



The Update

A publication of Lawrence Free Methodist Church

Learning



The Good Sense Budget Course helps participants discover tools and develop skills that enable them to control their finances rather than allowing their finances to control them. Participants will get practical help and guidance to:

- \$ Prioritize financial goals
- \$ Develop a personalized spending plan
- \$ Identify action steps to reduce expenses
- \$ Reduce debt, and much more.

Time: 6:30 to 8:00 p.m.

Dates: Feb. 22

March 1

March 8

March 15

The registration fee is \$10 per person to cover the materials. Pre-work materials need to be completed prior to attending the course, which will be sent to registrants before the course begins. These materials are confidential, and you will not be asked to share them with others.

Pre-register by Feb. 5, 2006. For more information, contact Mike Flory at 842-7915 or cherylflory@yahoo.com.

Straight From the Heart Marriage Conference

Feb. 10-11

Seminar Topics:

- ♥ Discovering the DNA of Love
- ♥ Creating a Safe Place For Love
- ♥ Eliminating the #1 Cause of Relational Conflict
 - ♥ The Power of One
- ♥ Creating Harmony Through Communication

The conference starts at 6 p.m. Feb. 10 in the Family Life Center with a catered Valentine's dinner – a great way to treat your mate to a romantic date. The conference will continue the following day from 9 a.m. to noon.

Registration: A registration fee of \$25 per couple is due Jan. 29. The fee covers the dinner and conference materials. Registration forms can be turned in to the office or to Pastor Rick Ostrander.

February 2006

The Update

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Church

highlights

- Learn about how you can serve in the Dominican Republic in April.
- Learn about the parenting forum's new curriculum.
- Find out the results of the latest quiz meet.
- Kids' Cove will be learning the virtue of fairness in February.

Church News and Adult Ministries

Letters to the Church...

Dear church family,

Thank you so much for your prayers, cards and the beautiful poinsettia plant we received in the loss of my mother.

Sincerely,
Velta Sitler and family

Sermons on CD

Copies of the sermon are available on CD as well as tape cassette. Visit the Media table in the foyer or e-mail mediaministry@lfnchurch.org to reserve your copy. Suggested donation is \$1.00 for a tape and \$2.00 for a CD.

Contact The Update:

The Update is a monthly publication of Lawrence Free Methodist Church.

If you have **Letters to the Church**, please e-mail them to Chris Moon at update@lfnchurch.org or drop them into *The Update* box in the church office. The deadline for the next month's newsletter is the second Sunday of the previous month.

On the Web:

Check out the current issue of *The Update* by visiting www.lfnchurch.org and clicking on "News and Calendar."



Join the Missions Team to Dominican Republic! April 8-15, 2006

With the help of Kids Alive, we're building homes for children! In April 2005 we laid the foundation for the first home. In January 2006 we completed the home's roof. In April 2006 we will start the next home. We will continue our yearly April trips until the campus is complete. There is work for everyone and families are welcome. For more information, pick up a flyer at the Adult Ministries table, call Rick Ostrander or Lin Topping at 842-2343, or send an email to rostrander@lfnchurch.org or ltopping@lfnchurch.org.

Parenting Forum

The parenting forum will be covering "Making Children Mind Without Losing Yours," by Dr. Kevin Leman. Starting January 22, the forum will meet from 6-8 p.m. Sundays in room 16-17. The six topics are:

- Daring to be a courageous parent
- Why kids misbehave
- Becoming the parent God wants you to be
- Nine ways to be your teenager's best friend
- ABC's of self-mage
- When to let the little buzzards tumble

Registration: Forms available at the Adult Ministries table in the foyer.

Ministry Board Update

The Ministry Board met Jan. 10. Tom Hoisington led a devotion, and John Oehlert provided an update on the status of the children's wing. The City of Lawrence has approved the site plan, and floor plans are close to being finalized with the architect.

The ministry board also approved a new position, Director of Stewardship Campaign. Rowley Tedlock will continue serving in this role.

The next meeting will be Feb. 7.

SAVE ALUMINUM CANS FOR QUIZZING!

The quizzers need your cans to help pay for their travel expenses. The fenced area by the shed is for the

cans. Quizzers need \$3,500 to go to nationals in Spring Arbor, Michigan this summer! PLEASE HELP US!

Children's and Youth Ministries

Super Bowl Party

Are you ready for some FOOTBALL?

It's time for Super Bowl XL, and we're going to watch the game in style. We'll have tons of snacks, video games, basketball...all the necessities for enjoying the big game.

Gather up your whole crew and come to the Family Life Center at 5:30 p.m. on Feb. 6 to kick it all off. Got questions? Contact Student Ministries Pastor Travis Evans at 842-2343 or tevens@lfmchurch.org.

Quizzing Results

LFMC Quizzers hosted the Great Plains Quiz Meet on Jan. 7. Teams from McPherson, Wichita, Topeka, Lincoln, Neb., and Omaha, Neb., competed in the meet.

In team competition, our Senior Vet Team consisting of Megan Anderson, Kasandra Birch and Melissa Faulk took first place! In individual competition, Megan Anderson took first place, Kasandra Birch took third place, and Mary Birch took fifth place.

Thanks to the families who hosted our out-of-town quizzers and to everyone who provided food and helped make it a great meet.

30-Hour Famine

Each day 29,000 kids die from hunger. We have the opportunity to do something about it.

On Feb. 24 and 25, students will participate in the 30-Hour Famine. Participants will raise funds until the 24th, and then we'll fast together overnight at the church while we do devotions, service projects, games and other activities. We'll end with a break-the-fast dinner and head home on the 26th.



If you have questions about participating in the famine or would like to join us by donating, contact Travis Evans at 842-2343 or tevens@lfmchurch.org.

Summer Camp Update

YouthFront camp is coming up quickly! Registrations are due by the end of February! Forms are available in the foyer, and remember extras for friends.

Junior high students will go to YouthFront West June 12-17. Senior high students will go to YouthFront South July 17-22. For more information on YouthFront camps, visit www.youthfrontzone.com. or contact Travis Evans at 842-2343 or tevens@lfmchurch.org with questions.

Fairness is February Kids' Cove Value

Fairness: *Making sure that everyone is treated equally.* Sometimes, it feels like an uphill battle to teach children that everyone has value and should be treated with love and respect. The key points for February are:

- Everyone is important to God, so be careful how you treat them.
- Show God's love to everyone—even those who are different.
- Show God's love to everyone—even your enemies.
- Jesus wants EVERYONE you meet to know Him.

Children take home a *God Time Card* and a *Refrigerator Card* each week to help them review what they

are learning in Kids' Cove. These are great tools for parents to teach children about God. Parents are encouraged to set aside a few minutes each day to read through these materials with their children, talk about how they can apply what they are learning, memorize the monthly verse, and pray with their children.

These few minutes each day are a great way for you to apply Deuteronomy 6:6-7 – “These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up.”

Memory Verse: “God treats everyone the same... He accepts people from every nation. He accepts all who have respect for him and do what is right.”

— Acts 10:34-35, *NirV*

**Lawrence Free Methodist Church
Sunday Morning Services and Programs**

- 8:30 a.m. Traditional Worship
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- 9:45 a.m. Contemporary Worship
Pre-school classes
Kids' Cove for children
grades K-6
Fuel 78 - grades 7 & 8
Small groups for high school
and adults
.....
- 11:15 a.m. Contemporary Worship
.....

Nursery is available 8:15 a.m. to 12:30 p.m.

Church Office Information

Office Hours: Mon.—Fri. 8:00 a.m. to 5:00 p.m.
Phone: 785-842-2343
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The Update

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