

# Cherryvale Chatter

Welcome to the new format, 'Cherryvale Chatter.'

As we move toward a new and revised website, one of our goals is to publish the 'Cherryvale Chatter' newsletter online. This new printed format is not only time and cost saving, it also allows for easy reading online and/or to print at home.

In this month's edition, you will notice a change to the calendar. Keeping you informed well ahead of scheduled and potentially planned events should increase attendance and participation, as Cherryvale gets on your calendar first 😊

Noteworthy this month, Pastor Viv's bible study - 'A Disciple's Path' - starts February 12th, with orientation on Feb 5th. If you intend to attend this bible study, it is important to attend the orientation; books will also be available for pick up on 5th.

Also starting this month, the Healthy Living Ministry. The first meeting is February 6th at 6.15pm. If you have access to social media, like and follow the healthy living Facebook page @ <https://www.facebook.com/cherryvalehealthyliving/>

Cherryvale Chatter is 'your' newsletter, so if you have something you would like to share, or a suggestion for content for the next newsletter, please let us know. Submissions can be made in writing, by email, by phone or in person to Laura in the church office.

Finally, please share this information with anyone you may know, who is not in church to pick up a copy. We would be happy to mail any church communications, please supply the names and addresses to Laura in the office.

# Have a Blessed February.

**NEWSLETTER DEADLINE**—Please submit all MARCH newsletter information by FEBRUARY 15th to [cherryvalenews@gmail.com](mailto:cherryvalenews@gmail.com) or to Alison Painter. Thank you & have a Blessed FEBRUARY!



# CHERRYVALE CHATTER



## ***"For God's Grace in Our Helplessness"***

A Prayer by Rev. Peter Marshall @1944 –1945

We know, our Father, that at this desperate hour in world affairs, we need Thee. We need Thy strength, Thy guidance, Thy wisdom

There are problems far greater than any wisdom of man can solve. What shall our leaders do in such an hour?

May Thy wisdom and Thy power come upon the President of these United States, the Senates and Congressmen, to whom have been entrusted leadership. May the responsibility lie heavily on their hearts, until they are ready to acknowledge their helplessness and turn to Thee. Give to them the honest, the courage, and the moral integrity to confess that they don't know what to do. Only then can they lead us as a nation beyond human wisdom to Thee, who alone hast the answer.

Lead us to this high adventure. Remind us that a "mighty fortress is our God" – not a hiding place where we can escape for an easy life, but rather an arsenal of courage and strength – the mightiest of all, who will march beside us into the battle for righteousness and world brotherhood.

O our God, may we never recover from our feeling of helplessness and our need of Thee! In the strong name of Jesus, our Lord, we pray.  
Amen.

*Rev. Peter Marshall 1902–1949 was a Scots-American preacher, pastor of the New York Avenue Presbyterian Church in Washington, DC and was appointed as Chaplain of the United States Senate.*

## **MONTHLY SCRIPTURE**

Whoever does not love does not know God, because God is love.

1 John 4:8



**Cherryvale United Methodist Church**

**709 Cherry Hill Dr, Staunton, VA 24401**

**540-885-0098 - [cherryvaleumc@gmail.com](mailto:cherryvaleumc@gmail.com)**

Office Hours:

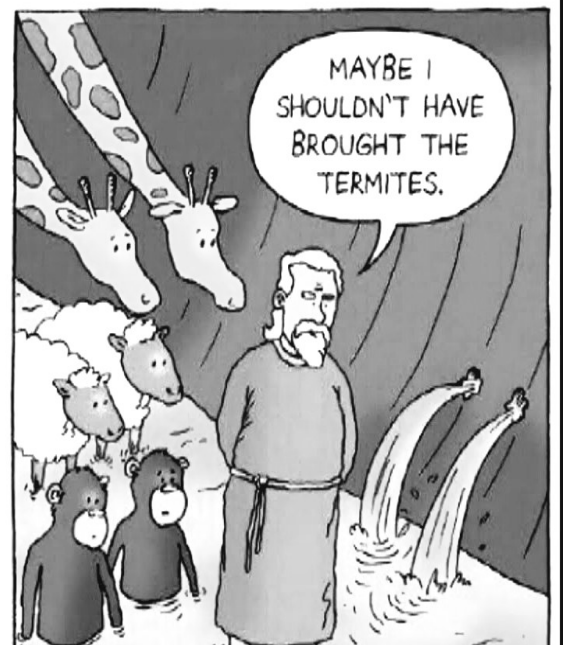
Monday, Wednesday, Thursday

9am – 1pm

All other times by appointment.

Pastor  
Choir Director  
Administrator

Vivian Utz  
Lawana Mayo  
Laura Wonderley



### SHUT INS

Remember our brothers & sisters who are unable to get out to the church for services and fellowship. Send a note or visit them.

Leola B.  
Mabel P  
Maxine B  
Kathy C  
Tootie F.



### PRAYER LIST

Lonnie C.  
Connie W.  
Carl W.  
Christine K.  
Bonnie D.  
Denise R.  
Larry C.  
Pete M.  
Donnie L.  
Diane S.  
Russ G.  
Tom G.

Luther W.  
Wilma R.  
Colby R.  
Tony C.  
Jeff D.  
John C.  
Marylou H.  
Danny M.  
Donna L.  
John J.  
Bob E.



**Sunday School**  
**9:30-10:10 am**

**Worship Services**  
**10:30—11:30 am**

**Classes Available:**  
**Simon Gilbert—1st floor**  
**New Beginnings—1st floor**  
**Seekers— 1st floor**  
**Children's Class - 1st floor**



## Cherryvale's Healthy Living Ministry: Mind, Body, & Spirit

Join us for the first session of our new Healthy Living Ministry on February 6 at 6:15pm!

This new ministry focuses on learning how to be healthier together; mind, body, and spirit!

We will be learning about exercise, healthy cooking/eating, spiritual wellness, and much more!

All ages and abilities are welcome and will be accommodated! Bring a friend and join us in the fun.

Healthy Living meets in the fellowship hall.



### ***The Legend***

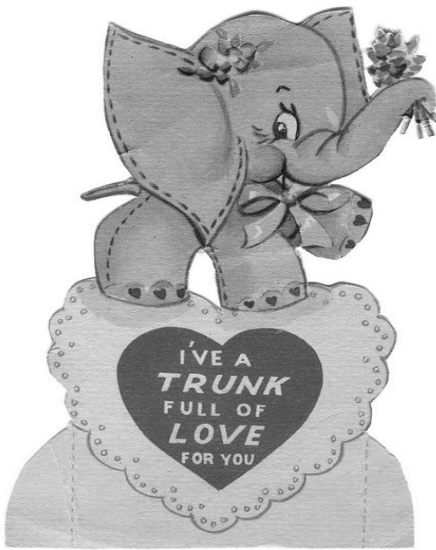
*Saint Valentinus is remembered as a loving, compassionate and heroic person.*

*He was a priest during the time when the Emperor Claudius II was persecuting the church, around 250 AD. Claudius had issued an edict that young men were not to marry, as single men made better soldiers. They would not be distracted by thoughts and care of their loved ones, but could focus on their call to duty. On the very permissive society of that day (polygamy was popular), the church still viewed*

*marriage as sacred between one man and one woman.*

*Valentinus believed those who were in love should be able to marry within the Christian church and remain monogamous. He defied the emperor's orders, and performed marriages in secret.*

*Valentinus was caught, imprisoned, tortured and eventually killed for performing forbidden marriages and for ministering to Christians. Legend is that while Valentinus was in prison, he prayed with and saw the healing of the blind daughter of his jailer Asterius. Asterius and his entire household are said to have come to Christian faith as a result. It is widely believed that before his execution, Valentinus wrote a farewell letter to Asterius' daughter signed "Your Valentinus." This was the first "valentine."*



### Valentine Card Event

Saturday Feb. 8th  
10am until noon.

Spring Hill Village  
Apartments - social room.

Meet 9:30 am at Cherryvale  
fellowship hall to car pool  
and gather supplies to take  
to the apartments.

Asking for Volunteers to  
help children with crafts and  
making their cards for love  
ones.

We need donations of baked goodies (cookies) and or Valentine  
candy to make up goodies bags for the children to leave with.

Heather has some inexpensive cookie mixes, if anyone would like  
a box, please contact Heather.

## CARING AND SHARING MEALS

Wednesday February 19th

We will meet in the church kitchen at  
10 a.m. to prepare the meals.

Delivery will begin at 11 am.

If you can help with preparing, pack-  
ing, and/or delivery of these meals,  
please contact:

Mary Perkins. 540-885-5578.

### FISH FRY DAY - February 21st @ 4pm

The church will be hosting a fish fry in the fellowship hall.

On the menu: fresh caught catfish, coleslaw, hushpuppies, homemade  
dessert, coffee & tea.

Ticket Price:\$10 - limited availability, so get your tickets early.

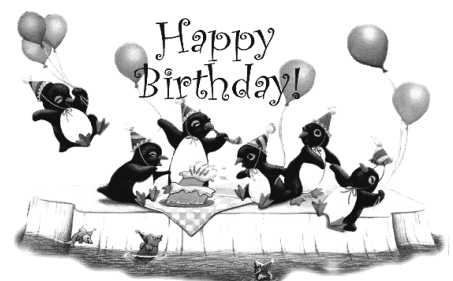
Tickets can be purchased from the church office.



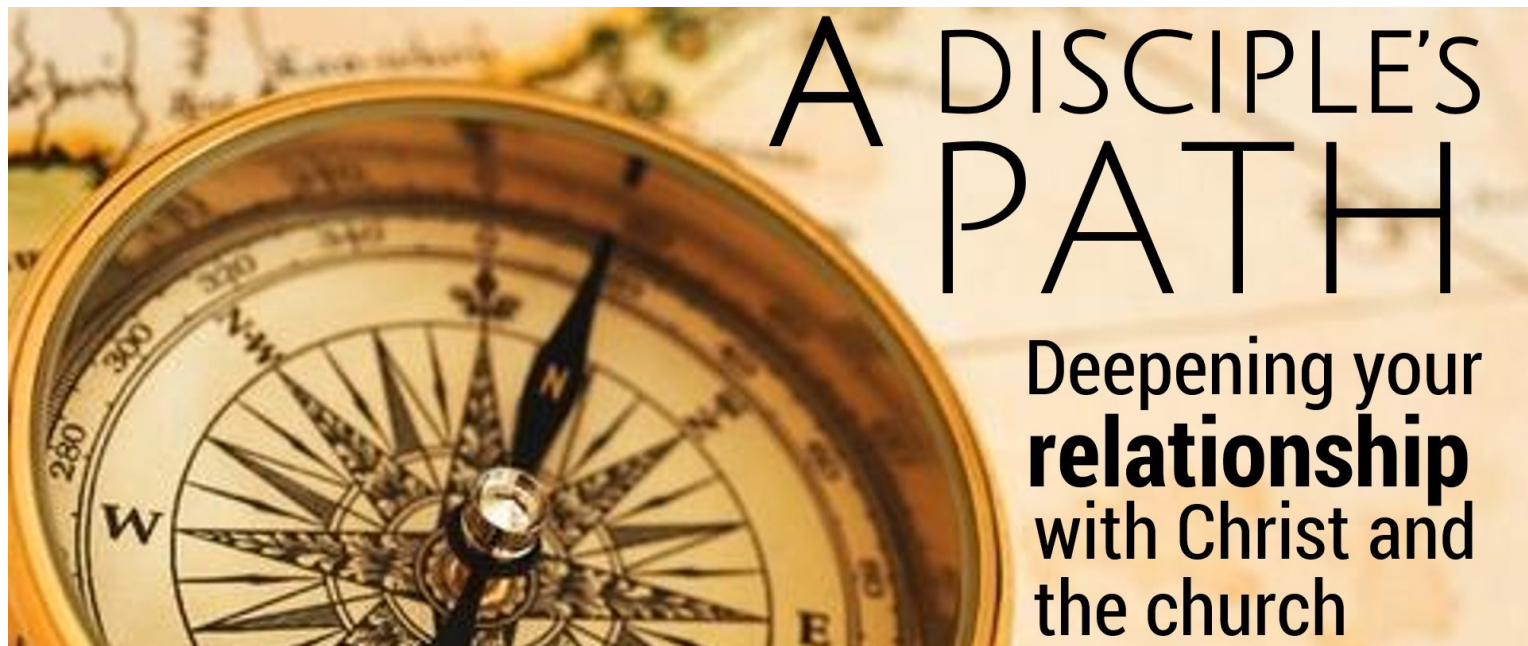
Adam & Heather  
Gregory 19 years  
Feb. 20th



HAPPY BIRTHDAY  
LORI JOHNSON 15TH







# A DISCIPLE'S PATH

Deepening your  
**relationship**  
with Christ and  
the church

*A Disciple's Path Bible Study* By James A. Harnish, Justin LaRosa

*Starts February weather permitting.*

*A Disciple's Path Bible Study is one that will deepen your relationship with Christ and the Church.*

*A discipleship study within the context of the United Methodist heritage and tradition.*

*A study on Prayers, presence, gifts, service, and witness this is what we commit to when we become members of The United Methodist Church, and it's a big step.*

*But A Disciple's Path helps us look beyond membership, presenting an engaging approach to discipleship from a distinctly Wesleyan perspective.*

*Discipleship is ongoing, so the 6-week study is perfect for new-member groups, but also works well in small groups of long-time members. It helps you develop spiritual practices, discover your unique gifts, and engage in ministry that brings transformation to your own life and to the lives of others and the world.*

*Pastor Dio needs to know now how many people intend to do the study so we can order the workbooks.*

# Bible Study and Sermon Series

# Healthy Living

## Personal Risk Assessment

Check all statements that apply to you. If you check two or more, please see a healthcare professional and determine what you can do to lower your risk.

### AGE

☐ You are a man over 45 or a woman over 55 years old.

### FAMILY HISTORY

☐ Your father or brother had a heart attack before age 55 or your mother or sister had one before age 65.

### MEDICAL HISTORY

☐ You have coronary artery disease, or you have had a heart attack.

☐ You have had a stroke.

☐ You have an abnormal heartbeat.

### TOBACCO SMOKE

☐ You smoke, or live or work with people who smoke every day.

### TOTAL CHOLESTEROL & HDL CHOLESTEROL

☐ Your total cholesterol level is 200 mg/dL or higher.

☐ Your HDL ("good") cholesterol level is less than 40 mg/dL if you're a man or less than 50 mg/dL if you're a woman.

☐ You don't know your total cholesterol or HDL levels.

### BLOOD PRESSURE

☐ Your blood pressure is 140/90 mm Hg or higher, or you've been told that your blood pressure is too high.

☐ You don't know what your blood pressure is.

### PHYSICAL INACTIVITY

☐ You don't accumulate at least 30 minutes of physical activity on most days of the week.

### EXCESS BODY WEIGHT

☐ You are 20 pounds or more overweight.

### DIABETES

☐ You have diabetes or take medicine to control your blood sugar.

*Come and join the Healthy Living Ministry, February 6th, at 6.15. God knows, you're worth it!*

**Visit: <http://mylifecheck.heart.org>**

Get your personal assessment score online; learn the State of Your Heart and what you can do to live a better life.

## **The Call to Loving Community by Judith MacNutt**

Christian Healing Ministries, and of Francis and I, have a passion to not only to see individuals transformed, but to see the church become all it is meant to be.

Christian Healing Ministries, and of Francis and I, have a passion to not only to see individuals transformed, but to see the church become all it is meant to be. If the church was to take hold of all that Jesus modeled for us when He walked on this earth, it would be walking in its highest calling and destiny. The healing ministry of Jesus encompasses the entire message of Jesus—spiritual healing, prophecy, deliverance, physical healing, and inner healing. Just as Jesus modeled, He would like us all to be equipped in every type of healing, using every spiritual gift.

Our greatest need as human beings is for love. Love is healing. Our second greatest need is to have a sense of belonging. He calls us to be in loving community with other believers for this purpose.

Prayer for inner healing allows God to deal with our broken heart, our severed emotions and our traumatic memories. During inner healing, the Lord Jesus Christ, who is not bound by time or place, can reach back into our painful memories and remove the pain.

Every person experiences wounding and pain, but fear of re-experiencing our pain keeps us from our healing—we lack the tools. “I don’t need help with that!” “If I just keep reading the Bible, going to conferences and worship services, someday it’s going to click with me.” These are a few of the common responses we hear regarding our wounds.

Often when we experience trauma in childhood, we don’t have anybody to walk through that experience with us, so we repress the pain. Unprocessed pain is then stored within us. Years later it may manifest itself in sickness of body or mind. Not only that, we often project our pain onto other people. It becomes transmitted instead of transformed.

Most of us understand that churches struggle with creating healthy community because the people within the church struggle. People who experience inner pain tend to seek pleasure to mask that pain. We are not designed to carry all the strong emotions of fear, anger, grief and sorrow that attach to our wounds. To deal with our pain, we form attachments to things, people or substances.

Another term for an attachment is an addiction. Many of us have “acceptable addictions.” You know you shouldn’t eat that chocolate cake, but it makes you feel better! You know you shouldn’t have that second helping of food, but it makes you feel better.

In the little town where I grew up, we had the best potluck system of any church in the area. I used to volunteer in the kitchen just to be on the receiving end of Thelma Deaton’s yeast rolls. They were so delicious, and I can almost taste them now in my mind. My mother was known for her gingerbread and the caramel sauce poured all over it. I watched many wonderful Christians try to fill their plates with as much food they possibly could.

We can laugh about it, but this behavior is what I call a “broken will.” We can’t seem to choose what is best for ourselves, so we choose unhealthy attachments. We not only choose unhealthy food, but we choose unhealthy partners, unhealthy habits, or we abuse substances such as drugs or alcohol.



## **The Call to Loving Community by Judith MacNutt**

Continued....

God designed us to have healthy attachments. We are meant to share our stories and accept prayer for our needs. We are meant to be in loving relationships. We are meant to be in churches where people address instead of hide from their pain. We are meant to be in loving communities where people are seen with the heart of Jesus—where someone can see when things are amiss. We are meant to be in relationships in which someone is willing to reach out to us and pray with us when they see us hurting.

In my private practice in Clearwater, FL, a man came for an appointment. This man, (we will call him John), booked an appointment on the advice of his doctor who said, “If you don’t go for counseling, you’re going to die.”

John had suffered a very serious heart attack. Although he was only in his 40’s, he had arthritis throughout his body. His feet hurt so much that he shuffled when he walked. John shared that when he was about three years old, his father left the family and never came back. He was raised in a household with his mother and two of his aunts. His life was miserable because all three of the women were very controlling as a result of their own pain.

The very first time I prayed for him I asked the Lord to bring to mind a memory where John had really suffered. In his boyhood home, there was a big, round dining room table with a tablecloth over it that hung all the way to the floor. When life was difficult, this was John’s hiding place—his safe place where he would take his little soldiers and other toys.

During our inner healing prayer session, he saw himself in his childhood memory under that table and he realized how broken that little boy was. He asked, “Why did my daddy leave me?”

He saw Jesus come under the table with him and ask him, “What are you doing, John?”

He said, “I’m playing with my little soldiers.”

Jesus asked, “May I sit and play with you?” Jesus sat with John and then He lovingly asked, “Would you let me hold you?” In his memory, John saw Jesus holding him and asking, “Will you forgive your daddy for leaving you?” The adult John cried and cried, and he was able to forgive. When he left my office that day the arthritis was totally gone from his body and his heart was healed.

Learning how to move in the healing ministry of Jesus can begin to transform people. Jesus tunes into people and their hearts. He heals everyone who comes to him. The work of Jesus is the teaching of Jesus—to heal the sick, to raise the dead, to cast out demons, to deal with generational issues in people, to deal with their brokenness and woundedness inside. This is what will truly transform the church.

What about you? I recommend you address your own pain as a first step. Some of us have so much anger, fear, grief and sorrow that it is literally making us sick. We may be transferring that pain to others. But we don’t have to wait for heaven to be set free; we can experience transformation here and now! We can be healed and restored here and now. Jesus is changing His church, and you are part of that!

## February 2020

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### February

**2nd** - Soup-erbowl Sunday

**5th** - Pastor's Bible Study orientation. 1pm & 7pm

**6th** - 6:15 Healthy Living Ministry

**8th** - Springhill Village Valentines - see P.3

**12th** - Pastor's Bible Study 1pm and 7pm

**19th** - Pastor's Bible Study 1pm and 7pm

**21st** - Fish Fry see P.3

**26th** - Ash Wednesday Worship Service 7pm

## March 2020

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### March

**4th** - Pastor's Bible Study orientation. 1pm & 7pm

**5th** - 6:15 Healthy Living Ministry

**11th** - Pastor's Bible Study 1pm and 7pm

**18th** - Pastor's Bible Study 1pm and 7pm

**21st** - Spaghetti Dinner - details to follow

**25th** - Pastor's Bible Study 1pm and 7pm

**29th** - After worship - 5th Sunday Lunch with Leadership informational

## April 2020

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### April

**4th** - Easter Craft Event at Farrier Court - details to

**5th** - Palm Sunday - Easter Cantata; Egg hunt; lunch

**9th** - Maundy Thursday Worship service 7pm

**10th** - Good Friday Worship service 7pm

**12th** - Easter Sunday Sunrise service 7am @ St.

### More Details To Follow - Future Dates

**Lenten Luncheon** - details to follow.

**Gospel Music Event** - Some time in the spring.

**May 9th** - Tenderloin Dinner

**May 31** - After worship - 5th Sunday Lunch with Leadership informational meeting.

**July 4** - Possibly hand out water in the park.

**Game Nights** - plans in the works.

**Summer VBS** - some time in June or July, details to follow.

**Blessing of the Animals** - some time in October.

**Trunk or Treat** - End of October.

**Fall Harvest Event**

**Fall Chili Cook Off**

**Kids Club** - starts soon - details to follow.