



THE BULLETIN		
LVIII	March 5, 2023	No. 9
Worship God Grow in Christ		Build Community Bless the World



**FIRST UNITED METHODIST CHURCH (1867-2023)**  
*Celebrating Our 156th Year*

**318 South Broad Street • Cairo, Georgia 39828-2717**

Rev. Sam Vernon, Pastor

☎ Church Office: 229-377-3051 @ [www.cairofumc.org](http://www.cairofumc.org) ✉ [adm.cairofum@syrupcity.net](mailto:adm.cairofum@syrupcity.net)  
 📘 Cairo First United Methodist Church ☎ Upper Room Prayer Line 1-800-251-2468



## What's the Deal with Pollen?

The official definition is “a powder produced by the male part of the flower, that causes the female part of the same type of flower to produce seeds.” It can appear from trees in the spring, grasses in the summer and weeds in the fall.

Official definition aside, I HATE POLLEN? I am not allergic to many things, but like 1 in 6 Americans, pollen produces all kinds of negatives in my life:

- Sneezing
- Itchy, Burning Eyes
- Headaches

Pollen even makes my beautiful, beat up 2015 Mazda look worse than it normally does. Unless you own a Car Wash, I don't know of too many people who care for pollen. Even folks who are not allergic do not like the mess it makes everywhere. So I will give God the benefit of the doubt on most everything because He has earned it, but Pollen?

Wait, what? Pollen actually has a purpose? The fine yellowish powder that we know as pollen is transported from plant to plant by the wind, by birds, by insects or other animals. To a tree or flowering plant pollen is necessary for life. Okay, now I am embarrassed about complaining because even though with all my pollen-induced symptoms, I do not want to live in a world without trees and flowering plants. I guess God knew what He was doing after all when He created POLLEN.

In Christ,  
*Sam*

“And we know that in all things God works for the good of those who love Him, who have been called according to His purpose.” – Romans 8: 28

**LOVE OFFERING FOR POWELL FAMILY:**

An account has been set up at United National Bank for Ike and Charlene Powell. If you would like to make a love offering for them, you can go by the bank or make a check payable to the Church marked for Powell Love Offering.

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**FUTURE WEDNESDAY NIGHT SUPPER DATES:**

March 8, March 22, April 12, April 26

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**SAFE SANCTUARIES TRAINING (SUNDAY, APRIL 23, 2:00 PM.)**

Safe Sanctuaries is a program mandated by the United Methodist Church designed to create safe environments in our local churches for our children, teenagers or vulnerable adults.

The training is for anyone who plans to be working with Youth or children after May 1, 2023. This would include, but not limited to working in the nursery, teaching or assisting with Sunday School, Youth or Children’s chap-erones for trips, Youth volunteers and Vacation Bible School

The training will last about 90 minutes and be led by Celeste Vernon. Celeste’s background includes Christian counseling, elementary school teacher and Preschool Director at Douglas First UMC. She had led training sessions in several Methodist Churches. There is no charge for the training, but we do need you to register ahead of time.

Please understand this training is mandatory for Youth and Children’s workers. If you cannot attend on April 23rd, you will have to make arrangements to receive the training elsewhere.

**MARCH MEETINGS**

- Mar. 6 - WinGS
- Mar. 8 - Church Night Supper
- Mar. 13 - Methodist Men
- Mar. 20 - Laity Council
- Mar. 22 - Church Night Supper
- Mar. 30 - Trustees

**USE OF BUILDING(S):**

When your group uses any of the church buildings, please make sure that you turn off the a/c units, lights. If you open the shutters, make sure you close them back to eliminate fading.

**OFFERING ENVELOPES:**

Are available for pick up. They will be in the hallway downstairs. If you would like to have weekly offering envelopes and there is not a package for you, please call the church office.

**SUNDAY SCHOOL CLASSES:**

All adult SS classes are now meeting. If you are not currently attending a Sunday School class, now is a good time to start. There are several options and you would be welcome to visit any or all of the classes.

- Aldersgate/Fellowship: Older adult class with Chris James the teacher.
- Burleigh Law: Mostly couples that have grown children and grandchildren.
- Azalee Wight: Mostly couples, some retired, others still working. Various members rotate teaching
- Pairs and Spares: Mixed group of singles and couples
- New Hope: Adults (45+) with teenage and college age children
- Cephas: Young Adults (30+)

**WINGS MEETING:**

The ladies will be meeting Monday, March 6, at 6:00 pm in the fellowship hall. Attention ALL Ladies!

**WINGS SPRING 2023 MEETING DATES**

Women in God’s Service (WiNGS) will meet on the following dates this spring. All meetings will be a covered dish at 6:00 PM in the Small Fellowship Hall followed by a short program. If you are a woman, love the Lord, and love serving the Lord, this group is for YOU!

Please contact Jami Porter to be added to the email distribution group or to sign up to assist:

- Monday, March 6
- Monday, April 3
- Monday, May 1



**WEEK OF**  
**MAR 5-11**  
**2023**

**Sunday, March 5:**

- 8:15 am Early Worship Chapel
- 9:00 am †Contemporary Worship
- 10:00 am Sunday School
- 11:00 am †Traditional Service
- 5:30 pm Youth/Children Activities

**Monday, March 6:**

- 10:00 am Chair Yoga
- 6:00 pm WinGS

**Tuesday, March 7:**

- 8:00 am Men's Prayer Group
- 10:00 am Ladies' Prayer Group

**Wednesday, March 8**

- 6:00 - 9:00 am Prayer Time in Chapel
- 5:30 pm Handbells
- 6:00 pm Church Night Supper Meal
- 6:45 pm Chancel Choir
- 6:45 pm Bible Study

**Thursday, March 9:**

- 8:30 am Service on CNS Channel 6
- 10:00 am Chair Yoga

**Friday, March 10:**

- 2:00 pm Service on CNS Channel 6
- 9:00 pm Service on CNS Channel 6

† Live streaming



**Remember in Prayer**

**OUR KNOWN ILL: (AS OF TUESDAY)**

**AT HOME:**

- Mrs. Hope Almon
- Mr. Jack Drew
- Mr. Ken LeGette
- Mrs. Sandy Rinker

**FORT MYERS, FL:**

- Mrs. Lisa Hoop (Sister of Linda D. Johnson)

The Church and its ministries, the Church Staff and all Church members.

**NURSING HOME/ASSISTED**

**LIVING RESIDENTS:**

**MAGNOLIA PLACE:**

- Mrs. Joan Cassels
- Mr. John Shiver
- Mr. John Summers (Father of Clair McCaskill)
- Mrs. Carolyn Trawick

**CAMELLIA GARDENS:**

- Mrs. Doris Rehberg (Mother of Nell Owens)

**HARBORVIEW, THOMASVILLE, GA:**

- Mrs. Charlene Powell

**THOMASVILLE NURSING & REHAB:**

- Mrs. Mary Meill

**PRESBYTERIAN HOME, QUITMAN, GA:**

- Mrs. Opal Prince

**CHESTNUT RIDGE, CUMMING, GA:**

- Mrs. Vivian Childs

**BRENTWOOD, TN:**

- Dr. Bob Kral

**FLOWER CALENDAR:**

A new flower calendar for 2023 has been placed on the bulletin board in the downstairs hallway.

Please sign up for flowers for 2023. And remember that two arrangements are needed.

**BULLETINS:**

For those of you who receive a bulletin in the mail, place it in your Bible to bring to church with you on Sunday mornings.



**Birthday Greetings**

**March 5:** Jackson Hand, Pam Mason, Matt McCaskill, Richard Moses

**March 6:** Bill Bass, Sr., Sarah Chason, Koby Pырz

**March 7:** Philip Almon, Alison Amaro

**March 8:** William Stoddard

**AN ACCOUNT OF OUR STEWARDSHIP - 2/26/23**

8:15 am	.....16
9:00 am	.....113
Live Stream	.....14
11:00 am	.....60
Live Stream	.....24
Weekly Receipts	.....\$4,730.00
Received to Date - Op.	.....\$62,663.00
Memorial/In Honor	.....\$00.00
Missions	.....\$00.00
Bucket Brigade	.....\$90.42

**BUCKET BRIGADE:**

Offerings for February will go to the **Preschool Program**.

Thanks for your donations. Donations can be made by check designating that it is to go to the bucket brigade offering.

Sunday, March 5, 2023

**Traditional Informal – Chapel**

**8:15 am**

\*SCRIPTURE LESSON .....Psalm 42:1-4 (Pew Bible Page 401)  
SERMON .....“The Value of Reflection” .....Rev. Vernon

**Contemporary – Sanctuary (with Live Stream)**

**9:00 am**

WELCOME AND ANNOUNCEMENTS .....Rev. Vernon

WORSHIP

CHILDREN’S SERMON .....Celeste Vernon

\*AFFIRMATION OF GOD’S WORD

**This is God’s Word. I believe I am who He says I am,  
I have what He says I have and I can do what He says I can do.**

\*SCRIPTURE .....Psalm 42:1-4 (Pew Bible Page 401)

SERMON .....“The Value of Reflection” .....Rev. Vernon

HOLY COMMUNION

**THOSE WHO SERVE: 9:00 AM:** SS Greeters/Ushers: **Robert Hudson, Tony Sheffield**

**Worship Team:** Brian Morgan - vocals, guitar; Stacey Morgan - vocals, keys;

**Tech:** Nathan Hartsell - video; Jarrett Harrison - streaming;

**CHILDREN’S MINISTRY**

**NEWS FROM...ADRIENNE**

email: abharrison1@hotmail.com  
text: 229-254-2546

- Acolytes: Levi Bundrick and Davis Amaro
- Buckets: Ella Jones and Carroll Hopkins
- We are in need of water and snacks in the children’s department.

**YOUTH MINISTRY**

**NEWS FROM...SCOTT**

email: easom316@windstream.net  
cell/text: (229) 977-2247

- Mar. 5 – Sunday School - 10:00 am
- Mar. 5 – Youth Night @ 5:30 pm

Snacks and drink donations would be appreciated!

Sunday, March 5, 2023

*Traditional – Sanctuary (with Live Stream)*

**11:00 am**

CHIMING OF THE TRINITY

OPENING VOLUNTARY . . . . .Mr. Self and Dr. Benjamin Crook  
*O Love, That Wilt Not Let Me Go - McDonald*

WELCOME AND ANNOUNCEMENTS . . . . .Rev. Sam Vernon

\*AFFIRMATION OF FAITH . . . . .The Apostles Creed . . . . .UMH 881

\*HYMN OF PRAISE . . . . .UMH 368  
*My Hope Is Built*

OFFERTORY PRAYER

OFFERING

OFFERTORY . . . . .Mr. Self  
*Have Mercy Upon Me, O Lord - Bach*

\*DOXOLOGY

\*PASTORAL PRAYER AND LORD'S PRAYER

SPECIAL MUSIC . . . . .Chancel Choir  
*Press On - Burgess*

\*AFFIRMATION OF GOD'S WORD

**This is God's Word. I believe I am who He says I am,  
I have what He says I have and I can do what He says I can do.**

\*SCRIPTURE LESSON . . . . .Psalm 42:1-4 (Pew Bible Page 401)

SERMON . . . . ."The Value of Reflection" . . . . .Rev. Vernon

SERVICE OF HOLY COMMUNION

\*HYMN OF RESPONSE . . . . .UMH Black Supplement 2108  
*O How He Loves You and Me*

\*BENEDICTION

+CLOSING VOLUNTARY . . . . .Mr. Self  
*In the Cross of Christ I Glory - Haan*

*+You are dismissed after the Benediction.  
Please feel free to leave, or if you choose, sit quietly and enjoy the Postlude.*

\* Please stand as you are able.

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**Altar Guild:** Lisa Oliver; **Ushers:** Herbert Wind, Dale Helms

**BOOK CLUB:**

Book Club will meet Sunday, March 26th at 5:00 pm to discuss *The Strength of His Hand* by Lynn Austin.

Non Profit  
Standard  
U.S. Postage  
PD - Permit #24  
Cairo, GA

**SINNER'S PRAYER**

**DEAR JESUS,**

I believe You are the Son of God. Thank you for dying on the cross for my sins 2000 years ago. I confess that I am a sinner. Please forgive me of my sins. Come into my heart and be my Savior and make me into the kind of person You want me to be.

**Amen**

This is just one example of a prayer that someone could pray to become Christian. For the prayer to be effective it needs to be an honest expression of someone's heart.

ADDRESS SERVICE REQUESTED  
318 S. BROAD STREET  
CAIRO, GA 39828

**CFUMC PRESCHOOL:**

Will begin registration for 3 and 4-year-old students on the following dates. Students must turn the age of the class by September 1st.

**March 6th – Open Registration**

Please remember all spots are filled on a first come first serve basis. You may pick-up registration packets in the Preschool Office M-F, 7:30-1:00. Please see Ashlei Steele for further information.

**CHAIR YOGA CLASSES:**

With Lucretia Roddenbery will meet in the fellowship hall on Mondays and Thursdays at 10:00 am.

**WEDNESDAY NIGHT SUPPER (MAR 8)**

The next Church Night Supper will be March 8. Please make sure your reservation is made with the church office by March 6 at noon.

Name \_\_\_\_\_

Adult No. \_\_\_\_\_ Children No. (3-11) \_\_\_\_\_

Week of **March 8**

**Directory**

- Sam Vernon .....Pastor
- Ruth Sims .....Adm. Assistant
- Scott Easom .....Youth Director
- Adrienne Harrison ..Children's Director
- Ed Self .....Organist
- Brian and Stacey Morgan  
....Contemporary Worship Leaders
- .....Music Director
- Linda Wood .....8:15 Pianist
- Benjamin Crook .....Pianist
- Ashlei Steele ...Preschool Director
- Church Office .....229-377-3051
- Emergency Numbers .229-377-1017  
229-403-4028  
912-230-6627

EMAILS: When sending emails to the church office, please use the following address:

**adm.cairofum@syrupcity.net**

E-MAILS ADDRESS/CELL PHONE NUMBERS: Contact with church members is very important. Please turn in email addresses and cell phone numbers especially if you no longer use a land line for your telephone. Thanks

Name \_\_\_\_\_

E-Mail \_\_\_\_\_

Cell Number \_\_\_\_\_

*Thanks ever so much!*