



First News First

January/February
2019

*Opening Doors with Christ, One Another
and Our Neighbors*

"Relationship Builders"

At First Church we are "Opening Doors with Christ, One Another, and Our Neighbors." All of us are called to build relationships. We are called to build relationships with one another. We are also called to follow the example of Jesus and build relationships with our neighbors.

Our Sunday morning worship services in January and February will focus on building relationships. In addition to two series of sermons, we will continue the congregation-wide daily Bible reading we began in 2018. We will also have Bible studies and other special events.

In the first series, we will focus on the importance of community for every follower of Christ.

We will see that following Jesus is not about ME, but WE as we explore Paul's instruction about the value and the power of Christian community in I Corinthians 12 and 13. We are the Body of Christ together! With the help of the Holy Spirit, imperfect people like us can build loving relationships that change the world.



- | | |
|------------|---|
| January 6 | "For the Common Good"
I Corinthians 12:1-11
Holy Communion |
| January 13 | "Unique in Design, United in Purpose"
I Corinthians 12:12-31a
Baptismal Renewal |
| January 20 | "Love From God Through Us"
I Corinthians 13:1-8a |
| January 27 | "God's Not Finished with Us Yet"
I Corinthians 13:8b-13 |

In the second series, we will discover practical ways to join Jesus in building relationships with our neighbors.

We will see that everywhere Jesus went, there were crowds. One big reason is that Jesus truly saw all the people. We will follow Jesus through a portion of Luke's gospel and make note of the way Jesus responded to the crowds. Jesus invites us to pay attention, to affirm the value of every person, and to build loving compassionate relationships in the church and in the community.



- | | |
|-------------|---|
| February 3 | "The Hurting Crowd"
Luke 4:38-44
Service of Healing |
| February 10 | "The Pressing Crowd"
Luke 5:1-11 |
| February 17 | Youth Sunday or "The Expectant Crowd"
Luke 6:17-26 |
| February 24 | "The Questioning Crowd"
Luke 6:27-38 |
| March 3 | "The Astounded Crowd"
Luke 9:28-43 |

(Continued on page 2)

As we begin 2019 together, my prayer is that all of us will strengthen the ties that bind us together with Christ, one another, and our neighbors!

Yours in Christ,

Pastor Denny

Lifelong Learner



2019 Daily Bible Reading Plan

Join us on this adventure as we read through the Bible using this plan, which has been specially curated to go along with the sermon series schedule for 2019. Simply visit the Welcome Center display, pick up a reading plan and begin reading! Then come to worship and participate in a Bible study using this plan to dig deeper. *Note: Need a Bible? Pick one up with the reading plan at the Welcome Center display.*

Bible Studies ~ *Sign-up sheets for all studies can be found at the Welcome Center display.*

Wednesday Evening Bible Study ~ “Building Loving Relationships”

This study is based on our “Relationship Builder” worship sermon series. Come to dig deeper into scripture using your sermon notes and the daily Bible reading plan, which you can pick up at the Welcome Center display.

When: January 9 – February 20 from 6:45 – 8:00 pm

Where: Room B004

Leader: Senior Pastor Dennis Keller

Wonderful Wednesday Parent Study ~ “Sticky Faith: Everyday Ideas to Build Lasting Faith in Your Kids”

Parents are invited to come and discuss tried and true practices that will set their children on a trajectory of lifelong faith, spiritual growth and service.

When: 5-week study begins January 23

6:20 – 7:00 pm

Where: Fellowship Hall

Leader: Tina Eaton

Thursday Bible Study ~ “Romans: Life as a Living Sacrifice”

Using the inductive Bible study method, participants will come to a deeper understanding of God’s precepts and promises, and learn practical and personal ways to live according to God’s purpose.

When: Orientation on January 10; 9-week study follows syllabus received at orientation

Mornings 9:00 – 11:00 am/Evenings 6:45 – 8:30 pm

Where: Fellowship Hall

Leader: Juanita Guise

Cost: \$18.00

Childcare: Provided upon request for morning class only.

Men’s Sunday Evening Study ~ “Romans: Experiencing the Power of Life-Changing Faith”

This study began in the fall and will continue through the winter/early spring. Using the inductive Bible study method, come to study Paul’s words in the Book of Romans and learn what a transformed life looks like. Note: If you are interested in jumping in to this study please contact Ken Guise directly.

When: Sunday evenings 6:15 – 7:00 pm

Where: Fellowship Hall

Leader: Ken Guise

Cost: \$9.99

Sunday School Classes

All classes meet Sunday mornings from 9:30 – 10:30 am. Look in the weekly bulletin for more details regarding six different class choices.

Library

I hope you enjoyed Christmas and had a chance to read some of our inspiring Christmas books. If not, feel free to stop in and read some at your leisure. I read Christmas books anytime because it makes Christmas last all year long. Since this newsletter is covering January and February, let's jump right into romance books. It's the perfect way to get you in to the Valentine season.

A popular romantic phrase is "I love you to the moon and back." Karen Kingsbury, often called the "queen of Christian fiction", has taken this phrase, shortened it and made it into a book title. **To the Moon and Back** is a deeply emotional and highly romantic tale of love lost and found. Both Brady Bradshaw and Jenna Phillips have lost parents in the Oklahoma City bombing. During a visit to the memorial site the two meet and spend the day together. After parting Brady realizes he has no way to contact Jenna and longs to see her again. For years he attends the annual memorial in hopes of seeing Jenna again. Each year he leaves a message on the famous Survivor Tree hoping she will contact him. When two of the Baxter sisters decide to visit the Oklahoma City memorial, they spot a obviously trouble young man, Brady. Though Ashley Baxter Blake's family and especially her husband think she should not involve herself, Ashley makes it her mission to find Jennifer for Brady. Can true love grow out of shared grief? This romance may keep you up late.

If you like romantic suspense, no one writes it better than Irene Hannon. Amazon calls her the "queen of romantic suspense". (Two queen of hearts in the same newsletter!) **Hidden Peril** is book two in the **Code of Honor series**. Kristin Dane and two friends made a promise to each other to grow up and make the world a better place. Twenty years later, Kristin is doing that with her fair trade shop featuring products from around the world. Then all the sudden, people connected to the shop begin to die. Detective Luke Carter of the St. Louis PD begins to investigate; only to have the FBI swoop in taking over the case, saying it's an international crime. But Luke can't walk away and leave Kristin in peril. The reviewers say this has an explosive ending. Sounds like a great way to end an intriguing book! If you missed book one in the series, **Hidden Illusions** is on the shelf waiting for you.

If neither of these books is right for you, stop in the library and the staff will help you find just the right book for you!

See you in the library!

Pam & Donna

Praying Follower



Prayer Service ~ "United Prayer for a Divided World"

As Christians, we are called to be God's instruments to bring about healing and wholeness in a broken and divided world. Join us as we gather to praise God, give thanks for his provision, and pray for peace and unity in His church and in the world.

When: 7:00 – 8:00 pm on Sunday evening, January 20

Where: Sanctuary

Moms in Prayer

This small group of mothers and grandmothers meets every Monday that Mechanicsburg schools are in session. No prayer experience is required and the child for which you are praying can be any age/any stage of life. Led by Deb Noss

When: Monday evenings, 7:00 – 8:00 pm

Where: Prayer Room (2nd floor elevator landing)

Passionate Worshipper



Worship

Sunday Morning Worship Services

8:15 am Foundation Service

10:45 am Convergent Service

Sunday School 9:30 am



The 4th Sunday at 4:00... an interactive and inclusive ministry for those with developmental disAbilities, their families, friends and care givers.

Holy Communion

Covenant Communion	January 6	Pew Service
	February 3	Loaves and Chalice
Ash Wednesday	March 8	Loaves and Chalice
First Sunday in Lent	March 10	Pew Service
Palm Sunday	April 14	Loaves and Chalice
Maundy Thursday	April 18	At Tables
Easter Sunrise	April 21	Mechanicsburg Cemetery
	May 5	Pew Service
	June 2	Loaves and Chalice
	July 7	Pew Service
	August 4	Loaves and Chalice
	September 1	Pew Service
World Communion	October 6	Loaves and Chalice
	November 3	Loaves and Chalice
First Sunday of Advent	December 1	Pew Service
Christmas Eve, 8:00 and 11:00	December 24	Loaves and Chalice

Dedicated Missionary



The Missions Committee invites you to join in mission work! Next Missions Meeting will be held on Tuesday, February 5 at 7:00 p.m.

Grocery Bagging for Bethesda Mission

On the third Wednesday evening of every month members of First United Methodist Church gather at Mission Central to bag groceries for Bethesda Mission. All are invited to join and be a part of this mission opportunity. Join us at Mission Central on **January 16** and/or **February 20 at 6 pm**. Contact Eric King at eeking@verizon.net for more information.

Change for Water ~ Located at the Sierra Leone Display in the Tower Hallway

Help support the Sierra Leone Well Drilling Project! Drop your loose change into the *Change for Water* Bucket. One hundred percent (100%) of your donations are used to provide training and dig wells that supply safe drinking water for schools and communities in Sierra Leone. **You can even throw in "paper" change ~ they're the best!!**

WOW!!! What a great month! There were **5,040** (\$50.40) "pennies" contributed this past month for a total to

date of **\$13,240.39**. Thanks to all who are contributing for another great month! **Please keep the donations flowing and *don't let the well run dry.***

Missions in Sierra Leone

Please continue to keep our mission team in your prayers as they travel to Sierra Leone on January 19, returning February 2.

Serving the Homeless with Isaiah 61 and Exciting New Update!

First Church is pleased to support Isaiah 61 Ministries, a local organization that serves the needs of the homeless in Dauphin County. They provide a variety of services including a soup kitchen, clothing bank and Life groups. Specifically, First Church members help serve meals to the homeless in downtown Harrisburg on the third Wednesday of each month. The next volunteer opportunities are January 16 and February 20 at 6:30 p.m. A carpool leaves from First Church at 6:00 p.m. for those who are interested. To volunteer, contact Tiffany Holland at tholland1967@gmail.com.

Thank you to everyone who helped with the Thanksgiving meal we served on Wednesday, November 21. Thank you to those who donated items for the comfort bags, baked muffins, helped prepare the meal and helped to serve, what a wonderful evening!

Neighborhood Center Bake Sale

Thank you to those who baked cakes for the first annual Winter Flea Market and Bake Sale that was held on Saturday, December 1 at Neighborhood Center. Over \$1,100 was raised for the Towanda Acey Scholarship Fund which provides scholarships for high school students in Harrisburg to attend college. Thanks for your support of this event! More information about Neighborhood Center can be found at neighborhoodcenterumc.org.

Feminine Hygiene Kits

Just a reminder about the sewing day Deborah Circle is sponsoring to make feminine hygiene kits for Mission Central. If you have not heard about these kits, it is an eye opener to know what women and girls do in poor countries to take care of their menstrual period. Sometimes they use dirt or weeds or worse during this time and if nothing works, they must stay home from school or work one week a month. This adds to their poverty and lack of education. To get a fuller look at this project go to Mission Central and look under ways to contribute and there is a larger explanation, patterns, and directions. You can help with this project even if you don't sew. There is a lot of cutting out of materials and if you do sew simple sewing. A serger sewing machine is very helpful but not mandatory.

We will start at 8:30 on January 12th (January 19th if we need a snow day) and sew until the fabric is used up, we are done, or you just need to leave. We will be setting up in Fellowship Hall. Pack a lunch if you care too. Coffee and muffins will be provided in the morning. Deborah Circle is providing the first \$100. worth of fabric including the all-important water proof fabric needed. If you can bring flannel or cottons for the project great. All fabrics must be washed in unscented soap and no fabric softener used. If the fabric is preshrunk and the kit made properly the kit will last 3 years. The fabric dos and don'ts are listed on the Mission Central website (and there are several). If you can bring your sewing machine-great. Other sewing supplies such as sharp scissors, rotor cutters, quilting rulers, and cutting mats will be needed. Dark thread is always used. In order to have enough fabric and patterns, please call or email me, Donna Nichols at djnichols43@hotmail.com. Tanya Weaver who presented this project Mission Central and actually went to Africa and distributed these kits said it was just like Christmas- the girls and women were so happy to have the kits. It was also mentioned that this kits maybe distributed poor areas in our country.



Relationship Builder

Senior Fellowship – Tuesday, February 19th 1-3 p.m.

All senior members are invited to enjoy a casual time of fellowship in the Sanctuary Gathering space just beyond the church library. Pre-school friends from Little Friends Preschool will visit.....come join us for cookies, coloring, and stories!

Please contact Janice Bowen (717-766-4611 x112 or wecare@fumchurch.com) for more information.

Soupy Saturday – January 26th 9 a.m.

If you enjoy cooking, please join us in the church kitchen to cook-up some delicious soup and muffins to share with a friend, neighbor, or homebound church member!

Questions? Contact - Janice Bowen WeCare@fumchurch.com - 717-766-4611 x112

Next Broad Street Community Dinner

Mark your calendars for Thursday, March 7. First Church will be providing the barbeque for the spring meal. If you or your group would like to provide barbeque for the meal, please use the following recipe:

- 5 lbs. of ground beef (80% lean or higher)
- ½ cup of white vinegar
- ½ cup of brown sugar
- 3 ¾ cup Ketchup
- ¼ cup mustard

Cook beef and drain fat. Mix in other ingredients and heat thoroughly.

Please contact Lori Hoffnagle at outreach@fumchurch.com to sign up to make barbeque or if you have any questions. The staff and families at Broad Street appreciate your support of this community event!



Generous Giver

Financial Report—through November 30, 2018 92% of year

General Fund		
2018 budget	\$ 945,000	
Expected income	\$ 869,400	
Actual income	\$ 838,441	(89% of budget)
Shortfall	\$ 30,959	
Actual expenses	\$ 824,155	

The Finance Committee has recommended to the Administrative Board a 2019 budget of \$970,000. This is an increase over the current year and is possible because of the great success of the New Consecration Sunday program we undertook this year. We appreciate those who completed an estimate of giving card and who pledged increased amounts.

The complete 2019 budget will be included in the next newsletter.

Ringling in the News

The Handbells want to remind you of our February Pie Sale. The date is February 16th. We will be making apple or cherry pies - crumb or double crust tops. Look for order sheets now with a bell choir member or at the Information Desk. Thank you!

Little Friends Spring Craft and Vendor Fair, Mar 2

The Little Friends Preschool will be holding their annual Craft and Vendor Fair on Saturday, March 2 from 9:00 a.m. to 1:00 p.m. in the Multipurpose Room. Over 25 vendors will be present, along with food and door prizes. All proceeds benefit our Preschool, which is a ministry of First Church. Come out and support our Little Friends! If you have questions, or would like to be a vendor at the fair, contact Maria Petrilak, Director of Little Friends Preschool at lfns@fumchurch.com.

January Blood Drives

January 4	8am to 12pm	REMCO – 195 Hempt Rd., Mechanicsburg, 17050
January 5	10am to 2pm	Zimmerman’s Automotive, 2234 S. Market St., 17055
January 6	8:30am to 12pm	St. John’s Lutheran Church, 44 W. Main St., 17011
January 13	7:30am to 12:30pm	St. Elizabeth Ann Seton Church, 310 Hertzler Ave, 17055
January 14	9am to 4pm	Messiah College, One College Ave., 17055
January 17	3pm to 7pm	Buffalo Wild Wings on the Pike
January 23	12pm to 4pm	UPMC Pinnacle Fredricksen (attached to West Shore Hospital), 2015 Technology Center, 17050
January 24	10am to 4pm	Bethany Village, 5225 Wilson Lane, 17055
January 25	8am to 7pm	Fox Center, 120 S. Filbert St., 17055
January 29	One Sterling	100 Sterling Parkway, 17050

Endowment Committee Announces Change in Leadership

The Endowment Fund Committee of First United Methodist Church announces a change in leadership this year.

Bob Wertz, Sr. has agreed to serve as the new chairperson. Bob is a long-time member of First Church. He has served the church in numerous capacities, including as a member-at-large of the Endowment Committee for the past year.

Bob replaces Katie Hammaker, who has been providing leadership of the committee since 2013.

The Endowment Fund is permanent, and was created with the intention of generating valuable income to help support our congregation well into the future. Contributions to the Endowment Fund are not spent. They are invested to generate income for future use.

Members can support the Endowment Fund in numerous ways.

- ♥ Direct cash contributions
- ♥ Gift annuities
- ♥ Bequest to the church in a person’s will
- ♥ Life insurance policy naming First Church as the beneficiary

All gifts to the Endowment Fund are tax-deductible.

The Endowment Committee asks congregation members to prayerfully consider supporting the Endowment Fund, now or in the future. For more information, contact Bob Wertz at bwertz@plantsitelogistics.com, or either of First Church’s pastors.

Women's Ministry

Any and all women are invited to participate in upcoming events and activities. This page gives you an overview of all the ways to connect. More information can be conveniently found in other parts of the newsletter or feel free to contact the person involved with the event. The Women's Ministry Facebook page has been created! Look for it on our FB page titled "First Church Women's Ministry" and feel free to join!

United Methodist Women

DEBORAH CIRCLE

Sandy Walton ~ swalton54@comcast.net
meets the 2nd Tuesday of the month

MARTHA CIRCLE

Marley Ann Schmick ~ marleyannrichard@gmail.com
meets the 1st Tuesday of the month

RUTH CIRCLE

Joan Mains ~ mains.joan@yahoo.com
meets the 1st Wednesday of the month at Hoss's in
Mechanicsburg

COVERED IN LOVE

Sandy Bennetch ~ dsebennetch@comcast.net
meets Wednesday mornings, 9:30 to 11:30 in
Fellowship Hall

SQUARES AND PRAYERS

Nancy Eddy ~ naeddy3@aol.com
meets Mondays, 9-11 am in Fellowship Hall

KNIT@NITE ~ ALL LEVELS OF KNITTERS WELCOME

Mary Helm ~ mthelm4@yahoo.com
meets the 3rd Thursday at 6:30 pm in the Tower
Meeting Room

Other Opportunities to Connect

DAY OF PAMPERING

Karin McHale ~ karinmch@comcast.net
February 23, 2019

LADIES' OVER 80 TEA

Janice Bowen ~ wecare@fumchurch.com
September 18

MOMS IN PRAYER

Deb Noss ~ sdppp@msn.com
Mondays at 7:00 pm in the Prayer Room

MOPS (Mothers of Preschoolers)

Upcoming meetings January 14 and February 8
at 9:15 am
Tina Eaton ~ adultministry@fumchurch.com

WOMEN'S RETREAT

Patti Herring ~ familyzeke@verizon.net
February 8 - 10, 2019, Mt. Asbury Retreat Center

ZUMBA Gold (low impact dance/aerobic exercise)

Margaret Paredes ~ 4paredesfam@gmail.com
Tuesdays at 1:00 pm in the multipurpose room
Lisa Lynch ~ lisaloveszumba2@gmail.com
Thursdays at 1:00 pm in the multipurpose room

Upcoming Events:

Women's Retreat, February 8 to 10, 2019

You can still register for the annual Women's Retreat to be held February 8 to 10, 2019 at Mt. Asbury Retreat Center. This year's theme is Re-Purposed: Our New Life in Christ! You can find the registrations at the Ministry Display Tables, the Women's Ministry window, our website or contact Lori Hoffnagle at outreach@fumchurch.com or Patti Herring at familyzeke@verizon.net. All women are invited!

Covered in Love is Caring for Others!

Covered in Love has been knitting/crocheting hats and scarves for the Little Free Pantry and reporting that they "disappear very quickly, it is a blessing to think that these items are needed and wanted." Love to knit or crochet, you can join them on Wednesday mornings at 9:30 a.m. in Fellowship Hall or feel free to place handmade items in the Little Free Pantry at any time!

Susquehanna Conference Women's Retreat, March 29 to 30, 2019

Karen Knight will present Courageous and Contagious Christian Women (Martha's Story)

Best Western/Country Cupboard 7701 West Branch Highway Lewisburg, PA 17837 Registration starts 4:00 P.M. Friday – Saturday 3:00 P.M. Cost (includes room, meals and registration fee): \$189.00 for Single occupancy; \$132.00 per person for Double occupancy; \$110.00 per person for Triple occupancy; \$102.00 per person for Quadruple occupancy; and \$69.00 per person for commuters (includes Friday buffet and Saturday lunch). Space is limited so register early. DEADLINE for registration is Wednesday, March 6. Questions, Contact Annette Steger, registrar at (717) 235-5693 or stegeraj@aol.com. For registration form, contact Lori Hoffnagle at outreach@fumchurch.com



Re-Purposed: Our New Life in Christ!
2019 Women's Retreat
February 8 to 10, 2019



Mt. Asbury Retreat Center, Newville, PA

Join us for a weekend filled with fellowship, fun, food and faith! Program starts on Friday evening and concludes on Sunday before noon.

Hotel-like accommodations and 4 meals included.

Please make checks payable to **FUMC** with 'women's retreat' in the memo section. Registrations may be mailed to Patti Herring at 613 Lavina Drive, Mechanicsburg 17055 or can be placed in the **Scrip Box** near the coffee area. (Please do not place checks in her mailbox). Questions, call Patti Herring at 795-9721 or email at familyzeke@verizon.net. Details will be sent closer to the retreat date.

Return this portion with your payment

Name _____ Date _____

Address _____ City _____

Phone _____ Cell _____ Email _____

Allergies or diet restrictions _____

Medications _____

Emergency contact _____ Phone _____

Early Bird Registration by 12/31/18 is \$135. After that date, the fee will be \$140. Fees include two-night stay (**New this year, 3 per room**) and 4 meals. Handicapped accessible rooms. **All registrations are due by 1/20/2019!**

_____ \$135 Early Bird registration enclosed (due by 12/31/18) Financial assistance available upon request.

_____ \$140 registration enclosed (if paying **after** 12/31/18)

Is this your first retreat? Yes ___ No ___ Special Concerns _____

MEN'S MINISTRY

Men of First Church

Men of First Church Small group meetings will be held on the 3rd Wednesday of each month from 8-9:30 pm. The next meeting is January 16. All men are welcome and encouraged to join us. Currently the group is watching a video lesson with follow-up discussion. The next meeting will be held at either the Eaton or Bowen home (watch for a bulletin announcement and/or email with location). Contact John Bowen (bowenhome720@gmail.com) or Barry Eaton (theeaton5@verizon.net) if you have questions or would like more information about this group.

Men's Breakfast

An open invitation is extended to any and all men who want to gather for good food and light-hearted fellowship on the first Saturday morning of each month. Please come join us at Brother's Restaurant, located at 705 Gettysburg Pike in Mechanicsburg. Our next gathering will be on Saturday, January 5 at 7:30 am. Hope to see you there!

Tool Pool

A directory for any hand or power tools that you may need to borrow for one-time use.

Contact: Don Karns at dekarms@comcast.net

Men's Winter Retreat ~ January 25-27, 2019

Men of First Church, you are invited to join us for the Annual Winter Retreat which will take place the weekend of January 25-27, 2019. We are excited to announce that we will be enjoying the facilities at Mt. Asbury this time around. Registration forms are available at the church Welcome Desk. Deadline to register is January 10.



Men's Winter Retreat January 25-27, 2019

Complete the bottom portion of this form and put in the Bowen church mailbox with check for \$100 made payable to FUMC, with "Men's Retreat" on memo line.* More information regarding directions, carpooling, and what to bring will be sent to you soon. Contact John Bowen at bowenhome720@gmail.com with any questions.

Name: _____

Email: _____

Phone #: _____

*Deadline for registration is January 10th

Church News and Notes

Love & sympathy...

- to the family upon the passing of Sue Bruner's father, Les Blosser, on November 25.
- to the family upon the passing of Charlie Cramer on November 28.
- to the family upon the passing of Jean McAfee on December 1.
- to Jill Strumsky, Rhonda Neidig and Vignon Smeigh upon the death of their sister, Tammy Smith, on December 6th.
- to the family upon the death of David Coover, on December 18th.

Thank you...

Dear Frist Church Family,

Bonnie Guyer wishes to thank all of the wonderful widows/widowers in our group for their very special fellowship, many kindnesses, and for the generous gift received from them at the Christmas luncheon. GOD bless you all!!!!!!

Special Birthdays

Pat Hutter	January 3	Paul Rynard	February 3	Ben Miller	March 12
Richard Reed.....	January 15	Joanne Ciampa.....	February 6	Sara Meck.....	March 15
Leta Rohlmeier.....	January 23	Joyce Parfet.....	February 12	Marge Robinson	March 15
Dot Souder	January 27	Dottie Zimmerman	February 26	Art Murray.....	March 16
Margaret Baker	January 30	Gerry Aumiller	February 27	Roy Kohr	March 21
		Janet Fertenbaugh	March 6	Mabel Strock	March 28
				Bob Erikson.....	March 29
				Dave Scholl	March 31

Special Anniversaries

- ♥ Larry & Linda Hall married 58 years on February 4
- ♥ Denny & Sally Kauffman married 59 years on February 14
- ♥ Winslow & Caroline Brown married 64 years on February 19
- ♥ Jim & Gail Siemons married 55 years on March 21

StrongWomen/Growing Stronger Strength Training Program

First United Methodist Church in Mechanicsburg and Penn State Extension will be teaming up again to offer the **StrongWomen/Growing Stronger Program** this winter. This 10-week program is geared for middle-aged to older women and men and is based upon years of research on how strength training and proper nutrition improve the health of women and men of all ages. The program was developed to help individuals increase their strength, bone density, balance and energy and help them look and feel better. Participants will meet two times a week for one hour sessions. There is a \$75 fee for this program.

This session will be held on Mondays and Wednesdays, Feb. 4 – April 10, 1:00 – 2:00 pm, in the Fellowship Hall. Mandatory paperwork must be completed in order to participate in the program and individuals age 70 and over must get a doctor's permission. Past participants must pre-register. Instructor is Cherry France.

For more information or to register for the program, go to: <http://extension.psu.edu/strongwomen/events> and search for Cumberland County classes or call 1-877-345-0691. Contact the Penn State Extension office at 240-6500 or Nancy Rouch at ner10@psu.edu with any questions about the program.

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Glenn Covert

FIRST NEWS FIRST
Editor: Kristin Brown

The **deadline** for submitting
articles for the **March** issue is

Early submissions always
appreciated!

February 15