



Young Spirit invites you to join us for our...

Pancake Breakfast Sunday, February 28th

8:00 a.m. – 1:00 p.m.

in the Dining Room and Hedrick Hall

Tickets are available at the door

\$8 for adults,

\$4 for children (10 and under)



Menu includes:

Pancakes

Egg Casserole

Bacon and Sausage

Fruit

Juices and Coffee

*Thank you for your continued support of
Young Spirit and Choir Tour 2010*



Did you eagerly anticipate the start of Lent? My guess is no, but that's OK, Lent is here just the same.

Lent is seen by many as an extremely negative time in the life of the church. I heard about a pastor conversing with a colleague. He asked his counterpart in the ministry how she was doing. She replied, "I don't know if I can do it again." "Do what again?" he asked "Go through another Lent," was her answer.

The season of Lent starts with ashes on our foreheads, giving something up for Lent or taking on something that will help us grow spiritually as we walk with Jesus toward the cross and ultimately the resurrection of Jesus Christ. Usually there is a lot more attention to our spiritual life during this period. Lent, though, is intended to be a season of growth and introspection.

This year the sermon series will be entitled "*Standing On the Promise.*" This series will parallel Joshua leading the children of Israel to Jericho and Jesus heading to the cross. Each sermon will address a spiritual wall that we face; then move to a biblical challenge which will help us overcome and break down the barriers in our life.

During this time, each service will end with a prayer walk. As Joshua walked around Jericho one time a day for six days and seven on the last day, causing the walls to fall down, we will walk around East Heights praying for the walls in our life, maybe our church and those in the community, to be broken down by God's spirit. Each walk will be special so you will not want to miss them. We are praying for God to do something special during this Lent. Come join us in the Jericho / Jerusalem walk.

World Vision and the 30-Hour Famine

Join our youth in their commitment to make a difference in our world...

- Pray for them as they participate in their 30 hour fast from Noon on Friday, February 19th – 6 p.m. on Saturday, February 20th and as they come together for their all-nighter beginning at 9 p.m. Throughout the night they will come face to face with the effects of hunger around the world.
- Stop by our display in the Coffee House and by Hedrick Hall this weekend to find out more about World Vision, the 30 Hour Famine and our commitment to Love God. Raise Funds. Feed the World.
- Make a personal commitment to sponsor a World Vision child and build a special relationship with him or her. We will have several children's profiles available for you to see.



Ministry Needs

Board Games for Curtis Middle School

Do you have gently used board games you no longer play? There are kids at Curtis Middle School who would be glad to put them to use! The middle school has a mentoring program that pairs adults and students at lunchtime. During this time, they play games as they talk about what is going on in their lives. If you can donate a game or two, you can drop them off in Kathy Lefler's office in the Lay Ministries Office.

Bulletin Board Designer

There is a need for someone who has the gift of arts and crafts to update the bulletin boards for adult education small groups. If you have this gift, please contact **Donna Goltry** at 204-4618.

Canned Soup for Open Door

East Heights is in ministry to the hungry served by UM Open Door. During February, we will gather cans of soup to share with those in need. You can drop off your donations of soup, and other non-perishable food items, in the bins in the Mission Center in Fellowship Lobby and they will be delivered to Open Door.

Jefferson Volunteers

Volunteers are needed to help on March 23-24 when Jefferson Elementary hosts "Body Venture." This is an exhibit of the human body and students will tour it and learn all about its functions and healthy habits to maintain it. Volunteers to help set up from 4-6:30 p.m. on March 23 and to volunteer to "man" stations on March 24 from either 9 a.m.-12:20 p.m. or 12-4:30 p.m. Volunteers in the afternoon would need to help take down the exhibit at 2:30. Lunch would be provided. If you'd like to help, contact **Kathy Lefler** at 682-6518 or Kathy@chumc.org.

Clothing, bedding, sacks

The Klothes Kloset, a clothing give-away program of United Methodist Open Door, is running very low on winter clothing for infants, children and men. There also is a need for all kinds of bedding. Open Door's Community Food Ministry needs paper and plastic grocery bags. Paper would be best but either will work to get the food to our clients. Clothing and bedding should be delivered to 228 Ellis Street between 8:00 a.m.- 3:00 p.m. Monday through Friday and 9:00 a.m.-noon on Saturday. Paper sacks can be delivered to the Food Ministry Program at 1611 North Mosley from 8:30 a.m.- 4:00 p.m. (closed during the lunch hour) Monday through Friday. Thank you for helping those in need!

Ministry Celebrations

East Heights is in mission to the people in Haiti suffering after their capital was devastated by an earthquake. During worship February 6-7, we offered prayers for the people and assembled health kits. We celebrate with everyone who shared their prayers, time, and donations of supplies to help those in need. Our Confirmation Class and their Friends-in-Faith had a great time on Saturday Night during our time of faith and fellowship. We celebrate with everyone who participated!

The Souper Bowl of Caring on February 6-7 was wonderful. About \$1,000 was donated during this ministry aimed at helping the hungry. Through our Can Collection Contest, we collected 79 food items. Everything will be donated to United Methodist Open Door.

OUR COMMUNITY

OUR CHRISTIAN PRAYERS OF: SYMPATHY TO: Family and friends of **Marian Kiser** who died on January 29, 2010.

Paul Murphy and family on the death of his mother, **Roberta Murphy** on January 29, 2010.

Kevin and Margaret Chisham on the death of his father, **James Chisham** on February 3, 2010 and her sister, **Mary Smalley** on February 5, 2010.

Family and friends of **Gloria Wolff** who died on February 6, 2010.

Esther Maye Tontz on the death of her husband, **Dan Tontz**, on February 7, 2010.

OUR PRESENCE LAST WEEK:

Worship – 397

GIVING REPORT THRU FEBRUARY 8, 2010

GIVING LAST WEEK	\$	18,044
GIVING YEAR TO DATE	\$	120,463

**Deadline for March 5 Tower
is Tuesday, February 23**

New Member Orientation

Are You Ready to Call East Heights “Home”?

If your spiritual walk is leading you to call East Heights your church home or you just want to know more about the church, join us Tuesday, February 23, from 6:00-8:30 p.m. for our New Member Orientation. During the friendly, informal gathering we'll have a light dinner and you'll have the opportunity to meet the pastors and staff and other members of the church. We'll look at opportunities for education, fellowship and ministry and take a tour of the church. Time also is set aside to answer questions you might have about United Methodism, the sacraments or church history. If you'd like to become more connected to East Heights or just want to know more about the church, join us in #150, Dining Room. Contact **Kathy Lefler** at 682-6518 or Kathy@ehumc.org if you have questions or want to reserve childcare.

The Passage

A Place for Young Adults

The Passage is the place where Young Adults can come to worship, study Scripture, serve in ministry and develop friendships in Christ's name! We meet on Thursday evenings. If you'd like to join us or know more, contact **Sandra** and **Andy McKinney** at 706-4239.

Lenten Prayer Walk

By Terie Kelley

The Lord has always had a plan, a people, and a place that is called by His name. During this Lenten season we will begin a journey that is three-fold: 1) The Passion, 2) The Promised Land, and 3) God's purpose for East Heights today. It is a spiritual walk that will take place each week of Lent. It is a literal walk that leads us out of our past and into our future. So put on your sandals and let's kick up some dust or maybe put on your snow boots and let's kick up some snow. Be prepared to walk, for the journey is about to begin. It is a land that flows with milk and honey – watch out, there are giants in the land – but fear not, for the battle is the Lord's.

We will follow the rules of the Jericho March into the Promised Land with a few alterations. Each weekend of Lent, beginning Feb. 20th, we will walk around the church one time following each worship service. Prayer cards will direct our thoughts upward. Each week we will pray concerning the themes of the Life of Christ, the Promised Land, and East Heights.

We ask that everyone from infants to our most senior saints join us for the journey and participate. Whether on foot, in strollers, cars, or wheel chairs, all are welcomed. We will go as a large group after each service, but you may also wish to walk with your small group, class, or family. You can choose to do the prayer walk any other day of the week.

Lenten Study:

“Breakthrough Prayer,” by Jim Cymbala

Do you ever wonder if you are missing the great things God wants to do in your life? Do you struggle to know that God hears your prayers, or wonder why you don't seem to receive answers you desperately desire? The Lenten season is a great time to intentionally seek a closer walk with God and receive his transforming grace in your life.

Join us for a Lenten study on the book, *Breakthrough Prayer, The Power of Connecting with the Heart of God*, by Jim Cymbala, pastor of the Brooklyn Tabernacle. This discussion style class begins Sunday, February 20, at 11:00 a.m. in room #150. More than a clinical analysis or a secret formula for prayer, *Breakthrough Prayer* is written to instruct, inspire, and assist us in breaking through the pitfalls and hang-ups and begin living a life of asking and receiving from God.

Some topics explored in this book include: What is the connection between how you live and how you pray? What are the prayers that really have power with God? How can you learn to recognize God's answers to your prayers? **For more information, or to pick up a book, contact Beth Strickler at 682-6518 or beth@ehumc.org.**

Women's Retreat Soup Sale



Soup's on again! Thank you for supporting our efforts during our December soup sale. Your support provides scholarships for the spring women's retreat. This time around we're offering 3 delicious soups: Taco Soup, White Chicken Chili and Minestrone. Try them all! \$8/quart or \$5/pint. Soup sale dates are Feb. 20 after CSN and Feb. 21 after each service. If you would like to help prepare or sell the soup, please call **Beth Strickler** at 682-6518 or e-mail beth@ehumc.org.



**East Heights
United
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Church
Tower**

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Return Service Requested

• We invite all 6th-12th grade youth to join us for our **Wednesday Youth Ministries**. 6th grade youth are invited to join us at 6 p.m. for **Trinity**, our exciting worship arts team. 7th-12th grade youth are invited to join us at 6 p.m. for **Young Spirit**, our awesome youth choir. All youth are invited to join us at 7:15 p.m. for our **incredible small group ministry including Confirmation** for our 8th grade youth and any high school youth who has not gone through Confirmation. We hope to see all of you **HERE** on Wednesdays for an amazing time of growing in faith.

• **UMYF (United Methodist Youth Fellowship)** meets every Sunday evening beginning at 5 p.m. with Snack Supper followed by our evening together beginning at 5:30 p.m. **February 21st—Feed My Sheep; February 28th—reFocus**

• **30 Hour Famine is February 19-20**. We will see all youth who are signed up on Friday Night at 9 p.m. here at the church. Remember...your fast begins at NOON on Friday and ends at 6 p.m. on Saturday. We will gather for CSN at 5:30 p.m. and break our fast together with dinner following worship. *Your empty stomach will change the world!*

• The **Confirmation Retreat** is March 5th-7th at Camp Horizon. All Confirmation Youth and their Friends-in-Faith are invited to join us for an amazing weekend away. Registration forms are due February 24th.

• **Mountain T.O.P.** is our High School Mission Trip to Tennessee July 9th-18th. Registration forms are out and are due back on March 3rd for our incredible week of mission. All current High School Youth are eligible to join us. Get ready to make a difference!

• **Looking Ahead:** *Pancake Breakfast* is February 28th; *Confirmation Retreat* is March 5th-7th; *Reel to Real* is March 11th; *Spring Break Events* are March 15th-19th; *High School Lock-In* is March 26th-27th; *Easter Sunrise Rehearsal* is April 3rd; *Easter Sunrise Worship* is April 4th

