Feelings are not a great way to chart our course in life, but they can be important signs and signals to tell us what we might not otherwise notice. Many of us learn to make decisions with our heads using logic, and that is appropriate, but feelings can sometimes tell us what our heads ignore. On the other hand, when difficult feelings overwhelm us, life becomes much more difficult. How do we manage our emotions when our emotions begin to manage us?

I am not a psychologist, but I am a pastor, and I care about people, which is why I am putting together a sermon series on dealing with difficult emotions. We are all prone to unhelpful ideas, and my purpose in this series is to help us live more healthy, hopeful, and abundant lives. If we can walk with confidence and hope even when we feel overwhelmed from time to time, we can help others find abundant life in Jesus.

One of the unhelpful ideas is that good Christians don’t experience doubts, fear, or anger. Or, even more unhelpful, the idea that, if we have those feelings, we believe we must deny or get rid of them. We can also get an unhelpful idea that if we just were better people, we’d always be happy. Perhaps you have never had these thoughts, but perhaps you have fallen prey to the thought that being close and faithful to God will ensure that nothing bad will ever happen to you, and when something wrong or bad happened, you struggled with feelings of shame, disappointment, or anger. (I am using the words “feelings” and “emotions” loosely here!)

If you are a human being, life will be a struggle from time to time. When we struggle, it is always helpful to have people and good knowledge to support us. This series is for people like you and me and our neighbors. Each week, we’ll look at a person or a teaching and gain some insight, comfort, and tools to help us keep moving forward in confidence. I have already had a few people reach out to me with stories of their struggles (or triumphs). If you have your own story or insight, I welcome it. Give me a call, a text, an email, or catch me in the office.

In the meantime, may we continue to push forward, knowing that no matter what this day brings, the Lord will one day bring us to a new Day, in which there will be no more tears, shame, guilt, or difficult emotions. Until that Day arrives, we give thanks for the victory of this day: We are alive. We are loved. We are God’s children.

Your fellow servant in Christ Jesus,

Brian K. Sizemore
Sermon Series on Difficult Emotions

Postcards are out in the hallways to advertise a sermon series which will deal with the difficult emotions we all experience — disappointment, fear, anger, frustration, and grief. By looking at biblical examples and our own experience, I hope to give encouragement and insight for the emotions that make life challenging. Please pick up a few dozen cards and share them!

2020 Lenten Theme, By His Wounds, We are Healed

Postcards will also be out soon for the Lenten Sermon Series, By His Wounds, We are Healed. Lent begins Ash Wednesday (February 26) and runs through Easter Sunday (April 12). Pick up a few dozen to share!

Scout Sunday – Feb 9

We will again celebrate the ministry of scouting in our church on Sunday, February 9, recognizing Cub Scout Pack 151, Scouts BSA Troop 151, Crew 1151, and Girl Scout Troops 1038, 1000, and 1062.

Good news: Girl Scout Troop 1038 (and possibly other Scouts) will be preparing a continental breakfast between services, so if you come to the early service, head into the Fellowship Hall and share some food and fellowship before Sunday school. If you come to the later service, pop in early — you won’t need to eat before coming!

Lenten Devotionals — Home Grown

Lent will run from Ash Wednesday, February 26, and to Easter Sunday, April 12 this year. During the 40 days of Lent, we will be able to stay connected with God and each other through worship, small groups, ministries, and our own Lenten devotional booklet! If you’d like to write a devotional for it (and why wouldn’t you?), we’ll be taking submissions through February 12. Children and adults alike can provide artwork — check with your Sunday School class on how you can participate.

In Our Thoughts & Prayers

Laura Scott
Sarah Sudduth
Sara Meacham
Davis Family
Shelby Wright
Sandra Shearer
Joyce Wilson
Woody Wilson
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<thead>
<tr>
<th>Name</th>
<th>Date 1</th>
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January Food Pantry Results

At the January Food Pantry, 30 bags of food were distributed. We are happy to say that these groceries will benefit 91 people in the community, including 24 children, 48 adults, and 19 seniors. Of the 30 participants, 15 were new, which means that our program is growing! Thank you for your continued support!

February Anniversaries

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<th>Name</th>
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<td>Mike &amp; Kathy Monteith</td>
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<td>John &amp; Marjorie Decker</td>
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<td>Kelly &amp; Christyne Ogdin</td>
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<td>Richard &amp; Martha Stocker</td>
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<td>Kenneth &amp; Florence Butler</td>
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<td>Steven &amp; Angela Ward, Sr.</td>
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<td>Scott &amp; Linda Williams</td>
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<td>Keith &amp; Rachael Melanson</td>
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<td>LM &amp; Linda West Jr.</td>
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<td>Dick &amp; Julie Haight</td>
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<td>Bobbie &amp; David Peterman</td>
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Punch Bowl Mystery

Friends, we have a very large, beautiful punch bowl set in storage here at the church. It appears to date back many years, and we’d like to learn when and how it came to the church.

The set includes a 24-inch large round platter, the punch bowl, and 12 cups. We have not confirmed, but it appears to be molded glass. since there are visible seams on the pieces. The box is quite heavy, and has “Sears Roebuck, 2600 Huntington, Newport News” stamped on one side.

If you know the history behind this set, please let Kathy Fisher (757-850-4462 or kfisher.hampton@outlook.com) or Mary McAnally (jimary3@verizon.net) know. It is stored in a location that is very challenging to get to, and we have heard it may not have been used in many years. Thanks for your help.

United Methodist Men’s Dinner Meeting Set for February 17

The February United Methodist Men’s Dinner Meeting will feature a guest speaker from the Naval Air Station Oceana. The event will take place in the Fellowship Hall on Monday, February 17, at 6:30 p.m.

With Sympathy

We extend our condolences to our sexton, Julio Aviles, and his family in the death of his sister on Thursday, January 2, 2020.

We also extend our condolences to the family and friends of our Lay Leader, Philip W. Stout, who died Sunday, January 5, 2020.

Food Pantry

Fourth Wednesday

12 to 2 p.m.

January Food Pantry Results

At the January Food Pantry, 30 bags of food were distributed. We are happy to say that these groceries will benefit 91 people in the community, including 24 children, 48 adults, and 19 seniors. Of the 30 participants, 15 were new, which means that our program is growing! Thank you for your continued support!
Sign Up in the Narthex for a Night’s Welcome!

A Night’s Welcome guests will be here before we know it! Our week to serve as the host church is Saturday, February 29, through Saturday, March 7. The signup board is in the narthex.

Prayerfully consider how you can help support this important program with your time and talents. Particular needs are for men and women to stay overnight, cooking and serving breakfast in the mornings, and helping to serve dinner and clean up afterwards on Monday and Wednesday.

For more information, call FUMCFH coordinator Julie Allen at 757-851-5490 (home) or 757-329-1625 (cell) or email her at juliaaallen@cox.net.

Martha's Ministry

Thank you so much to Jean Pickin and her Team of Ladies who provided a wonderful reception for the family of Jean Sprouse, and Karen McNeil and Bonnie Hulton, and their Team of Ladies who provided a wonderful reception for the Family of Phil Stout. The receptions were most appreciated by their families and friends.

**February-March Team Leader:** JoAnne Holley

**Team of Ladies:** Glenda Helms, Carolyn Bradley, Shelby Sours, Joan Spunzo, Sue Morehouse, Claudine Womble. Jo Ann Markel, Pauline Snider

Martha's Ministry has been a wonderful outpouring of love to grieving families and friends for many years. For more information or if you would like to be on a team, please contact Marilyn Eubank.

Upcoming 50 Plus Events

The sign-up deadline has been extended to March 1 for our April 21 – 25 trip to Raleigh – Durham, NC with additional stops in Mt. Airy, Roanoke, Lynchburg, and surrounding areas. Flyers with complete details are available on the rack by the information desk in the narthex.

We have sent information on the trip to our nearby churches as usual, so claim your seat promptly.

On *Friday, March 13* we will be touring the **Endview Plantation** and **Lee Hall Mansion** in Newport News. Built in 1769 by William Harwood, the T-frame Georgian-style house, now known as **Endview**, served as a Confederate hospital during the 1862 Peninsula Campaign. Built between 1851 and 1859, **Lee Hall Mansion** was home to affluent planter Richard Decauter Lee and his family. During April and May of 1862, the home was used as a headquarters by Confederate generals Joseph E. Johnston and John B. Magruder. These two historical sites are now owned and operated by the City of Newport News. Don’t miss this opportunity to visit some of our national history located right here in our area. Afterwards we’ll stop for lunch. **Cost is just $14 plus your lunch.**

For questions or reservations on any of our outings, contact Anne or Bill Bryan at 851-0748 or by e-mail to abandbb1@cox.net.
Joys and Gratitude

Thank you to the members of First United Methodist Church for the very generous Christmas bonus I received. I hope you realize how much I love all of you. Coming here has been one of the biggest blessings of my life. — Susan Compton

Many thanks for the many thoughtful gifts given by the Secret Santa. — Joyce Winston

Dear Santa, Thank you for the gift you dropped off at the church. It has been put to use!! — Beth Hughes

Thank you to our First UMC Fox Hill family for the prayers and care expressed during Bobby’s recent illness. He is feeling much better now. — Mary and Bobby Smith

Thank you, First UMC Fox Hill family! I really appreciate the cards and gifts I received from individuals, as well as the Christmas bonus that came from all of you collectively! — Tommy Markham

The Christmas mug from Secret Santa added to the Merry in my Christmas. It will be filled with gratitude for your thoughtfulness. — Nanci Browning

Thanks to the Secret Santa who left me a wonderful gift. It was quite an unexpected surprise and made my Christmas, knowing someone thought of me and did this. I only wish I could thank you in person. — Kathy Cato

Dear Church Family, My heart is overflowing with gratitude for the many ways you expressed your love during my battle with shingles. Flowers, food, cards, calls and, especially, your prayers have played an important role in my healing. God bless!

Dear Santa, You are full of surprises — always surprising me with your generosity! Thanks! — Evelyn Boone

Dear Secret Santa, Many, many thanks for my surprise Christmas gift. It is a pleasure to use the soft soap. I love it and really appreciate your special thoughtfulness. — Jo Ann Markel
Financial Fundamentals

This report briefly addresses finances at FUMC Fox Hill. The latest weekly and year-to-date information is in the weekly bulletin.

2019 was a challenging financial year for us. We started with strong giving but, about one-third of the way through the year, contributions slacked, and we had to curtail usual planned set asides for future major maintenance, and were unable to meet our Conference Apportionment obligations in support of the Methodist church-at-large. We hope to make up some of that latter shortfall as we finalize the books for 2019. We did see an upward bump in November, but it was certainly not enough for the rest of the year and was not sustained. As we enter a new year let us all step up in a way which makes possible our programs and ministries. Thanks to everyone who provide all types of on-going support as they are able. Our mortgage balance as of year-end stands at $217,021.

Annual Giving Statements were mailed in January for use in preparing your tax returns. Be sure to check yours promptly to make sure it agrees with your records. If you have not received yours, or if you have any questions, please contact Pat Parker, financial secretary, immediately. She will do any research needed and address the issue without delaying your submissions.

For individuals or families fortunate enough to have stock holdings which have appreciated over the years, remember you can make donations of stock shares without having to pay taxes on the appreciation while still being able to deduct the full current market value. And don’t forget, if you need to take a Required Minimum Distribution (RMD) from your IRA, having some or all of that sent directly to FUMC Fox Hill allows you to exclude that amount from your income, potentially providing you with both direct and indirect benefits. Be sure to talk with your tax and/or financial advisor and, if you have any questions, connect with Bill Bryan as noted below.

Be generous with what God has provided. Your gifts help others in many ways and are used to spread God’s word.

If you have any concerns or questions about church finances, please contact our financial staff through the office or Bill Bryan, finance chair, at 757-851-0748 or by e-mail at billb-1111@cox.net.

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<th>Total One Fund – Through December 2019</th>
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<td>Income For Planned Expenses&lt;sup&gt;1&lt;/sup&gt;</td>
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<td>Total One Fund Expenses&lt;sup&gt;2&lt;/sup&gt; (excludes pass through&lt;sup&gt;2&lt;/sup&gt;)</td>
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<td>Pass Through Expense&lt;sup&gt;2&lt;/sup&gt;</td>
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<tr>
<td>“Pay-It-Forward” Contributions</td>
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<sup>*</sup>Addition 2019 expenditures are anticipated.

<sup>1</sup>Includes regular and memorial contributions, building use income, interest, etc.

<sup>2</sup>This item represents funds contributed, but passed through to non-budget items, e.g., flowers, Advocate subscriptions, special mission programs, etc. [Some pass through income was received in 2018; paid 2019.]
TO BE REMOVED FROM OUR MAILING LIST, PLEASE CONTACT THE CHURCH OFFICE.

CURRENT RESIDENT or
MAILING ADDRESS
LABEL GOES HERE

FIRST UNITED METHODIST CHURCH FOX HILL
1 SALT POND ROAD
HAMPTON, VA 23664

Sunday Worship: 8:30 & 11:00 a.m.  •  Sunday School: 9:45 a.m.
Can’t be here in person? Livestream us from our website

www.firstumcfoxhill.org  •  www.facebook.com/firstumcfoxhill
churchoffice@firstumcfoxhill.org  •  757-851-6302

Pastor: Brian Sixbey  •  Assistant Pastor: Tommy Markham
Youth Director: Josh McNutt  •  Music Director/Organist: Mark Biondolillo
Saturday, February 1
7:00 a.m. District Prayer Team (S)

Sunday, February 2
8:30 a.m. Worship (S)
9:45 a.m. Sunday School/Small Groups
10:15 a.m. Praise Team
11:00 a.m. Worship (S)
6:00 p.m. Youth Fellowship

Monday, February 3
1:00 p.m. Daylight Bible Study (Tri-X)

Tuesday, February 4
10:00 a.m. Shawl Makers (ESR)
10:30 a.m. Staff Meeting (Tri-X)
1:00 p.m. Vibrant Worship (Tri-X)

Wednesday, February 5
9:30 a.m. Soul Sisters Wednesday Morning Bible Study (Tri-X)
2:00 p.m. Sing-alongs at Coliseum
6:00 p.m. Wesley Bell Choir (S)
6:30 p.m. Karate for Christ (FH)
7:00 p.m. Wednesday Night Bible Study (ESR)
7:00 p.m. Chancel Choir (S)

Thursday, February 6
11:00 a.m. Reunion Group (Pastor Tommy’s Office)
5:00 p.m. Young People’s Praise Band (S)
6:30 p.m. Youth Life Groups
6:30 p.m. Young Adult Life Groups

Friday, February 7
5:30 p.m. Girl Scout Troop 1038 Lock-In (FH)
6:30 p.m. Karate for Christ

Saturday, February 8
7:00 a.m. District Prayer Team (S)
9:00 a.m. Girl Scout Troop 1038 Powderpuff Derby (FH)

Sunday, February 9
8:30 a.m. Worship (S)
9:45 a.m. Sunday School/Small Groups
10:15 a.m. Praise Team
11:00 a.m. Worship (S)
6:00 p.m. Youth Fellowship

Monday, February 10
1:00 p.m. Daylight Bible Study (Tri-X)
6:00 p.m. Girl Scouts Troop 1062 Meeting (B201)
6:15 p.m. Children’s Activities Team (PP)
6:30 p.m. Finance Committee (ESR)
7:00 p.m. Church Council (Tri-X)

Tuesday, February 11
10:00 a.m. UMW Wesley Circle Meeting (PP)
10:00 a.m. Shawl Makers (ESR)
7:00 p.m. Reunion Group (Pastor Tommy’s Office)

Wednesday, February 12
9:30 a.m. Soul Sisters Wednesday Morning Bible Study (Tri-X)
10:00 a.m. UMW Wednesday Morning Circle Meeting
6:00 p.m. Wesley Bell Choir (S)
6:30 p.m. Karate for Christ (FH)
7:00 p.m. Wednesday Night Bible Study (ESR)
7:00 p.m. Chancel Choir (S)

Thursday, February 13
11:00 a.m. Reunion Group (Pastor Tommy’s Office)
5:00 p.m. Young People’s Praise Band (S)
6:30 p.m. Youth Life Groups
6:30 p.m. Young Adult Life Groups
7:00 p.m. UMW Thursday Evening Circle Meeting (FH - Stage)

Friday, February 14
Valentine’s Day
6:30 p.m. Karate for Christ (FH)

Saturday, February 15
7:00 a.m. District Prayer Team (S)
4:00 p.m. Parents’ Night Out

Sunday, February 16
8:30 a.m. Worship (S)
9:45 a.m. Sunday School/Small Groups
10:15 a.m. Praise Team
11:00 a.m. Worship (S)
6:00 p.m. Youth Fellowship
Monday, February 17
Presidents Day
Church Offices Closed
1:00 p.m. Daylight Bible Study (Tri-X)
7:00 p.m. UMM Dinner (FH)

Tuesday, February 18
Anchor Newsletter Deadline
8:00 a.m. Facilities Team Breakfast and Work Day
10:00 a.m. Shawl Makers (ESR)
10:30 a.m. Staff Meeting (Tri-X)
7:00 p.m. PPSRC Meeting (Tri-X)

Wednesday, February 19
9:30 a.m. Soul Sisters Wednesday Morning Bible Study (Tri-X)
12:00 p.m. Women’s Fellowship of Circumstance
3:00 p.m. Wednesday Afternoon Book Club (ESR)
6:00 p.m. Wesley Bell Choir (S)
6:30 p.m. Karate for Christ (FH)
7:00 p.m. Wednesday Night Bible Study (ESR)
7:00 p.m. Chancel Choir (S)

Thursday, February 20
11:00 a.m. Reunion Group (Pastor Tommy’s Office)
5:00 p.m. Young People’s Praise Band (S)
6:30 p.m. Young Adult Life Groups
6:30 p.m. MOPS Meeting and MOPS Kids (Tri-X and Education Wing)
7:00 p.m. Thursday Night Book Club (ESR)

Friday, February 21
6:30 p.m. Karate for Christ (FH)

Saturday, February 22
A Night’s Welcome Begins
7:00 a.m. District Prayer Team (S)

Scouts BSA Schedule
Tuesdays — Weekly
6:30 p.m. Cub Scouts Pack 151 Meeting (FH-K)
7 p.m. Scouts BSA Troop 151 Meeting (FH-S)

Fridays, February 14 & February 28
6 p.m. Venture Crew 1151

Saturday, February 1
11:00 a.m. Cub Scout Pack 151 Blue and Gold Banquet (FH)

Friday, February 21
5:30 p.m. Cub Scout Pack 151 Lock-In

Saturday, February 22
9:00 a.m. Cub Scout Pack 151 Pinewood Derby