



Shavertown United Methodist Church

Worship Series

Listen: Hearing That Still, Small Voice and Finding Your Own

# Finding Your Breath: Listening to Our Bodies



February 24 & 25, 2024

## We're glad you're joining us today!

If you're looking for a church home, we'd love to welcome you as part of the Shavertown UMC family! Please fill out a yellow connection card found in the pew and place it into the collection plate.

You're invited to visit our Welcome Table in the Narthex for a gift and information on the many ministries of our church including Christian Education opportunities.

We hope you'll join us again.

## 2<sup>nd</sup> Sunday in Lent – Listen Series Week 2

### Helping with Worship today:

Greeters/Ushers: Frank & Linda Gruver (Sat) Barbara Brandt & Charlie Kishbaugh (Sun)

Acolyte: Anna J.(Sun) | Liturgists: Sarah Church (Sat) Ginger McCabe (Sun)

(\* indicates please stand if you are able)

### PRELUDE

“A Prelude for Lent”

By Steven Scott  
Organ: Nancy Evans

### WELCOME AND ANNOUNCEMENTS

### TIME FOR CENTERING

*Come and rest. Come and listen.  
Lay the fullness of your lives before the Maker*

### SILENT REST

You are invited to sit quietly in the silence without any expectation of what you “ought” to be thinking. Don’t worry about sounds from children or crows – simply let them float into and out of your attention. And if you find it difficult to settle your thoughts, contemplate the following:

Most of us breathe too shallow  
Take a deep breath all the way into the far corners of your lungs. . .  
Fill up your breath . . . fill up your spirit.  
Then let it empty all the way out, long and slow . . .  
Let it all go and with it the toxins of your life.

### \*OPENING HYMN

“Breath on Me, Breath of God”

#420

### OPENING PRAYER

Sarah (Sat) Ginger (Sun)

**Lord, you have been faithful to gather us before you this day. Quiet now our thoughts that we may together hear your word. Empty our fretful minds and fill them with the assurance of your presence. Amen.**

### CHILDREN’S CHAT

“Where Children Belong”

#2233 (Sun)

*This, this is where children belong, welcomed as part of the worshiping throng.  
Water, God’s Word, bread and cup, prayer, and song: This is where children belong.*



**MESSAGE**

“Finding Your Breath”

Pastor Jon

**\*HYMN OF GOING FORTH”**

“Sweet Hour of Prayer”

#496

**\*BENEDICTION**

**\*POSTLUDE**

“Lord, I Need You”

By J. Reeves, K. Stanfill,  
M. Maher, C. Nockels & D. Carson  
Piano: Nancy Evans

**Immediately following worship, all Sunday school students  
will meet in the Social Hall. Parents are invited to join us for  
our brief opening with announcements.**

## **SHAVERTOWN UNITED METHODIST CHURCH**

163 North Pioneer Avenue, Shavertown, PA 18708

P: 570-675-3616 | E: [shavertownumc@susumc.org](mailto:shavertownumc@susumc.org) | [www.shavertownumc.com](http://www.shavertownumc.com)

Pastor: Rev. Jon Buxton

P: 570-675-6412 | E: [jbuxton@susumc.org](mailto:jbuxton@susumc.org)

Director of Music: Nancy Evans | Treasurer: Rich Fufaro | Nursery Staff: Nicole Trevaskis

Custodian: Brad Lothridge | Christian Education Director: Brenda Kopalek

Office Manager: Jeanne Kapral | Communications Coordinator: Amy Wall

**The mission of the United Methodist Church is to make disciples of Jesus Christ  
for the transformation of the world!**



# Shavertown United Methodist Church Announcements

Church Office Hours: Tuesday through Friday 8:30am through 3:00pm  
Weekly Worship Services Saturdays 5:30pm & Sundays 9:30am  
Activity Bags for young children are available in the back of the church.  
Nursery is available during the 9:30am worship.

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## MISSION & MINISTRY OPPORTUNITIES

**FINE ARTS COMMITTEE:** Fine Arts Committee will meet this Sunday morning after Church from 10:30-11:30am.

**LENTEN GIVING:** During the Lenten Season, our Community Care Cabinet, which provides paper products and household items to families in need who reside in the Dallas and Lake-Lehman School Districts will be collecting a different product each week. From February 25-March 2 paper towels will be collected, week of March 3-9 (toilet paper), week of March 10-16 (dish soap), and the final week March 17-23 (tissues). Please consider giving during this Lenten season.

**YOUTH GROUP:** The SUMC Youth Group will be meeting Feb. 25, 4-6pm in the Social Hall.

**EASTER FLOWERS:** Spring is around the corner, and we are now taking orders for Easter flowers that will be on display for our Easter worship services. Please fill out a form located in the Narthex and return it to the office with your payment. Last day for orders is February 27. After the final Easter service, you may take your purchased flowers home.

**PRAYER SHAWL:** Yarners will meet on Monday, March 4 at 7pm in the lounge. Bring your works-in-progress and join us for an evening of crafting and fellowship. Knitting and crochet refresher help is available. If you have yarn and needles, please join in. For more information, contact Cathy Berkey at 570-709-2338.

**PRISCILLA CIRCLE:** Meeting will be March 19 at noon in the social hall. Bring a lunch and enjoy a time of food and fellowship. Hostess Mary Ellen Pajor will lead devotions. Our program will feature Barbara Roberts. All women are invited. For more information, contact Cathy Berkey at 570-709-2338.

**EASTER EGGSTRAVAGANZA:** Donations of small, wrapped candy and plastic Easter eggs can be dropped off in the Narthex in the bin labeled Easter candy/eggs. We are also in need of many volunteers to make this event possible. Please see the sign-up sheet in the narthex to

volunteer for this fun and meaningful community event. If you have any questions, please contact Brenda Kopalek at 304-964-7130.

**DOOR FOBs:** If you have a church door fob that you are no longer using or do not need, please turn it into the church office or to Amy Wall. Thank you!

**SIGHT AND SOUND TRIP:** The SUMC Youth Group is planning a trip to the Sight and Sound Theatre in Lancaster, Pa. on July 3, 2024, to see "Daniel". We are inviting everyone to join us for this exciting event! The bus holds 55 people and may fill up quickly, so please get signed up. If you have questions, please see Amy Kelly or contact Brenda Kopalek at [kadec23@hotmail.com](mailto:kadec23@hotmail.com) or 304-964-7130. Price: Ages 13 and up...\$180/person Ages 12 and under ...\$120/person.

**BLOOD DRIVE:** On Friday, February 23, 2024, Dallas UMC will host a blood drive Please call Red Cross at 1-800-733-2767 to schedule an appointment.

### **NEXT WEEK'S WORSHIP HELP FOR MARCH 2-3**

**Greeters & Ushers:** Deb & Ray Poremba (Sat) Wilson Family (Sun)

**Liturgist:** TBD (Sat) Cindy Biesecker (Sun) **Acolyte:** Landon H. & Makayla K.

**March Altar Guild:** Cathy Nicks & Mary Ellen Pajor

**Trustee Week of Feb.25:** TBD **Trustee Week of Mar 3:** Joe Kopalek

**Finances:** Weekly Financial Goal: \$6,450 Week of Feb. 17-18: \$4,625

**Faithfulness in Attendance:** Feb. 17-18: In Person Worship 150 Online Worship 35

## UPCOMING AND WEEKLY EVENTS FEBRUARY 25-MARCH 9

February 25: Youth Group 4-6pm

February 27: Easter Flower Orders Due Today

### SHAVERTOWN UMC WEEKLY RECURRING REGULAR EVENTS & ACTIVITIES:

Sundays	9:30am	Worship
	10:30am	Sunday School for Children and Adults
	11:30am	God's Handful
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Mondays	1-3pm	Women's Bible Study
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Tuesdays	8am	Men's Ecumenical Breakfast @ Apple Tree Terrace
	10am	Coffee & Conversation @ McDonalds, Shavertown
	4:30pm	Children of Light (Grades 2 <sup>nd</sup> – 5 <sup>th</sup> )
	5:00pm	Chapel Chimes (Grades 2 <sup>nd</sup> - 5 <sup>th</sup> )
	6pm	Good News Ringers
	7pm	Men's Bible Study - Zoom
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Wednesdays	9am	Prayer on Zoom
	7pm	AA Meeting, Social Hall
	7:30pm	Chancel Choir (Adults)
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Thursdays	6:30pm	Grief Share, Lounge (Beginning Feb.22)
	7pm	AA Book Discussion Meeting, Social Hall
	7pm	Connected in Christ, HS Sunday School Room
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Fridays	10am	Community Care Cabinet
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Saturdays	5:30pm	Worship

# WEEKLY PRAYER LIST

Please contact Pastor Jon Buxton or the Church Office at 570-675-3616 if you are being hospitalized, having surgery, in need of pastoral care or prayer. Prayer requests can be included on the email prayer chain by contacting the church office at [shavertownumc@susumc.org](mailto:shavertownumc@susumc.org).

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**OUR JOYS:** SUMC collection of 149 pairs of shoes in January which will be used in countries such as Haiti and Honduras to start, maintain and grow a business.

**ALWAYS BE IN PRAYER FOR:** The United Methodist Church, Our Country, People of Ukraine, Victims in Israel & Gaza, Victims of the shootings & violence; those persecuted for their faith; men & women in Law Enforcement; caregivers; those in difficult relationships; children & teens at risk; those incarcerated; those with hatred in their hearts; marriages in trouble, cancer and Covid 19 victims, families dealing with Alzheimer's

**PRAYERS FOR OUR CHURCH FAMILY:** Our homebound friends, Family of Genevieve Mikush, Joan Williams, Nancy Roberts, Jamie, Re. Leroy Flohr, Family of Peggy Biesecker, Family of Dot Harding, Stacey, Jeannie, Len Buxton, Bill Pearse & Family, Harold Schorr, Jean Linker, Kevin Brader, Carol Carol, Jeff Kopalek, Jim Petrie.

*Names remain on the list for 2 weeks unless notified otherwise. Thank You & may God bless!*

## **PRAY FOR OUR MILITARY:**

Maj. Shannon Dzury Dawson, USAF  
Sgt. Amy Polachek, USM, Quantico, VA  
LCDR John W. Gilligan, US Navy  
Rick Hodle Jr., US Navy  
Sgt. Scott Kocher  
Sgt. Josh McCue, US Air Force  
LT. Col. Stephen C. Phillips  
Specialist Charles Yavorski, Ft. Bragg, NC  
Todd Mark, US Army, South Korea  
1st LT. Gregory Navestad, Hill AFB, UT  
LT. Joey Zobel, U.S.N., Washington, DC.

Travis Butler, US Navy Reserves  
Maj. Erika Reese, US Army, Ft. Benning, GA  
Captain Michael T. Shutlock, US Air Force  
1st LT. Allen Carson, 109th US Army  
Reserves, Phila.  
Sgt. Brandon Pall, Army, Maryland  
Rick Hodle III, US Army  
Jon Laity, US Navy, Japan  
CPL Michael Biesecker, USMC Reserves  
Daniel Cochran, US Navy, S.C.

**Think of this Friend** (with cards and prayers)  
Al Billings, 19 Old Grandview Ave., Dallas, Pa. 18612