Jan. 29 *Healing Service – Anointing with Oil*

8:00 AM **Traditional Worship*** – Sanctuary
9:00 AM **Fellowship*** – Fellowship Hall
9:00 AM **Chancel Choir** – Choir Room
9:15 AM **Traditional Worship*** – Sanctuary
9:15 AM **Adult Sunday School**
9:15 AM **Children's Sunday School**
10:30 AM **Traditional Worship*** – Sanctuary
10:45 AM **Children's Sunday School**
2:00 PM Financial Peace University – Library
6:00 PM SH Yth. Grp. – F'ship Hall, Kitch. & Yth. Rm.

MONDAY — Jan. 30

9:00 AM Prayer Shawl Group – Study
9:30 AM English as a Second Language – Library
6:30 PM Boy Scouts – Fellowship Hall

TUESDAY — Jan. 31

9:30 AM UMW Bible Study – Fireside
5:30 PM Library Team – Library
6:45 PM Women's Study – Library

WEDNESDAY — Feb. 1

9:30 AM Care Center Ministry (offsite)
12 noon Women's Study – Library
4:50 PM Youth Bells – Sanctuary
5:30 PM Family Meal – Fellowship Hall & Kitchen
6:00 PM Kid's Club – Fellowship Hall
6:00 PM Middle School Youth Group – Youth Room
6:00 PM Adult Explo – Fireside

THURSDAY — Feb. 2

9:30 AM EC District Meeting w/Welcome Wagon – Library
5:30 PM Yoga – Youth Room
6:45 PM Handbells – Sanctuary

FRIDAY — Feb. 3

SATURDAY — Feb. 4

9:30 AM Baby Shower – Fellowship Hall & Kitchen
-4:30 PM

SUNDAY — Feb. 5

8:00 AM **Traditional Worship*** – Sanctuary
9:00 AM **Fellowship*** – Fellowship Hall
9:00 AM **Chancel Choir** – Choir Room
9:15 AM **Guitar Worship*** – Sanctuary
9:15 AM **Adult Sunday School**
9:15 AM **Children's Sunday School**
10:30 AM **Traditional Worship*** – Sanctuary
10:45 AM **Children's Sunday School**
2:00 PM Financial Peace University – Library
6:00 PM SH Yth. Grp. – F'ship Hall, Kitch. & Yth. Rm.

January 29, 2017

Serving at Worship...

Greeters

8:00.....Sharon Kouba & Barb Waterhouse-Miller
9:15.....Cathy Weber & Scott Seibert
10:30.....Darcy & Scott Hauser

Ushers

8:00.....Brian & Denise Carnahan
9:15.....Cathy Weber & Scott Seibert
10:30.....Evan & Julie Hupp, Christopher Hauser
and Susan Camp

Acolytes

8:00.....(Ushers)
9:15.....Ryan Stumpf
10:30.....Carly Pulju & Ethan McCord

Lectors

8:00.....Nancy Miller
9:15.....Marcie Stumpf
10:30.....Cindy Linder

Anointing Assistants

10:30.....Becky Wood & Frank Camp

Liturgist

All services.....Pastor Gayle Wilcox

Preacher

All services.....Pastor Paul Wilcox

Staff

Lead Pastor.....Paul Wilcox
Associate Pastor.....Gayle Wilcox
Office Manager.....Sue Moss
Director Children's Weekday Min....Carolyn Barnes
Youth Director.....Paul Wilcox
Kids' Club Director.....Julie Meyer
Christian Educator.....Barb Geissinger
Choir Director.....K. Weiler
Organist.....Dennis Ramsey
Children's Choirs.....Carla Jesse
Director of Handbells.....Gayle Wilcox
Nursery Team.....Shelbie Wood, Tara Weber,
& Paige Gerjets
Wedding Coordinator.....Becky Wood
Custodians.....Rex, Rhonda, & Jessica Heasty
Audio / Visual Coordinator.....Eric Wylie
Webmaster.....Shelly Turner
Treasurer.....Marcie Stumpf

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Visit us on Facebook:

www.facebook.com/lovelylaneumc

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Presence at worship – Sun., Jan. 22:
38 @ 8:00; 52 @ 9:15; 148 @ 10:30 = 238 Total