



THE UPWARD CALL

Ephrata Church of the Brethren

Living for Jesus so others may know Him.

Discipleship Groups



Volume 17, Issue 1

**January/February
2010**

***Prayer:**
God, where do you
want to be at work
in my life right now?
Where do you want
to make a differ-
ence—both within
me and through me?*

Get Connected to a Discipleship Group

If one of your New Year's Resolutions is to get to know more people at ECOB, to strengthen your spiritual disciplines, to study the Bible or other Christian topics in depth or to put your faith into action, please consider joining a discipleship group. We have groups that meet Sunday mornings between the two services, as well as

most nights of the week. There are groups of men, groups of women and groups with men, women, couples and singles combined. Some groups study books of the Bible, while others choose faith-based study materials. Surely there is a group for you!

Many of our groups regularly reach out to the community by participating in or sponsoring Love in Action events. In addition,

groups have adopted residents of Cocalico Place and Maple Farms and many families in need. Groups look for ways to share God's love with others.

If you need help finding the right group for you, please call Sharon Myers or e-mail: kscopyers@ptd.net or drop a note in her mailbox in the church office.

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District Women's Spring Fellowship

Ephrata COB will host the District Women's Spring Fellowship on Saturday, March 6. The speaker will be Lu Ann Wise. Lu Ann says her heart is in women's ministry.

In the morning session Lu Ann will present a drama entitled "and This is Love-A Portrait of the Life of Corrie ten Boom". Corrie lived with her fam-

ily in Holland during the Nazi Occupation. She and her family worked with the underground to save the lives of hundreds of Jews.

In the afternoon, Lu Ann will share "Seven Key Lessons to Learn from Corrie's Life".

The event begins with registration at 8:45 a.m. and a fellowship time with coffee and tea. The

program will conclude about 2:30 p.m. A buffet luncheon will be provided at a cost of \$5.00 per person for all those who pre-register. Child care for children five and under will be provided for those who request this service.

Registration forms will be in the upcoming bulletins. For more information, contact Lynda Jensen.

Financial Update

This year (2009) has been rather tumultuous for many of our church family. Some of you have lost your job, others have had to take pay cuts, plus there are situations where it's been difficult just getting employment. We all have been affected in one way or another.

Most churches, ours included, have felt the impact of these economic conditions with reduced giving. We have made adjustments with our expenditures and our staff has been very supportive during this time.

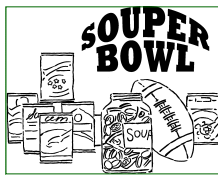
Unfortunately, we incurred several unexpected building maintenance expenses this year which put added pressure on the budget. As you recall we created a \$62,000 capital campaign to cover these costs. We are pleased to report most all the work has been completed and paid for. Additionally it continues to be challenging to meet the ongoing expenses that we incur.

Many of you, and some anonymously, have given over and above what you planned on. Without

your sacrificial giving we would not have been able to complete this work. Our commission and the church staff want to say THANK YOU! You have made and are continuing to make a significant difference not only in this church but on a larger scale, the kingdom of God.

—Dwane Hostetter
Stewardship & Finance Commission

2009 Giving & Expenses	Unrestricted Giving*		Expenses	
	Budget**	Actual	Budget**	Actual
Thru 11/30 Total	572,565	535,705	576,693	539,808
Giving and expenses are both down from budget. As of December 14, we have what we need to pay bills but do not currently have any savings for emergencies or God Only Knows (GOK) fund.				
* Does not include dedicated and other specified giving. Only general fund. ** Revised budget total in effect 7/1/09				



Souper Bowl of Caring

Sunday, February 7

ECOB will be on a mission to fight hunger and poverty in our area. We will be asking you to drop a dollar in a soup pot as you leave the worship service. This is "Souper" Bowl Sunday and your donations will go to the Ephrata Area Social Services and the Water Street Rescue Mission.

Lenten Food Drive
Starts Feb. 14 through Easter



**New Members received Oct. 25
by transfer of letter:**

- Kerry Boyd
- Richard Bealer
- Grace Leath

**New Members received Nov. 8
by baptism:**

- Jennifer Bair
- Jennifer Eshelman
- Jenn Groff
- Zach Peifer
- Erik Zimmerman

From Pastor Galen...

The most frequent words I heard from people as I returned from three months of sabbatical were these: "Welcome home." I liked that. There is a warm feeling to those words. And they are true.

People ask a number of things. Most ask if I am glad or ready to be back. To be honest, the answer to that question is mixed. On the one hand, the three months flew by and it would not have been hard to enjoy more time away. But on the other hand, the three months, though they sped by, were enough and it was time to return to my life's calling.

Welcome home was a good way of putting it. I am home at ECOB. Most of the time, I respond to the question of whether I was ready to return with something like, "It feels right to be back." And it does. Returning home from a long trip always feels good, and I feel some of that as I return.

I am very grateful to the congregation for the gracious gift of these months away. You are an amazing congregation. Though sabbaticals for pastors have become more common these days, it is still a minority of congregations that feel they can offer such a gift to their leaders. You are to be commended for your gracious nature, which is near to the heart of God, and for your foresight. The gift of sabbatical was an investment into the future, both mine and that of the congregation. Every investment is costly and it is often made with sacrifice; but the payout is worth the costs.

Another comment I hear from people now that I am back is how well things went in my absence. Some pastors might be threatened

by that, but I take it as a compliment. I know there were some rough spots and some challenges, but even in the midst of these, leaders, staff and volunteers alike, stepped up and did the right things. We are so blessed to have the leadership that we do, and I thank God. I also thank each of you who carried on responsibilities in my absence. You persevered, endured, and grew in faith and fortitude. God smiled.

Some of you have also asked what I have learned during this time away. That is a fair question, though "learned" might not be the best measure of assessment. The sabbatical was more experiential than educational, though the two cannot be cleanly severed. On Sunday morning, January 10, I, and a few others, will share more with the congregation about the sabbatical experience. And I expect to be sharing things via this page over the next few months.

The primary reason for the sabbatical was rest. Although my contractual relationship with the church includes periodic sabbaticals, the motivation behind this sabbatical was not simply honoring the contract. I was tired and needed a break. I needed physical rest, emotional healing, and spiritual rejuvenation. I believe I received all three, and to that end alone, the sabbatical met its goals.

The weekly responsibility of preaching takes its toll. I cannot express in words how good it felt on a Saturday evening to not have the weight of a sermon lying on my heart; to get up on a Sunday morning and have leisure time to read the paper, or go out for breakfast. This alone was a gift. I purposely did not take any speaking or

writing engagements during my time away. I wanted freedom from output, so that my body, soul and spirit could rejuvenate.

The emotional roller coaster of pastoral life also takes its toll. Pastors go from funerals to weddings, from dis-

traught parishioners to those overjoyed, from people growing in their faith to those backsliding; from some for whom you can never do enough to those for whom any little gesture of kindness is a deeply appreciated gift; from programmatic decisions of insignificance to challenges with far reaching ramifications; from community work with other churches to gatherings with other Brethren; and the list goes on. It is an immensely interesting life, and I would choose no other, but the range of challenges and the stretch on the emotions, also takes its toll. The sabbatical provided needed distance and healing. I could feel my soul heal and strengthen with each passing week.

And as I have written before, the spiritual dimension of pastoral work has no comparison. This is the real weight we carry; eternity is often in our hands, and we pastors know it and carry it with conscious responsibility. Sabbatical provided a reprieve, not from the connection with spiritual things, but from the responsibility of carrying those things for other people, so that I could focus on my own spiritual quest and journey. I will share more of this in later installments.

Please receive my deepest thanks and gratitude for this gift of love into my life.

Welcome
home!

Thoughts for Senior Citizens *by Charlie Bieber*



What a tremendous musician our God is!

God is responsible for “the music of the spheres”, as well as the songs of the birds, the quiet rustling of the trees, the loud announcement of thunder, even the shrill hum of the tree frog. It is that same God who produces the infant’s coo, the small child’s chatter, the lovers’ exchanges of ‘sweet nothings’ and the great grandfather’s sharing of memories.

When we look into God’s book, we

find page and page of singing! Approximately in the center of the Bible there are five books of poetry. And not only that, much of the prophecy, especially Isaiah 50-55, is sheer singing! God is constantly singing the joy of creation, the heart-love of God for women and men, boys and girls created in the image of the Spirit. Indeed, so sure are we of God’s music that we have turned the birth announcement of angels “praising God and saying”, “Glory to God in the highest and on earth peace” to angels *singing!*

At Ephrata COB we are called to

worship in the early service by the sound of the organ, in the later service, by the sound of the praise band—all a part of God’s music.

Praise is the right response to a singing God, who sings to us in word and in world. How appropriate that we respond to our worship by singing love songs to God.

I must go now—I just heard the sound of a new song of praise to God!



*Happy Birthday to...
80 years and over*

January

Sara Meck	January 4
Ruth Kilousky	January 8
Helen Martzall	January 8
Beulah Erb	January 22 (age 104)
Ruth Lawrence	January 22
Verna Fassnacht	January 23
Robert Fuller	January 28
Betty Martzall	January 31

February

Melvin Sauder	February 3
Irene Gehr	February 5
Ruth Geib	February 5
Miriam Burkholder	February 7
Anna Rose Schannauer	February 10
Robert Stauffer	February 13
Esther Haller	February 18
Ted Crowther	February 19
Dorothy Hartzall	February 23
Melvin Rissler	February 24
Clara Ruth	February 24

Thank you from...

—Missions & Service Commission; thank you to everyone who donated for Operation Christmas Child. We collected 126 boxes. Thank you!

—Missions & Service Commission; thank you to everyone who donated to Susquehanna Valley Pregnancy Services. All the donations were greatly appreciated.

—Jane Wolf; thank you to the Missions & Service Commission for all of your help this year. I appreciated each one of you and all you did.

—Eric Sauder, director of The Bridge; thank you so much for your financial support of The Bridge. Your support will help us to continue to provide a safe and accepting place for the youth of our community. A place where they can feel and hear about the love of Christ. It is only through donations like yours that we are able to keep our doors open. Thank you!

—Sharon Myers; to whoever delivered the bag of goodies to me at work. Several breakfasts, lunches and snacks were enjoyed from that bag! It was a nice surprise and very much appreciated.

—Pastor Galen and Doris for the cards and gifts we received during the holiday season. Your thoughtfulness is appreciated. We are blessed by the gift of your friendship.

—Ephrata Area Social Services; thank you for the recent donations of food to EASS. We are grateful for your continued support of our mission. The mission of EASS is to channel effectively community resources into a network of support for neighbors in need of human resources. With your support we are able to continue meeting that challenge.

—Thank you to everyone who donated or assisted for the Community Thanksgiving Day Dinner. Between the two locations (Denver & Ephrata) the total number of meals served was: 1,142. There were many hearts touched and many stories of thankfulness, especially from shut-ins and people who didn't really have anyone to share Thanksgiving with. This meal could only be possible through God touching and opening hearts of churches, businesses and people like you—Thank you!

—Preemptive Love Coalition; We think you are amazing. And we want to thank you for it. Right now, a healthy Iraqi child is running, laughing, and playing, and their families are exhaling sighs of relief, speechless with gratitude. This is because of the generosity of people like you.

ECOB supports Jeff & Erin Priour who are missionaries with Preemptive Love Coalition. For more information on them, visit the website: PreemptiveLove.org.

—Heather Muncy; Thank you for inviting me and welcoming me to share about SVPS (Susquehanna Valley Pregnancy Services) and the services we provide to our community. It is great to partner together for the cause of Christ. I was blessed by the worship and message. The congregation was very hospitable. May the Lord richly bless you and his provision be upon you throughout the New Year!

Thank you from Rob Eshelman to:

—Lynda Jensen and Delores Neuber for their time and leadership during the middle school youths participation in the live Nativity at the Ephrata Cloister on December 14 & 15.

—Lynda Jensen and Peggy Sowers for organizing and leading the middle school College Cheer Box Day on November 21. Also to Julie Rhine for assisting on this day as well.

—to all the youth who participated in the Nativity at the Ephrata Cloister and the College Cheer Box Day as well. You guys are awesome!

Health Ministry News—*Tricia Schlegel, Congregational Nurse*

New Year, New Healthy You.

Yes, the holidays are here, and we are again looking at starting a fresh new year! For so many of us, that means looking at ways that we take care of our bodies. Looking at ourselves holistically means that we feed our bodies, minds and souls with the right foods. We feed our minds and souls with spiritual disciplines like prayer and reading the bible and relating to each other in love. If we want our bodies to be healthy, we eat healthy things; we exercise and take care of the body God has provided for us.

Our bodies need the right vitamins, minerals, and other nutrients to stay healthy. A healthy diet means that we are eating fruits, vegetables, whole grains, and low-fat milk products. Proteins should include fish, poultry, lean meats, eggs, beans, and nuts.

It's best to limit cholesterol, sodium (salt), and added sugars *trans* fats – (they may be in foods like cakes, cookies, stick margarines,

and other fried foods). Avoid Saturated fats – These fats come from animal products like cheese, fatty meats, whole milk, and butter.



A healthy diet can keep our bodies strong and active. By making smart food choices, we can protect ourselves from many diseases such as heart disease, bone loss, type 2 diabetes, high blood pressure and some cancers, such as colorectal cancer. Don't forget blood pressure screenings are held every 3rd Sunday from 8:00 to 8:25 and from after first service until 10:40 in room 402/403.

Here are some tips and tools to get us started making changes and to keep us healthy.

Shop smart at the grocery store.

Try to eat a snack at home before going to the store. Make sure to use a shopping list and buy a variety of fruits and vegetables in different colors. Pick the low-sodium or "no salt added" brands of canned soup,

vegetables, and beans which are healthier. Try the low-fat or non-fat brand of milk products like yogurt or cheese. Choose 100% whole wheat or whole grain bread and crackers. Buy foods when they are on sale or in season to save money.

Save time.

Foods that keep our family and us healthy can be fast and easy to make. Soups, stews and casseroles are great because they may provide more than one meal. Make sure to rinse and chop vegetables the day before you need them so they are ready to go.

We'll end with God's great promise to us. *In the past, he let all nations go their own way. Yet he has not left himself without testimony: He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.* Acts 14:16-17

<http://www.healthfinder.gov/prevention/>

Get to know God better

One of our greatest needs is to get to know God better. Good fathers by their very nature want to love, protect, provide, guide and embrace their children. It's the nature of our heavenly Father to do all of these things too. Don't be satisfied with simply knowing about the Bible or about God—get to know him better. Knowing God well, means knowing what God is really like—how he thinks, what he wills, how he works, and how he feels about you. It means knowing what gives God pleasure and what disappoints him. It means wanting what God wants and sharing his joys and his pain. What do you need in order to make this happen? Pray for a Spirit of wisdom and revelation. The Spirit knows God perfectly and is the one who can help us know God better and better, for the Spirit lives in us.

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you spiritual wisdom and revelation in your growing knowledge of him--since the eyes of your heart have been enlightened--so that you may know what is the hope of his calling, what is the wealth of his glorious inheritance in the saints, and what is the incomparable greatness of his power toward us who believe ... --Ephesians 1:17-19

How well do you know God? Commit the new year to get to know him better!

More Than Numbers — Brad Murphy, treasurer

The Truth About Budgeting

As we start a new year 2010, many of us start resolutions that are focused on improving an area of opportunity for ourselves. While most resolutions last only a few days, I encourage you, if you're not already doing it, to make and live on a budget.

Now before you go freaking out and screaming into the night, budgets are not what you may think. There is actually more freedom and less stress when you (and your spouse if applicable) agree on where the money is going BEFORE you get it. Here is an article from Dave Ramsey's website that gives you some more pointers about budgets. Come see me if you have questions or to discuss tools that ease the process. Hopefully this resolution will be life changing for you and your family!

Brad Murphy, Treasurer

Myths and truths about budgeting

from daveramsey.com on 03 Aug 2009

Myth: I don't have time to work on a budget.

Truth: You don't have time not to make a budget!

The dreaded "B" word. Budget. The only other word that starts with "B" that might generate a worse reaction in most people is the word bankruptcy.

Unfortunately, the word budget has gotten a bum rap – it is basically just a **PLAN**. When you budget, you're spending on paper, on purpose, before the month begins. But many people view a budget as a straight jacket that keeps them constrained. *Freedom* and *budget* just don't seem to go together.

However, when you see that a budget is just spending your money with intention, you'll actu-

ally experience more freedom than before. Many people say they've found even more money when they created a realistic budget and stuck with it.

Here are some pointers:

- Give it three to four months to start working. It won't be perfect the first time you do it.
- Spend every dime on paper before the month begins.
- Over-fund your groceries category. Most people under fund that category.
- Husbands (if applicable) need to loosen up and quit using the budget as a whipping tool on their wives.
- If married, spouses need to do the budget together. The preacher said "... and you are ONE."

When you are spending your money on purpose, you will be on your way to a Total Money Make-over. You will be on the road to changing your family tree forever!



**Classes start February 16th!
Sign up today!**

Previews in the Fellowship Hall:
January 25, 6:30 p.m.
January 31, 9:30 a.m.

See Brad Murphy for more info!

E-Giving

The New Year is a perfect time to evaluate your routines. As you do with other obligations, ECOB offers **E-GIVING** as an alternative method of giving. It also provides you an easy way to spread out giving over 52 weeks and it's very secure & confidential. More info & registration forms are in the Stewardship link on our website or in the church office!

Children's Ministry News

Director of
Children's Min-
istries: Paul Ho-
sler; 733-1229;
phosler@eph-
ratabrethren.org

A Simple Christmas Pre- pares Us For A Simple Year

God loves you and God loves me so much that He gave His Son Jesus to us in the form of a human baby. No magic, no special effects, no grand entrance, simply a baby born to a Godly virgin woman. This baby is the Son of God but human with all the feelings and dealings of humanity. Jesus does all that His Father God asks of Him. Jesus lives and teaches the greatest of all things that will endure, and that is love. The reason for life is to love God and people. The world is changed forever because God's love is eternal and relationships are what life is all about. Personally, I have been lousy at relationships. I keep getting in the way instead of getting out of the way. Thankfully God loves me just as I am and hasn't given up on teaching me to be more like Jesus. Because of Jesus and the truth of believing that He is the Son of

God, my confession of sin and selfishness permits His love of forgiveness to put me right in His eyes.

Wow, grace, having God's riches at Christ's expense is simply amazing. God said the way to love Him is to honor and praise Him and to love those He created and to care for their needs. "Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me." (Matt. 25:40) "Love Me, the Lord your God, with everything and love others as you love yourself." How do we simplify that? Think on Jesus; eyes on Him; speak to God always with thanksgiving; read His Word of Truth; give honor, glory, and repentance to Him. Cut out those hours of self thought and worry; stop looking at all "the stuff" around me; do everything without complaining and arguing; be quick to listen and slow to speak; test all things by the Word. Fill me this day with your agape

love God,
so I might
see and act
on the
needs of
others.

Open my
mouth that
I might

share the story of God's love
in Jesus simply and honestly.

Parents, it is God's command that your first love is Jesus. Then honor and love your spouse as God loves the body of believers. Next, love your children and teach these two simple commandments; love God and others. Teach them when you sit at home and as you journey together from place to place. Talk about your faith, God's love, and love for your neighbor as you put your children to bed and when you get them up in the morning. As your children hear and see you being obedient to Him, they will grow in the love that endures forever. Let us join together in this Kingdom responsibility.



Save the Date!

Vacation Bible School

July 11-15, 2010

Family Fun Night, July 16

Middle School Youth News

Director of Middle School Youth Ministries: *Rob Eshelman, 733-1229, reshelman@ephratabrethren.org*

Harrisburg Quake January 22-24, 2010

We are back at our elegant location at the Harrisburg Hilton, and I can't wait to be there! This Christ centered weekend retreat is one of the best I have ever attended. It's a great time to get together with old friends from previous Quake outings and meet the Captive Free Band and the speakers and comedians as well.

Registration is closed for this awesome weekend retreat, but we are asking for your prayers as we embark on this Christ centered weekend. We have 7 adults and 16 youth attending the Quake this year, so please pray for safe travel, strengthening of faith, new or deeper relationships with Christ and with each other.

A brief Harrisburg Quake parent and youth informational meeting will be held on Sunday, January 10 at 12:30 p.m. in the ECOB Fellowship Hall.

Cross Training

Cross Training begins March 7. This is a middle school membership class which opens the door to discovering what it means to be a Christian and a member of Christ's Church and the Church of the Brethren.

We meet in room 307, downstairs under the gym, every Sunday morning from 9:45-10:30 a.m.. Bring your Bible and join us for this time of discovery!



ANE District Middle School Lock-in at Lebanon Valley College--February 5 & 6, 2010.

All the fun and excitement starts at 10:00 p.m. on Friday and wraps up Saturday morning at 6:00 a.m. with breakfast and coffee for those who will need it! We leave the church parking lot Friday at 9:00 p.m. and return to the church Saturday around 6:30-7:00 a.m.

I would appreciate any kind souls who love to stay up all night and play basketball, go for a swim at 2:00 a.m. and eat hotdogs until your stomach aches, and, oh yeah, spend the early morning hours with 300 middle school youth. Sounds like you? Great! Give me a call and I'll sign you up.

Summer Work Camp June 20-25, 2010

Sign up starts now! We are now taking registrations for this awesome work camp experience in beautiful Niagara Falls, New York. Put your faith into action by being the hands and feet of Christ. You will be helping people in need recovering from natural disasters and/or those who are less fortunate in life.

Registration forms for activities listed are available in the Sunday School classrooms, at Youth Club or you may register online at www.ephratabrethren.org. Return the forms to Rob or place in his church office mailbox. Registration fees should accompany the registration form. Make checks out to "ECOB".

I am working with *Youth Works* this year. We will work, worship, and have fun with our own youth group as well as experiencing this with the other groups attending the work camp.

Half of the registration fee (\$79.00) is due when registering and the other half (\$79.00) is due at a future meeting. All deposits are non-refundable. Registration is limited so register today! **Total cost to you for a week at work camp is \$158.00.** This includes all food, lodging, supplies and t-shirt. ECOB picks up an additional \$100.00 per person to attend the work camp experience.

We presently have 12 spots open for this work camp experience. Registrations, including the deposit, will be considered on a first come first served basis.

Middle School Information Board
near the kitchen, next to the water fountain.

Youth Club 2010—Let it Snow!

The New Year has begun, so why not join us for a taste of spring at Youth Club. There is something for everyone! We have the Wii with T.G. and dodge ball with Scuba Steve happening in the gym. Four square, Spoons (the game), Rock Band, Praise Dance Revolution, Crafty crafts, Amazing Maze, and more!

Come and join your friends in fellowship, praise, worship at Youth Club and experience the love of Jesus in a whole new way!

When – every Wednesday right after school complete with snacks!

Where – right here in the church fellowship hall for starters!

Time – 2:30 until 6:15 (includes supper)

For more information please contact Rob.

Director of Middle School Youth Ministries:
Rob Eshelman, 733-1229;
 reshelman@ephratabrethren.org.

30 Hour Famine February 26 & 27, 2010

This year's theme is: *Love God - Raise Funds - Feed the World - On an empty stomach!*

Poverty is real. Even in Ephrata poverty is real. Look around; open your eyes it's here in our own backyard! Now you can do something about it. Raise awareness and much needed money for those who are less fortunate by participating in the 30 Hour Famine at ECOB, February 26 & 27.

All ages may participate and you don't need to participate in all the activities, but it does make it easier if you are supported by the group. It gets a pretty challenging by Saturday afternoon. Share the love of Christ and the life He has given you with someone who is in need of a loving heart, a caring mind, and your heart felt prayers. The funds you raise will provide meals and

medicine to save the lives of many for another day.

If you're willing to "feed the world on an empty stomach" for 30 hours to save lives then join us February 26 & 27 and you can be a part of the solution to world hunger. If you are unable to participate in the 30 hour fast then sponsor someone whose is participating and we together can make a difference in the world by putting our faith to work for the greater kingdom of God!

Pick up your information and donation packet by contacting Rob. We start Friday afternoon the 26th at 1:00 p.m. so eat a good lunch. At 7:00 p.m. we will gather at the church for a cool activity and devotions and continue until 7:00 p.m. Saturday the 27th, when we will end our 30 Hour fast with a fellowship meal as we break-fast and discuss our weekend experience.

Sr. High Youth News

Director of Sr. High Youth: *Brian Nissly, 733-1229; bnissly@ephratabrethren.org*

Jan. 3: Bowling, 6:00 p.m. to 8:30 p.m.

Jan. 10: Homebase

Jan. 17: Homebase

Jan. 22—24: Senior Winter Retreat at Camp Swatara. Leaving Friday at 5:30 p.m., returning Sunday around 1:30 p.m.

Jan. 24: No youth meeting in the evening

Jan. 31: Homebase

Feb. 7: Superbowl Party; details to be announced

Feb. 14: Homebase

Feb. 20: Dinner and Talent show Fundraiser for Workcamp & NYC. Watch the bulletin for more details.

Feb. 21: No youth meeting in the evening

Feb. 28: Homebase



Fellowship & Recreation News

Happy New Year!

F & Rec is busy planning some fellowship activities for the coming year. We will have a calendar of events in the next newsletter. One of the highlights this year will be the making of a new church pictorial. We plan to take the pictures in May 2010. Watch for more info on the times the photographer will be here at the church.

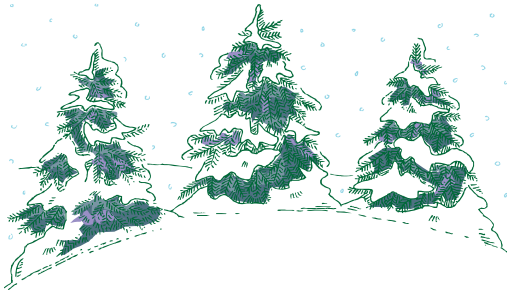
Finally, brothers, rejoice. Aim for restoration, comfort one another, agree with one another, live in peace; and the God of love and peace will be with you. 2 Cor. 13:11

Card Shower

This month we remember:

Mille Eisemann, get well/encouragement
Beulah Erb; birthday wishes, January 22
Irene Gehr; birthday wishes, February 5

Refer to your church directory for addresses
or call the church office, 733-1229.



Did you miss a week of worship and wish to hear the message? Listen to the weekly messages online at: ephratabrethren.org. Click on the "listen to the latest sermon" link or the "worship" link. Many of the messages from the past few years are still available online.

—Has your address, phone number or email address changed? Please notify the church office with your new information 733-1229.

—Newsletter information for the March issue of the *Upward Call* is due by February 5. Please email information if possible to Carol Bowman: cbowman@ephratabrethren.org.

Please Remember...

If you use the church in the evenings, or weekends, please be sure to turn off the lights and lock the doors as you exit the building. Thank you in advance for your help in ensuring church safety and efficient use of the resources that God has blessed us with.



Calendar

January

- 3—Breakfast Social for College & Careers age; 9:30 a.m., Fellowship Hall
- 3—Prayer Time in the Parlor—9:30 a.m.
- 17—Blood Pressure Screenings, Room #402
- 25—FPU Preview, 6:30 p.m., Fellowship Hall
- 31—FPU Preview, 9:30 a.m., Fellowship Hall

February

- 5—Scrapbooking Club, 7:00 p.m., Fell. Hall
- 7—Prayer Time in the Parlor—9:30 a.m.
- 14—Valentine's Day
- 17—Ash Wednesday
- 21—Blood Pressure Screenings, Room #402

Weekly

Monday

Prayer Group, 7:00 p.m., parlor; all are welcome.

Tuesday

- *DivorceCare, 6:30 p.m., rooms #101/103
- *GriefShare, 6:30 p.m., Parlor
- *FPU: 6:30 p.m., Fellowship Hall

***Next sessions start February 16**

Wednesday

- Youth Club, 2:30 p.m.
- Sonshine Club, 5:00 p.m.
- Chancel Choir practice, 7:00 p.m.
(refer to choir schedule)
- Men's Basketball, 7:00 p.m.
- Chancel Bell practice, 8:30 p.m.

Thursday

- Band practice, 7:30 p.m.



EPHRATA CHURCH OF THE BRETHREN

Living for Jesus so others may know Him.

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Address Service Requested



The Upward Call

JANUARY/FEBRUARY

2010

Volume 17, Issue 1

Ephrata Church of the Brethren

Sunday Morning Services

Traditional Worship - 8:30 a.m.
Promiseland Children's Ministry - 9:40 a.m.
(for grades K - 5)
Sunday School - 9:45 a.m.
Contemporary Worship - 10:45 a.m.

Ministry Staff:

Pastor: Galen Hackman
Pastor of Congregational Care: Rob Eshelman
Director of Worship and Music: Dean Sensenig
Congregational Administrator: Carol Bowman
Director of Children's Ministries: Paul Hosler
Director of Middle School Youth Ministries: Rob Eshelman
Director of Sr. High Youth Ministries: Brian Nissly

Support Staff:

Church Secretary: Donna Stauffer
Church Custodian: J. Henry Wolf
Treasurer: Brad Murphy

Volunteer Staff:

Pastor of Community Connection: Kim Ream
Congregational Nurse: Tricia Schlegel
Moderator: Steph Fassnacht
Pastor Emeritus: Charles Bieber



One of the best ways to start off the New Year is by spending time in prayer.

Look back on God's many blessings during 2009. Thank him and ask for his guidance in 2010.

Prayer: Thank you for bringing us to the threshold of a new year. Help us to dedicate each day of 2010 to following your will for our lives. Guide us, Lord, in all our decisions and actions—every hour of every day. Help us accomplish all that you desire for us to do, until our mission on earth is finished. In Jesus' name we pray. Amen