

February, 2017

MT. SYLVAN GRAPEVINE CHURCH NEWSLETTER

INSIDE THIS ISSUE:

Pastor Larry Writes Capital Campaign	2
Prayer Concerns	3
In Service Flower Calendar	4
Adult Discipleship	5
Thank You Notes	6-7
Health & Wellness	8
Sylvan Seniors	9
Youth Ministry	10
Children's Min.	11
Missions	12
ERT From the Trustees	13
Church Calendar	14-15
Staff listing Missions Calendar Office Hours Seniors Calendar	16

ASH WEDNESDAY

at Mt. Sylvan UMC
March 1st, 2017

Ash Wednesday marks the beginning of the season of Lent. Lent is a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation and spiritual discipline.

**Services will be held at
Noon & 7:00 p.m. in the Sanctuary.**

**Both Services will have
the imposition of ashes.**

Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The service focuses on both themes, helping us to realize that both have been triumphed through the death and resurrection of Jesus Christ.

All are welcome.



Pastor Larry Writes

Pastor Larry Writes....

In January of every year, pastors are required to file end of year reports, infamously (and accurately) called the "Tables". We don't do this by ourselves, of course. Many volunteers and members of the staff are called upon to assemble this information, which is then posted on a special website on the NC Conference website, the Online Data Collection page.

These numbers measure everything from average worship attendance to amounts given during the past year. We are asked to measure how many people are in small groups, and how many infants, children and youth are part of the ministry of the church.

We are also asked to account for our receipts and expenditures. Although an audit, or review, is required, that is due later. For now, we add up what we spend on ministry, and this becomes the basis for figuring our apportionments (mission and service giving) for next year.

Some highlights of the report:

- Average worship attendance is down. Our average worship attendance in 2016 was 213. In 2014, we averaged 254, a drop of 16%.
- Average Sunday School Attendance is down, but not by as much. We will report 113 in average attendance in 2016.
- Our membership is 864. We had 13 people join in 2016 and 13 deaths.
- Giving is steady. Our operating budget expenditures are in line with where they have been for several years, except for a bump up in 2015, the first year of our capital campaign.
- Our total expenditures (from all funds and for all causes) are just under \$1,000,000.

- There is much more, of course, and I will be happy to share with you the final tabulations (it may be well into the spring before I can, but let me know if you want to see the filled out forms).

These figures tell a story, and we want to make sure we are listening well. I believe they tell of a group of Jesus' followers who show great commitment and faithfulness, even in the midst of challenges. And they let us know there is yet more work to be done for the kingdom.

Grace and peace,
Pastor Larry

Claiming the Faith Capital Campaign MID-CAMPAIGN REPORT

Mt. Sylvan is about halfway through our three year Capital Campaign, and our goals for the campaign are being met on a consistent basis. There is a printed report brochure that was prepared in late fall that gives updates and information. Copies are available through the church office, or can be found in the narthex.

As part of our oversight of the goals, an amortization report was recently prepared that showed, if our giving continues at current levels, we will retire our sanctuary and land acquisition debt completely in May of 2018, exactly three years after the campaign began. This is worthy of celebration.

Of course, more gifts mean our debt is retired sooner. If you would like to give to "Claiming the Faith", just mark your check or envelope Capital Campaign or Claiming the Faith. If you would like to give stocks, bonds or other appreciated investments, please contact Pastor Larry. Required distributions from IRA's make great charitable gifts!

Prayer Concerns

Congregational Prayer Requests

For Anne Seiden's daughter, **Valerie Campbell** (35), recently diagnosed with breast cancer. She has 2 young daughters, ages 7 and 4.

For **Bobby Pettiford Jr.** to heal quickly and fully from a broken right wrist

Pray for **all refugees** to receive peace, love and safety and for all Christians to provide peace, love and safety to others.

Lisa Dye Janes had an outpatient procedure on Jan. 27th and is recovering at home.

For the **family of Lin Cash** who passed away on Jan. 21st.

Dickie Clifford, in the recent passing of his father.

Gerald Lindsey continues treatment and is still recovering at home.

Frances Cimburke is awaiting results from recent scans and will begin treatment as soon as results are completed.

John Bowers has been discharged from his heart surgeon and is finishing home PT.

Cindy Miller is experiencing difficulties with balance and testing has been scheduled.

Pray for **Jon Jones** for the recent passing of his grandmother, Katherine Jones.

Pray for comfort and healing as **Faye McFarland** continues treatment.

For **Marie Palmer** undergoing treatment.

Pray for **EV McBroom** and family for the passing of his wife, Betty McBroom

Teresa Lasher is recovering well after surgery on a broken wrist.

Harold Bizzell has moved to a rehabilitation center closer to his daughter. Cards can be sent to him at St. Joseph of the Pines Room 812, 103 Gossman Drive, Southern Pines, NC 28387

Pray for good health for **Norma Clements**.

For the **family of Dr. Sharon Hawks**.

Anna Sellers has moved to a rehabilitation center in Elon which is half way between her daughter and son. You can send cards to Anna at 501 Manning Avenue, Room 309, Elon, NC 27244

Continued prayers for:

Barbara Berry, Sara Bowden, Lou Corr, Doris Coltrane, Jane Hayes, and Albert Howell

Mt. Sylvan Family in Medical Care or Assisted Living

Brookdale Durham:	Grace Moore
Croasdaile Apts:	Neda Hendrickson
Croasdaile Pavilion:	Shirley Wollner
Brian Center:	Carla Coltrane
Treyburn:	Sue Van Rood
Hillcrest:	Barbara Berry

At Home

Mildred Cooke	Bess Smith
Albert Howell	Mandy Jeffries
RosaBelle Mangum	Valerie Bizzell
Doris McBroom	

Partners In Ministry

Pastor Leon Dorleans and the Churches of Haiti Outreach.

Serving Our Country

Dan Armour, Jerry Armour, Mike Armour, Nick Farlow, Thomas Lecky, Bryan Thompson, and Madison Thompson

Connectional Ministry

Bishop Hope Morgan Ward, D.S., Carol Goehring, Asst. to D.S, Jessie Larkins

Church Staff:

Jim Bock, Rev. Larry Bowden, Jay Butler, Sophia Clark, Elizabeth Reiter-Tester, Rev. Bess H. Smith, Rev. Kathie S. Wilkinson, Mt. Sylvan Preschool Staff



In Service

February 5th

8:30 Worship

Acolytes: Ben Neal and Laura Neal

Cross Bearer: Anna Neal

Ushers: Jeff & Rhonda Dietz and
Mike & Kathy Powell

Communion Servers: Bryan & Cornelia Poer,
Anna & Bennie Andrews,
Tommy Blalock, and Delores Stillson

8:30 Nursery: Lauren Hair

9:45 Nursery: TBA

Sound Technician: Jim Davidson

Slide Operator: Chandler Hair

11:00 Worship

Acolytes: Madi White and Seth Lumpkin

Greeters: The Dixons

Communion Servers: Susan & Madi White, Rick
Pettyford, and Barbara Peoples

Infants Nursery: Annetta Andrews and Kit Chappell

Preschool Nursery: Kathy Rhodes

Sound Technician: Tim Wilkinson

Slide Operator: Gabe Whitnack

February 12th

8:30 Worship

Acolytes: Kate Flintom and Faye Rodio

Cross Bearer: David Hall

Ushers: Michael & Ginny Hall, Horace Clark
and Everett Pace

8:30 Nursery: TBA

9:45 Nursery: TBA

Sound Technician: Jim Davidson

Slide Operator: Bill Pinkerton

11:00 Worship

Acolytes: Faye Allen and Lily Allen

Greeter: Cindy Knapp

Slide Operator: Luke Vincent or Gabe Whitnack

Infants Nursery: Annetta Andrews

Preschool Nursery: Kathy Rhodes

February 19th

8:30 Worship

Acolyte: Laura Neal and Kate Flintom

Cross Bearer: Anna Neal

Ushers: Gerald & Bobbie Reeves and
George & Kaye Tilley

8:30 Nursery: Lorri Givens

9:45 Nursery: TBA

Sound Technician: Jim Davidson

Slide Operator: Mike Neal

11:00 Worship

Greeter: Darlene Lumpkin

Acolytes: Jordan Rogers and Seth Lumpkin

Slide Operator: Luke Vincent or Gabe Whitnack

Infants Nursery: Annetta Andrews

Preschool Nursery: Kathy Rhodes

February 26th

8:30 Worship

Acolytes: Kate Flintom and Faye Rodio

Cross Bearer: Ben Neal

Ushers: Mike Hall, Tommy Blalock, Larry Smith,
and Mike Gilmer

8:30 Nursery: TBA

9:45 Nursery: TBA

Sound Technician: Jim Davidson

Slide Operator: Chandler Hair

11:00 Worship

Acolytes: Faye Allen and Lily Allen

Greeter: Rick Pettyford

Slide Operator: Luke Vincent or Gabe Whitnack

Infants Nursery: Patricia Andrews

Preschool Nursery: Allen Andrews

Available Chancel Area Flower Dates



- February 12th, 2017
- February 19th, 2017

- February 26th, 2017
- March 5th, 2017



To reserve one of these or other available dates, please refer to the Flower Calendar Book in the church Narthex. For details contact the church office at 919-471-0032.

Adult Discipleship News



Soul Group Start Up Again This Month!

This month, we will be starting our new Soul Groups! Soul Groups are small groups that are transformation-driven instead of information-driven, and are based off of the Class Meetings of early Methodism.

If you'd like to know more please contact Jay at jay@mtsylvan.org or 919-471-0032.

New Bible Study for Mothers of Young Children

Holy Strollers is a Bible study group for mothers with young children where we discuss the hard and joyful emotions we experience as moms and how we can use these experiences to grow with God. We talk about how we can raise our children in God-centered homes, and how to encourage our children to have a loving relationship with the Lord. We meet at 6:30 on the first and third Wednesday evenings of the month at Mandy Wilkinson's house. Please email Mandy at aswilkinson10@gmail.com for more information.



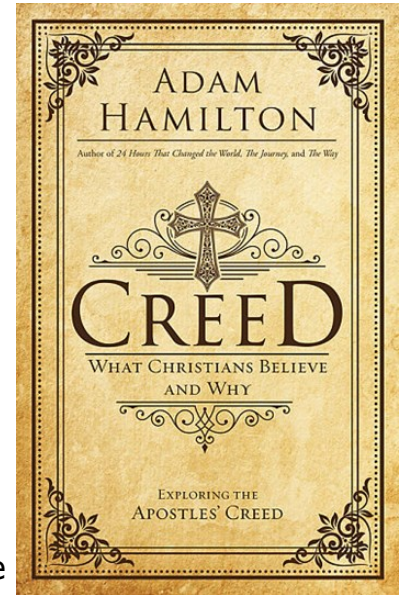
Lenten Study: "Creed" by Adam Hamilton

For Lent this year, our Sunday School classes are doing a church-wide study: "Creed" by Adam Hamilton.

It's a six-week study that will examine why we believe what we believe as Christians, using the Apostle's Creed as a frame. The study will begin on **March 5**, the first Sunday of Lent. Here is more information from the publisher:

We're used to answers popping up on a screen right in front of us. But when the questions examine the truths that give meaning and purpose to life, finding the answers takes more than simply typing a few words and pushing a button. Adam Hamilton believes that powerful answers to many of our complicated questions are contained in the Apostles' Creed, an early statement of foundational Christian beliefs.

In Creed, he explores not only what Christians believe, but also why they believe, and why it matters, which in turn leads readers to confront and examine their own core beliefs and go beyond reciting the Creed's familiar words.



Men's Weekly Prayer Breakfast

(This group is open to new participants)

February schedule for Thursday Morning Men's Prayer Breakfast

- ⇒ February 2: Meet at Silver Spoon restaurant for breakfast at 8:00 a.m.
- ⇒ February 9, 16, and 23, meet in church kitchen at 7:30 for continental breakfast. Then across the hall to the Action Classroom at 8:00 AM to view and discuss the DVD, "Making Sense of God's Will" by Adam Hamilton.

Thank You Notes

From the Worship Committee

The Worship Committee would like to thank all who helped decorate the church for the Advent /Christmas Season. The decorations added beauty both inside the sanctuary and outside as well.

We also appreciate the time and effort by many to remove the decorations and get them properly stored.

Special thanks to Charlotte Tippet for the beautiful greenery arrangements greeting us as we enter the Narthex.

- Annetta Andrews
- Carolyn & Mike Brooks
- Susan Dunnagan
- Isabella Fortier
- Sue & Mike Hall
- Gary, Lisa and Connor Hollon
- Richard Jakobczyk
- Sandra Jones
- Marie Palmer
- Ray Pearson
- Bill Pinkerton
- Gerald Reeves
- Terry Rhodes
- Linda Skinner
- Larry Smith
- Linda Stevens
- Tommy Wade
- Myra Williams

From the Mt. Sylvan Staff

Thank you to the Sylvan Seniors for inviting us to their Potluck Soup Meal. There was a great variety and there was something (or many things) that suited each of our pallets, even though some of us have a multitude of food sensitivities. There are some amazing chefs among you!

From the Mt. Sylvan Staff

Thank you to the Staff-Parish Committee for organizing a love offering for us at the end of 2016. Thank you also to the congregation for so generously responding.

From Kelsey Bryant

Dear Church Family,

Thank you so much for the goodie box! It really helped me get through exams.

Much Love,
Kelsey

From Emily & Steven Strickland

Dear Quilting Group & Church

Thank you for the blanket that you made for Steven and me. We are blessed to have such a wonderful support system and the blanket is a constant reminder of your love and support. We also appreciate you all keeping us in your thoughts and prayers as we begin our lived together as husband and wife!

With love,
Emily (Cecil) & Steven Strickland

From Jim & Pat Lewis

Dear Mt. Sylvan Quilters,

Thanks to the caring and generosity of our friend, Sissel, we now have one of your lovely quilts.

It is so welcomed, because almost every day Jim rests in his recliner and, even in summer, covers up with a lap robe. Sometimes these naps happen a couple times a day.

It also happens to be the right color for his den. The workmanship on it is so carefully done. The lap robe is a great reminder of our years in Durham and Mt. Sylvan. Many, many thanks for remembering Jim. I also wear my old Mt. Sylvan sweat shirt on cooler days. Remember, it says, "Knowing Jesus -- Making him known."

God is good. Many Thanks,
Jim & Pat

Thank You Notes

From Molly Allenbaugh

Dear Quilting Group,

Thank you so very much for the prayer shawl. Knowing it is covered with many prayers and God's love gives me great comfort. I shall cherish it always

Molly

From Families Moving Forward

Dear Mt. Sylvan,

Thank you so much for your recent donation to FMF of \$2,500. Your commitment to families experiencing homelessness in our community is very much appreciated by our dedicated staff, board, volunteers, and most importantly, by the families who are accessing our services.

Permanency. Stability. Self-sufficiency. These powerful words describe how your gift will help 60-80 homeless families with children this year find a place they can call home with the support of professional case management and volunteer support.

Even though we are serving more families than ever before, too many families with children in Durham continue to live in unstable environments. Your gift means these families will celebrate 2017 in a home of their own. Thank you for making our families and children one of your priorities.

In Community,
Shana Carignan
Development Director

From The Lasher Family

Thank you for being so thoughtful! Thank you for your thoughts, prayers, cards, and words of encouragement and sympathy at the death of my Mom, Dot Ryan. They were all so appreciated.

Love,
The Lasher Family

A Fifth Sunday Brunch Thank You Note from the Mt. Sylvan Staff

Health & Wellness Ministry Team,

The Fifth Sunday brunch New Year Kick-off to health & Wellness was a great success! With over 120 people in attendance you introduced us to some new healthy foods, entertained us with a fantastic workout demonstration by the Thursday morning fitness class and provided a colorful recipe guide to healthy meals. Click [here](#) to view or download the Health & Wellness Cookbook.

The smoothies were surprisingly delicious and the testimonies were engaging. Not to mention the news of reintroducing the free monthly blood pressure checks to the congregation beginning February 5th. At the event numerous people received health screenings. Good job. Thanks to all who contributed and attended.

Special thanks to:

- Manny Alston (Set-up / clean-up)
- Kathy & Terry Rhodes (Set-up /clean-up)
- Jim Lyon (Set-up / clean-up)
- Leo Watkins (Set-up / clean-up)
- Jeff Cecil (Set-up / clean-up)
- Linda Skinner (Set-up / clean-up)
- Richard Jakobczyk (dishwasher tech)
- Roy MacDonald (dishwasher tech)
- Walter Young (Coffee Technician)
- All of the nurses
 - Priscilla Coleman
 - Lisa Hollon
 - Anne Young
 - Jane Watkins
- Carol Thompson
- Everett Pace (5th Sunday Expert)
- Carolyn Brooks (Testimony)
- Anna and Lauren Neal (Asst. Chefs)
- Mike Brooks (Microphone Technician)
- Barbara Peoples (Garden Club)
- Mary Beth Cecil (Smoothie Chef / Choreographer)
- Sara Neal (Everything)

Mt. Sylvan Health & Wellness Ministry

Beat your cravings: 8 effective techniques

Don't let a sweet tooth or carb craving prevent you from reaching your goals. Keep cravings in check with these practical methods.



The foods you crave are likely to be high in sugar, fats and carbohydrates — such as pizza, chocolate, cake, chips and ice cream. Cravings can derail your efforts at weight control and may lead to binge eating, but you can learn how to manage them and stay on course with these tips.

- 1) Enjoy a small portion. Don't give up these foods. In your overall healthy diet, include a small portion of the less healthy foods you crave. Better to enjoy a square of chocolate than to avoid it altogether.
- 2) Eat something healthy first. It's often easier to eat less of the food you're craving if you're not ravenously hungry.
- 3) Keep the food you crave out of the house. Buy the item only when you plan to eat it, or order it at a restaurant.
- 4) Change your mental picture. When you experience a craving, replace the image of the food with a picture of yourself doing your favorite activity or some other pleasant image.
- 5) Distract yourself. Food cravings usually pass after 20 minutes. Try taking a walk or talking to a friend.
- 6) Chew gum. Chewing sugarless gum reduces hunger and cravings for sweet and salty snacks.
- 7) Get enough sleep and exercise. These habits help lower your levels of the hormone ghrelin, which stimulates appetite. Lack of sleep can lead to food cravings and overeating.
- 8) Substitute a healthier option. Satisfy your craving for something smooth and creamy with something low-fat or fat-free, such as yogurt, pureed fruit or buttermilk. Eat a piece of fruit as a healthy sweet snack.

Experiment to see which strategies work best for you so that you can control your cravings — not the other way around.

Stay Healthy in the New Year: Know Your Numbers!

Beginning Sunday, February 5th, the Health & Wellness Ministry will begin providing **free monthly blood pressure checks**, to anyone who wants them.

Nurses from the Health & Wellness Ministry will provide these checks on **the first Sunday of each month** in the preschool cafeteria right after the 8:30 worship service and before Sunday School. If there is a need to change the location or time in order to reach more people we will do so a later date.

***Note:** we are currently **missing a diabetes testing kit** from the Fellowship Hall kitchen. If you have knowledge of its current location please notify the church office.

Get Healthy at Mt. Sylvan in 2017: Free Fitness Classes

Every Monday at 10:00 a.m. and every Thursday at 9:00 a.m. meet us in the Mt. Sylvan Fellowship Hall for challenging but safe workout classes. If you can move at all, you can benefit from these classes. No pressure. No judgement. Just self improvement at your own pace. No registration necessary. Questions? Contact the church office for more info at 919-471-0032. See you there. **HEALTHY NEW YEAR!!!**



Sylvan Seniors

SYLVAN SENIORS

Mt. Sylvan United Methodist Church

WHO ARE WE? We are a group of retired or semi-retired people who have retired “to something.” Some have retired to a captivating hobby, to exciting travel, to catching up on years of neglected “things” we have wanted to do, or to spend more time reading, at the mountains, ocean or with family. But there is one thing we all have in common and that is taking time to care for each other and the many things God has created.

WHAT DO WE DO? Nadine Stair of Louisville, Kentucky, wrote at the age of 87, “If I had my life to live over again, I’d pick more daisies.” We try to take the time to pick more daisies. We may move slower, or justify our occasional forgetfulness to “old age,” but we manage to plan some very good times together.

We are planning trips; we enjoy the fellowship—both spiritual and social—of meeting together. Meetings are each Tuesday at 11:00 a.m., lunch is around 12 noon, and we end about 1:00 p.m. You bring a sandwich—we’ll provide entertaining programs, drinks, and delicious desserts.

WE WANT TO SHARE THIS WITH YOU!

**COME—WHEN YOU CAN. DO—WHAT YOU CAN.
WE INVITE YOU TO JOIN THE SYLVAN SENIORS.**



Youth News and Events!

MYF Ski Trip



We had a wonderful time on the ski trip at Sugar Mountain. Thanks to our leaders for volunteering their time on the slopes!

Poverty Simulation w/Aldersgate

Poverty is something that we confront everyday in Durham. It's something that we try to help cure at Mt. Sylvan. On **February 26 at 6 PM**, we will be partnering with Aldersgate UMC to help our students understand, even if it's just for a little while, what it means to live in poverty. Families are encouraged to attend together ****Please eat beforehand.****

Sunday Night Supper Sign-Ups

One of the parts of every Sunday night youth gathering is our dinner that we share together as a group. Our parents and other members of the church have always been gracious with providing a meal for our students and leaders.

Sunday Suppers are a super simple way of having fellowship for our youth each Sunday before our meetings. Please peruse over the list of available of dates, and volunteer to help during one or two Sunday evenings.

To sign up to serve for a night, please contact Jay at jay@mtsylvan.org or 471-0032.

SLAM Nashville 2017

This summer's mission trip will be in Nashville! From **June 12-17** (note the date change), we will be partnering with SLAM, or Students Living a Mission, to help with Nashville's refugee and immigrant populations. It's an awesome way for students to immerse themselves in personal missions, and to see the Great Commission be fulfilled right in front of their eyes.

If your student is interested in going, signups are still open! Please contact Jay ASAP at 471-0032 or jay@mtsylvan.org.

Defy Gravity Lock In—March 10th

After looking at potential new places to have our annual lock-in, including triangle Rock Climb, I have decided for us to go back to Defy Gravity for this year. Pricing was the main reason why I have changed it back. With the Spring Retreat the next month, I did not want to stretch y'all's pockets. My goal is to provide the most affordable opportunities for our students.

***Note: The Lock-in has been moved to March 10th.**

Peace,
Jay Butler, Youth Minister

Save these Dates!!!

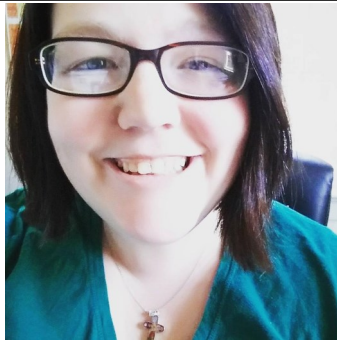
- ⇒ February 10-12: Confirmation Class Retreat
- ⇒ April 2: CROP Walk
- ⇒ April 16: Easter Party

Watch for more info on these events in upcoming newsletters and Youth emails.

Children's Ministry

Welcome to Our New Children's Ministry Coordinator!

Elizabeth Reiter Tester will begin work this week as Mt. Sylvan's new Children's Ministry Coordinator. Elizabeth, or "EB", comes to us from First UMC in Asheboro, NC, where she was the Director of Children's Ministry. She lives in Timberlake, where her husband Joshua is a first year Duke Divinity student.



EB's first day on the job is Wednesday, February 1, and her first Sunday with us will be February 12. A welcoming reception will be held at a date and time to be announced. Please welcome EB to the Mt. Sylvan family!

A word from Elizabeth....

*Hello Mt Sylvan UMC,
I feel blessed to have been offered this position and I happily accept. I know God is working in and through Mt Sylvan UMC and I can't wait to join you in Ministry and to get to know you and your families. I look forward to meeting you on February 12th!*

Elizabeth "EB"

You are invited to attend Safe Sanctuaries Training



Sunday, February 12, 2017
4:00 p.m.

In the Armstrong Room

Any persons wanting to volunteer with the Nursery, Children, and Youth Ministries at Mt. Sylvan or with Families Moving Forward are invited to attend this Safe Sanctuaries training.

Please contact Jennifer Rogers at jenrogers@nc.rr.com or 919-201-7504 with questions.

Forms will be available in the office if you would like to complete your paperwork before the training session.



Mt. Sylvan Day Camp at Camp Chestnut Ridge

Mt. Sylvan will be taking a group to Camp Chestnut Ridge July 16-21. CCR will have programs that week for students grades K-8.

Registration is at campchestnutridge.org. Use code **sylvan** for the discount and to identify your child as part of our group.

Mt. Sylvan will provide the transportation to and from camp each day. Campers leave Mt. Sylvan at 7:45 and return at 5:30. The week will fill up, especially the elective choices for the older kids, so register early. Please contact Jennifer Rogers if you have questions.

Sunday Morning Needs

Since our church is currently without a regularly scheduled childcare worker in the nursery, we are in greater need than ever for volunteers at 8:30, 9:45, and 11:00. We also need Sunday School teachers at 9:45 (including music for the preschool aged children). If you are able to help please contact the church office at 919-471-0032 or sign up online at <http://www.signupgenius.com/go/30e0d45a9a62ea5fa7-nursery>.

Mt. Sylvan Missions Ministry



FEBRUARY FOOD of the Month – CANNED FRUIT.

Please bring a can of fruit every Sunday to Church this month to support the Backpack Ministry. With 1 in 4 children in Durham County facing food insecurity, every donation helps. We are asking for canned peaches, pears, applesauce, and fruit cocktail. We typically use + 240 cans of canned fruit every week. Mt Sylvan actively supports Eno Valley Elementary, Carrington, and Lucas Middle School, and Northern High School with its backpack program serving +120 children each week during the school year.

Serve at Urban Ministries with Mt. Sylvan

Did you know Mt. Sylvan has numerous regularly scheduled community service opportunities? Check out these opportunities to serve the community with other Mt. Sylvan members.

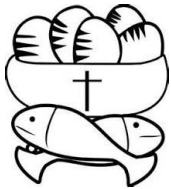
Mt. Sylvan UMC supports Urban Ministries in Downtown Durham with three teams.

Team #1 serves breakfast the 2nd Friday of every month, from 6:30 to 9:00 am. Dates:

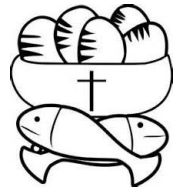
- February 10, 2017
- March 10, 2017
- April 14, 2017
- May 12, 2017
- June 9, 2017
- July 14, 2017

Contact Terry & Kathy Rhodes for details at terryrhodes2@gmail.com or 919-477-8593

Team #2 serves the 3rd Tuesday of every month, from 6:30 to 9:00 am. Dates:



- February 21, 2017
- March 21, 2017
- April 18, 2017
- May 16, 2017
- June 20, 2017
- July 18, 2017



Contact Jim & Phyllis Polhamus for details (919-479-2021)

Team #3 (Mt. Sylvan Youth and their families) serve the 4th Sunday of every month from 10:30 am to 2:00 pm. Dates:

- February 26, 2017
- March 26, 2017
- April 23, 2017
- May 28, 2017
- June 25, 2017
- July 23, 2017

Contact Susan Dixon for details at spdixon26@hotmail.com

Mt. Sylvan Early Response Team (ERT)

HURRICANE MATTHEW AND MT. SYLVAN

Mt Sylvan Early Response Team is scheduling one day trips to eastern North Carolina to support NCCUMC relief effort. You do not need to be ERT trained for these trips. A trip is currently scheduled for 10 February to Cumberland County. We gather at 6:00 AM, load, pray and leave by 6:30, arrive at the job location by 8:30, and leave at 4:30 PM, to be home by 6:30 PM. Bring own lunch and tools. Tool list to be provided. If you are interested, please notify Jim Polhamus, ERT Coordinator, 919-479-2021 or jpolhamus@nc.rr.com.

EARLY RESPONSE TEAM TRAINING

The next available training is Saturday, February 4th, from 8:30 AM to 5:00 PM at Walnut Grove UMC, 7215 Walnut Grove Church Road, Hurdle Mills, NC, 27541. Cost is \$30.00 at the door and will require a background check. Additional training opportunities can be found at <http://nccumvim.org/erttraining/>. For further information on joining the Team and future Mission trips, contact Jim Polhamus, 919-479-2021, jpolhamus@nc.rr.com or Terry Rhodes, 919-477-8593, terryrhodes2@gmail.com.



"GRANDMA'S HOUSE" FAYETTEVILLE, NC

Thanks to Jeff Lecky, Jim Lyon, Ray Pearson, and Jim Polhamus (Mt Sylvan UMC) for spending their Friday on site providing hope to the survivors through work and prayer.

The Team was assigned a home that flooded 2-1/2 ft and had not been open since Hurricane Matthew on October 8th. Work included removing furniture and personal effects from five rooms, water soaked carpet, and interior siding to clear the house for future rebuild. We had great fellowship on a dreary day just before the snowstorm.

From the Board of Trustees

Free Carpet Remnants

The carpet donated by Flooring By Design (formerly Bull City Rugs) is going fast. These carpet remnants are top quality and come in assorted sizes and colors. These remnants are suitable to be cut to any size and placed on your floors. Some of the remnants are 25 feet long and up to 8 feet wide. Please call Tommy Wade ([919-477-4212](tel:919-477-4212)) to set an time to come see the selection. After February 15th, any leftover remnants will be donated to another worthy cause.

February 2017 at Mt. Sylvan UMC¹⁴

Sun	Mon	Tue	Wed
			1 11 Preschool C 5p Pack Backpa 6p Handbell Pra 7p Wednesday M 7p Youth Small
5 7:30 Breakfast 8:30 Traditional Worship 9:45 Sunday School 11 Contemporary Worship 5p Choir Rehearsal 6p Children's Time 6p Youth Gathering	6 10 Women's Fitness Class 7p Monday Night Soul Group 8p AA Meeting	7 9:45 Seniors Bible Study 11 Sylvan Seniors 1p Staff Meeting 5:30p AL-Anon 7p Praise Band Practice 7p Worship Committee Meeting 7p Girls Scout Service Unit Mtg.	8 11 Preschool C 5p Pack Backpa 6p Handbell Pra 7p Wednesday M 7p Youth Small 7p Confirmation
12 Confirmation Class Retreat 7:30 Breakfast 8:30 Traditional Worship 9:45 Sunday School 11 Contemporary Worship 4p Fall Festival Planning Mtg. 4p Safe Sanctuaries Training 5p Choir Rehearsal 6p Children's Time 6p Youth Gathering	13 10 Women's Fitness Class 6:30p Children's Ministry Mtg. 7p Monday Night Soul Group 7p Trustees Meeting 8p AA Meeting	14 9:45 Seniors Bible Study 11 Sylvan Seniors 1p Staff Meeting 5:30p AL-Anon 7p Praise Band Practice 7p Staff-Parish Meeting	15 10 Beulah Cole 11 Preschool C 5p Pack Backpa 6p Handbell Pra 7p Wednesday M 7p Youth Small 7p Confirmation
19 7:30 Breakfast 8:30 Traditional Worship 9:45 Sunday School 11 Contemporary Worship 5p Choir Rehearsal 6p Children's Time 6p Youth Gathering	20 10 McKay Circle 10 Women's Fitness Class 7p Monday Night Soul Group 8p AA Meeting	21 6:30 Serve Breakfast at UMD 9:45 Seniors Bible Study 11 Sylvan Seniors 1p Staff Meeting 5:30p AL-Anon 7p Praise Band Practice 7p Vision Team Mtg.	22 11 Preschool C 5p Pack Backpa 6p Handbell Pra 7p Wednesday M 7p Youth Small 7p Confirmation
26 7:30 Breakfast 8:30 Traditional Worship 10 Youth Serve at UMD 9:45 Sunday School 11 Contemporary Worship 5p Choir Rehearsal 6p Children's Time 6p Youth Gathering	27 10 Women's Fitness Class 7p Monday Night Soul Group 8p AA Meeting	28 9:45 Seniors Bible Study 11 Sylvan Seniors 1p Staff Meeting 5:30p AL-Anon 7p Praise Band Practice 7p Administrative Council Mtg.	

	Thu	Fri	Sat
Chapel Backs Practice Night Soul Group Group	2 7:30 Men's Prayer Breakfast 9 Disaster Response Group 9 Women's Fitness Class 10:30 4C's Bible Study 6:30p G.S. Troop 3799	3 10 Prayer Shawl Ministry	4 9 Faye Watkins Circle 5p AA Meeting
Chapel Backs Practice Night Soul Group Group Class	9 7:30 Men's Prayer Breakfast 9 Disaster Response Group 9 Women's Fitness Class 10:30 4C's Bible Study 6:15p G.S. Troop 810 7p Disciple Bible Study 7p Ruth Cook Circle	10 Confirmation Class Retreat ERT Relief Trip to Eastern NC 6:30 Serve Breakfast at UMD 10 Prayer Shawl Ministry	11 Confirmation Class Retreat 5p AA Meeting
e Circle Chapel Backs Practice Night Soul Group Group Class	16 7:30 Men's Prayer Breakfast 9 Disaster Response Group 9 Women's Fitness Class 9:45 Mildred Cooke Circle 10:30 4C's Bible Study 6:30p G.S. Troop 3799 7p Disciple Bible Study	17 Youth Lead Planning Weekend 10 Prayer Shawl Ministry	18 Youth Lead Planning Weekend 5p AA Meeting
Chapel Backs Practice Night Soul Group Group Class	23 7:30 Men's Prayer Breakfast 9 Disaster Response Group 9 Women's Fitness Class 10:30 4C's Bible Study 6:15p G.S. Troop 810 7p Disciple Bible Study 7p RosaBelle Mangum Circle	24 10 Prayer Shawl Ministry	25 5p AA Meeting



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**Find us on the
web at
www.mtsylvan.org**

Church Office Hours
Monday - Thursday 9 am - 3 pm,
Friday 9 am - 12 pm
Church email
office@mtsylvan.org

Monthly Missions Calendar

Urban Ministries of Durham

1st, 2nd, and 3rd Mondays

Staff UMD Food Pantry

Contact Frances Cimburke

(919-477-9298)

2nd Friday of the month

Help serve breakfast 7 am - 9 am

Contact Terry Rhodes (919-477-8593)

3rd Tuesday of the month

Help serve breakfast 7 am - 9 am

Contact Jim & Phyllis Polhamus

(919-479-2021)

4th Sunday at 10 am

Youth Serve lunch

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Habitat House Projects

Habitat work teams go out each Wednesday morning

Contact Herb Cimburke

(919-477-9298)



Backpack Program

Help pack or deliver backpacks Wednesday evenings or

Friday mornings (during the school year)

Contact Katy MacDonald (katymac0615@gmail.com) to volunteer



Prayer Shawl Ministry

Each Friday from 10 am-12 pm in the Children's Center

Contact Nancy Smith (ncsmith2155@gmail.com)



Sylvan Seniors Calendar

Feb. 7 Nancy Smith and Prayer Quilt Ministry

Feb. 14 Special Music by Sylvan Seniors

(Covered Dish Lunch) (Treyurn Visitation)

Feb. 21 Special Music by David McClintock

Feb. 28 Jim & Phyllis Polhamus - Flood Relief



Calling All Seniors!