

Prayer Requests/Comments

☐ Share via the Prayer emails

☐ Keep within the pastors only

Name (s) _____

Phone # _____

E-Mail _____

Our office staff is always working to stay up to date in helping our church care for family members and friends who are ill, in the hospital or in need of prayers. If someone you love has been hospitalized, is in need of prayer or has any kind of special need that you would like the church to know about, please call the office at 513-662-2048 or send an e-mail at office@cheviotumc.com.

Not everyone wants information shared publicly.

We will only announce from the pulpit or send in an e-mail, that you ask to be shared with the entire congregation and are approved by the person involved.

January 19, 2020



Cheviot United
Methodist Church
3820 Westwood Northern Blvd.
Cincinnati, Ohio 45211

Rev. Carrie Jena, Pastor



3820 Westwood Northern Blvd.
Cincinnati, Ohio 45211
513.662.2048

E-mail: office@cheviotumc.com
www.cheviotumc.com
www.facebook.com/cheviotumc

January 19, 2020

NEW TO CHEVIOT UNITED METHODIST CHURCH?

Welcome!

We consider it a privilege to have you worship with us,
And sincerely hope you receive a blessing from today's Service.
Please stop by the Usher's Station to receive a gift bag.

THE COUNT ME IN tear-off sheet

The Count Me In is a perforated sheet to register your interest in an activity or to enter a prayer request. This is found on the back page.
Tear off this slip and place it in the offering basket (Register your attendance through the green registration pads).

Our Vision is:

**"TO CONNECT AND SERVE ALL PEOPLE SO THAT LIVES
ARE TRANSFORMED AND EMPOWERED THROUGH THE
LOVE OF CHRIST"**

THIS WEEK'S CALENDAR

Sunday, January 19...

- 9:10 AM Traditional Worship-Sanctuary
- 10:20 AM Bible Studies & Fellowship Time
- 11:15 AM Contemporary Worship Service-Fellowship Hall
- 11:15 AM Bell Practice-sanctuary
- 4:00 PM Youth Group-Youth Room
- 6:00 PM Congregational Forum, Growing Wide-Upper Room

Monday, January 20...*Martin Luther King Day*

- Offices Closed
- 1:00 PM Craft Club-Children's Ministry Rm.
- 7:00 PM CUMC Preschool Board Meeting-Children's Ministry Room
- 7:00 PM Ministry Council Meeting-Upper Room
- 7:00 PM Mercy Group-Community Room

Wednesday, January 22...

- 5:30 PM Contemporary Worship Band-Fellowship Hall
- 6:30 PM Cherubs-Children's Ministry Room
- 6:50 PM Choristers-Children's Ministry Room
- 7:00 PM Adult Choir-Choir Room
- 7:30 PM Stamp Club-Werner Lounge

Thursday, January 23..

- 7:00 PM Here We Go Again Bible Study-Upper Room-
- 7:00 PM Youth Small Group Bible Study-Youth Room

Saturday, January 25...

- 8:00 AM Men's Bible Study-Community Room
- 8:00 AM Women's Bible Study-Upper Room

Sunday, January 26...

- 9:10 AM Traditional Worship-Sanctuary
- 10:20 AM Bible Studies & Fellowship Time
- 11:15 AM Contemporary Worship Service-Fellowship Hall
- 11:15 AM Bell Practice-Sanctuary
- 4:00 PM Youth Group-Youth Room

January 19, 2020

Tear off this slip and place it in the offering basket to sign up for an event, or to make a prayer request.
(Register your attendance through the green registration pads)

Yes! Count Me In— I plan to participate in the event(s) checked below:

- ☐ Saturday AM Women's Bible Study
8 AM
Every other Saturday
- ☐ Congregational Forum, Growing Wide
January 19
6-7 PM
- ☐ Here We Go again Women's Bible Study
January 23
7 PM
- ☐ District Leadership Training
January 25
9-3 PM
- ☐ SAM Outing (American Café, Cleves)
January 31
11:40 AM
- ☐ Kids Fun Night
Feb. 7
6:30-8 PM
- ☐ New Member Orientation
Feb. 8
9:30 AM
- ☐ Congregational Forum, Growing Deep
Feb. 16
6 PM

Name (s) _____

Phone # _____

E-Mail _____

- ☐ Send me prayer request emails
- ☐ Please have the Pastor give me a call

(If either box above is checked, please be sure to provide email address)

CONNECT WITH US!

If this is your first time attending Cheviot United Methodist Church, WELCOME! We are so glad you are here and we would love to connect with you. Below are ways to get in touch with us.



3820 Westwood Northern Blvd.
Cincinnati, Ohio 45211



[Www.cheviotumc.com](http://www.cheviotumc.com)



office@cheviotumc.com



Facebook

Cheviot United Methodist
Church @Cheviotumc



Instagram

[cheviotumc](https://www.instagram.com/cheviotumc)



513.662.2048



WORSHIP

January 19, 2020

*Please Stand As Able

Remember: Bring your Bibles to church!

PRELUDE

"In Christ Alone"

Stuart Townend & Keith Getty
Arr: Mary McDonald

CALL TO WORSHIP*

Lois Schalk-Hartley

LEADER: Remember the Sabbath. Keep it Holy

PEOPLE: Six days we shall labor and do all our work

LEADER: But the seventh day is a day of rest

PEOPLE: We shall rest in the presence of God

LEADER: For in six days the Lord made heaven and earth, the sea and
all that is in them

PEOPLE: But on the seventh day, He rested

ALL: Lord, teach us to find our rest in You.

PRAISE HYMN*

"Maker, in Whom We Live"

Red Hymnal #88

WELCOME

*Please sign our registration pads located at the end of the pew and then
pass them down the center aisle. Pass the pad to the person next to
you. Once the pad has reached the other end, return to the center aisle,
taking note of the names of those seated with you.*

Saturday, January 25, 2020

9:00-9:25 Registration, Gathering, Continental
Breakfast

9:30-9:50 Opening Devotions

10:00-11:00 Keynote address: *The Fruit of the Spirit and
Emotional Intelligence*

11:10-12:30 Session 1 Workshops

12:35-1:20 Lunch

1:30-2:50 Session 2 Workshops

3:00-3:30 Closing Devotions

LOCATION

Armstrong
Chapel UMC
5125 Drake
Road

Cincinnati, Ohio 45243

www.armstrongchapel.org



Choose 2 workshops:

- ____ Holy Conferencing 2020
- ____ Senior Moments: Older Adult Care
- ____ S/PPRC Behind-the-Scenes
- ____ Missions Plan or Santa Claus?
- ____ Logical Levels to Improve Ministry
- ____ Worship Arts Altar Design
- ____ Reclaiming Holistic Wellness
- ____ Uncovering Blind Spots (*session 1 only*)
- ____ Words that Heal: Preaching Hope
- ____ Courage to Connect (*session 2 only*)
- ____ Financial Administration Best Practices
- ____ Revitalize Using New Church Start Strategies
- ____ The Fruit of the Spirit & Emotional Intelligence

CHILDREN'S MESSAGE Staying Plugged In

After the children's message this morning, all children ages 2-12 are invited to attend JAM—"Jesus and Me" class with Miss Amanda. Amanda will meet the children at the front of the sanctuary and exit through the Upper Room (former Chapel) Doors. The JAM class will be held in the Children's Ministry/Crafters' room in the classroom wing.

PRAYER HYMN*

"Breathe on Me, Breath of God"

Red Hymnal #420

PRAYING TOGETHER

Silent Prayer • Pastoral Prayer • The Lord's Prayer

Our Father, who art in heaven, hallowed be thy Name.

Thy kingdom come; thy will be done on earth, as it is in heaven.

Give us, this day, our daily bread; and forgive us our trespasses
as we forgive those who trespass against us. And lead us, not into
temptation,

but deliver us from evil. For thine is the kingdom, and the power,
and the glory forever. Amen.

MINISTRY OF MUSIC

"Shall We Gather at the River"

arr: John Carter

Chancel Choir

GIVING TOGETHER

Offertory

"The Journey"

original song by Greg Goodwin

Doxology*

Red Hymnal #94

Praise God, from whom all blessings flow; praise God, all
creatures here below:

Alleluia! Alleluia!

Praise God, the source of all our gifts!

Praise Jesus Christ, whose power up lifts!

Praise the Spirit, Holy Spirit!

Alleluia! Alleluia! Alleluia!

PRAYER OF DEDICATION:

Lois Schalk-Hartley

God of abundant life, we give you thanks for Your many gifts to us.
Most of all, we thank you for the gift of rest. May these tithes and
offerings bring abundant life to those in need. Help us see these gifts
and offering not just as the fruit of hard work, but as blessings received
from your generous hand. Receive them with joy. Multiply them with
purpose. That by them we may bless a world in need.

SCRIPTURE

Psalm 39:4; Philippians 4:6 (NIV)

The Word of God for the people of God.

Thanks be to God

MESSAGE

The Journey of Sabbath—Part Two

Pastor Carrie Jena

COMMITMENT HYMN*

“Trust and Obey”

Red Hymnal #467

BENEDICTION*

Go in Peace and choose rest over anxiety, light over darkness, hope over
despair. Go in the sure knowledge that God’s goodness is all around
you.

POSTLUDE

*If you have been blessed by our “Living a 3D Life” 5-Day Devotionals, take a
moment and drop Pastor Carrie an e-mail at pastorcarrie123@gmail.com*

REGISTRATION (or sign up online at www.orvumc.org)

Name _____

Church _____

Address _____

City _____

Zip _____

Email address _____

Phone _____

On the back, select the workshops you want to attend
and mail this form and your payment of \$15 per person
to:

Ohio River Valley District
7388 E Kemper Rd, Suite 1
Cincinnati, Ohio 45249

Note: The deadline to register is January 17, 2020.

District Leadership Training Day—Armstrong Chapel UMC-

Nurturing relationships with our neighbors is a path to richly deepening our faith formation. Sign up on the Count Me In section of the bulletin or contact Mary Ann Jacobs at majacobs@ritter-randolph.com to sign up.



Love Your Neighborhood is the theme of the 2020 ORV Leadership training day taking place Saturday, January 25, 2020 - 9-3 PM. at Armstrong Chapel United Methodist Church. Joining us this year will be key-note speaker Mr. Sam Rodriguez, Director of Faith Formation and Community Engagement for the West Ohio Conference. He will share how validating our cultural context, employing empathetic strategies and creating risk-taking innovative ministries will touch the lives of new people with Christ's love

In addition to our keynote speaker, enjoy worship, 2 workshops of your choice, resources, lunch and fellowship with friends new and old. The cost is \$15 per person. See a full description of each workshop and/or register online with a credit card at www.orvumc.org/events/ohiorivervalley/list. Or, select your workshops and mail with your payment to 7388 E Kemper Rd, Suite 1, Cincinnati, Ohio 45249.

SERMON NOTES

Steps to Starting a Time of Sabbath

"Cast all your anxiety on Him because He CARES for you."

1 Peter 5:7

- 1.) **C**--Put it on your calendar.
- 2.) **A**--Tell your family and friends that you are making a commitment to a time of Sabbath—ask them to help you keep it.
- 3.) **R**—Resist the urgent. Make rest a priority
- 4.) **E**—Examine your priorities. Don't let the urgent crowd out the important
- 5.) **S**—Keep it Simple. Sabbath is a discipline that takes time.



Contemporary Worship Service
11:15 AM

SCRIPTURES TO FIND BALANCE IN YOUR WEEK

What God's Word says about too much rest

Proverbs 6:6

Proverbs 6:9

Proverbs 13:4

Proverbs 21:5

What God's Word says about too much work

Psalms 127:2

Ecclesiastes 1:3

Ecclesiastes 4:8

Proverbs 10:22

GENERAL CHURCH INFO

Flower Dates Available:

Jan. 26; Feb. 2, 9, 16, 23

To order flowers: Contact the church office or email:
flowers@cheviotumc.com

Crafters Selling

Valentine cards and other occasions cards will be sold between services on February 2nd.



NEW MEMBERS

Welcoming new members into the life of our church is one of our favorite things to do here at CUMC. Our New Member Orientation is an opportunity for those who will be joining us to get to know Pastor Carrie, learn about the exciting ministries and mission opportunities at CUMC and to make new friends. All who are interested in joining us are welcome to meet on Saturday, February 8th at 9:30 AM in the Upper

Room for a fun time of learning and fellowship. Please park in the back parking lot and enter through the education wing door. Indicate today on the Count Me In if you would like to attend.



January 19, 2020
11:15 Contemporary Service

*Please Stand As Able

Remember: Bring your Bibles to church!

OPENING SONG

WELCOME & ANNOUNCEMENTS

Debbie Hauser

SONGS OF PRAISE*

Forever
See A Victory
Breathe

OFFERING

Breath of Light

original song by Greg Goodwin
Yusuf Polley, Carrie Jena

OFFERING PRAYER

PRAYERS OF THE PEOPLE

SCRIPTURE

Psalms 39:4; Philippians 4:6 (NIV)

MESSAGE

The Journey of Sabbath—Part Two

Pastor Carrie Jena

CLOSING SONG*

The Journey

original song by Greg Goodwin

*If you have been blessed by our "Living a 3D Life" 5-Day Devotionals,
take a moment and drop Pastor Carrie an e-mail*

DEVOTIONAL

Genesis 2:2 “By the _____ day God had finished the _____ he had been doing; so on the seventh day he _____ from all his work.”

Hebrews 10:24-25 “And let us _____ how we may _____ one another on toward love and _____ deeds, not giving up _____ together, as some are in the _____ of doing, but _____ one another, and all the more as you see the _____ approaching.”

1 Peter 5:10 “And the God of all _____, who called you to his eternal glory in Christ, after you have _____ a little while, will himself _____ you and make you strong, firm and _____.”

Isaiah 56:2 “_____ is the one who does this— the person who _____ it fast, who keeps the _____ without _____ it, and keeps their hands from doing any evil.”

Matt 11:28 “Come to _____, all you who are _____ and _____, and I will give you _____.”

SERMON SERIES & SMALL GROUP EXPERIENCE

Pastor Carrie and the Grow Team are proud to launch our first Sermon series and all-church small group experience for 2020. The title of the study is called “Believe” and it will start on Sunday, February 2 through Sunday, March 1. In this series, we will grow in our relationship with Christ and with each other as we learn to live out the key beliefs, actions, and virtues that characterize a true follower of Christ. Don’t miss this opportunity to get involved in a small group where you can share your heart with others on a journey of spiritual growth and



transformation. The GROW Team are having sign-ups in the Narthex. check the all-church e-mail each week for a current list of groups. Sign up in the Narthex.

CURRENT BIBLE STUDIES

Adult Bible Study:
Every Sunday in the Upper Room at 10:20 AM

Women’s Bible Study:
Every Sunday in the Community Room at 10:20 AM

Men’s Bible Study:
Every Saturday in the Community Room at 8 AM

Women’s Bible Study:
Every other Saturday in the Upper Room at 8 AM

Every 1st & 4th Thursdays in the Upper Room at 7 PM (starting January 23, 2020).

WOMEN MINISTRIES

Women Of Hope

Women of Hope (formerly known as Sarah Circle) is starting the new year with a new name and new energy! We will be meeting on Tuesday, January 28, at 7 PM in the Upper Room to start planning our year. We look forward to seeing how we can continue to support the women of the Hamilton County Change Court and offer programs which promote social justice in our community. We also plan to continue to find ways to support our Cheviot neighbors and the local mission efforts of CUMC. (oh, and we like to have some fun and enjoy fellowship along the way). Please join us on January 28th. Contact Vicki Groh at: 661-5852 or vgroh@zoomtown.com with any questions. Hope to see you there!

SENIOR ADULT MINISTRIES (SAM)

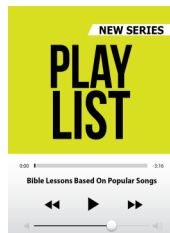
Hop on the bus and join us Friday, January 31, 2020 for lunch out at Nick's American Café in Cleves, Ohio. We will meet at church at 11:40 am. Join your friends as we enjoy good food and fellowship. Sign up on the Count Me In sheet or call the church office at 513-66-2048.

YOUTH / CHILDREN

February 7th, 2020, Kids Fun Night

Drop off your children (K—6th grade) at 6:30 PM for a fun evening of games, snacks, and a Bible lesson. Pick up is at 8 PM. Sign up on the Count Me In.

Playlist- A Youth Small Group Study



All students in grades 7th-12th are invited to join us for this new small group study, "Playlist, Bible Lessons Based On Popular Songs." Using the lyrics from today's hits to examine what it means to find God's purpose and direction for your life. We will be meeting on Thursday evenings (1/23, 1/30, & 2/6) 7pm-8pm in the Youth Room.

Please contact youth leaders, Katie & Ashley if you have any questions: youth@cheviotumc.com

MISSIONS

Westfed Food Pantry

Items needed: spaghetti sauce (cans preferred over glass) bars of soap, peanut butter, and large paper grocery bags. Baskets are located next to the Werner Lounge to place your donations.



Hearts & Hammers Home Repair January 25, 2020, 8:30 AM.

Meet at church. Snacks and lunch provided. We will be joining forces with Elizabethtown UMC to assist the Rowland family from that church with repairs on their trailer. Workers are needed to construct & install two porches & stairs, minor roof repair & insulation of inside walls. Helpers are needed to prepare & serve food to the workers from the Elizabethtown UMC's kitchen. Contact Martha Brice if you are able to assist with construction: 513.202.2326 or marthbrice@hotmail.com. Contact Barb Decker if you are able to assist with food or help in the kitchen: 513.658.7720 or georgegrace53@hotmail.com.



MATTHEW 25 MINISTRIES

Next Mathew 25 Ministries will be Saturday, February 15, 11-1 PM. Meet at the Matthew 25 building: 11060 Kenwood Rd, Blue Ash, OH 45242. Questions? Contact Lisa Cox: coxalisa728@gmail.com or 661-8487. Sign the Count Me In, if attending.



GROWING WIDE

Congregational Forum:

This Evening, January 19th from 6-7 PM

At the end of 2019, Pastor Carrie shared a three-part strategy for Growth for our church in 2020 and beyond. This strategy includes Growing Deep, Growing Wide and Growing High. In order to help our congregation fully understand and participate in this growth, Pastor Carrie will be holding three Congregational forums in the first quarter of the year. The first Forum will cover the topic of Growing Wide. All are invited to attend and learn the best practices that growing churches are using to attract children, young adults and families and how you can be part of helping Cheviot UMC Grow Wide in 2020.

GROWING DEEP

Second Congregational Forum—Growing Deep

In November, Pastor Carrie laid out a three-point strategy for growth and sustainability in 2020 and beyond. Each part of that strategy is an important element in ensuring that our church will be here for our children and grandchildren well into the future. These strategies will not happen by accident, but by the coordinated efforts of every member, staff member and leader of our church working together. On February 16th, Pastor Carrie will be hosting a Congregational Forum to explain the importance and the method for helping our church Grow Deep in their relationship with Christ and a knowledge of God's Word. This forum will take place in the Upper room. Please park in the back parking lot and enter through the education wing doors. Sign up in the Count Me In Section or by calling the church office at 513-662-2048.

WOMEN MINISTRIES

Saturday Morning Women's Bible Study

We are reading and discussing the book entitled *The Will of God* by Leslie Weatherhead. The **book contains 5 chapters and we will discuss 1 chapter each time we meet. All women are** welcome to join us at anytime.

Thursday Evening Women's Bible Study

We will be starting a new Bible study called **Here We Go Again... Reading the Bible in a Year...or Two**. The Saturday Morning Women's Bible Study just finished (it was a GREAT READ). We will meet every 1st and 4th Thursday beginning January 23rd, 2020 at 7 PM in the Upper Room (will end no later than 8:30 PM). At our first meeting on January 23rd, we will gather and discuss the format. We will be using the book *A Women's Guide to Reading the Bible in a Year* by Diane Stortz. We will not finish in a year (more like two years) but the wonderful thing about the Bible is that you can always join in at any time. Please join us for this great study and mark yourself down on the Count Me In sheet. My favorite quote from Diane's book is "The Bible is the only book whose Author is always present when one reads it". Anonymous

SWEET SHOP COMING FEBRUARY 9TH

Every one--get your sweet tooth ready for our fabulous Sweet Shop. It is returning on February 9th. We will be serving your Valentine needs in between the church services. There will be pies, cakes, cookies, candies etc. all for you and the ones you love. The ladies of the Lydia Circle are doing this fundraiser in order to support the missions that help the homeless and the hungry. Your support will help us in our endeavors. God bless all who will support us.

