

TABLE TALK - WEDNESDAYS AT NOON

Beginning Wednesday, February 4, join Pastor Jeremy for Table Talk at the First Church campus. Bring your lunch and gather around the table for open, relaxed conversation and connection. This is a space to talk about whatever is on your mind — current events, questions of faith, or life in general. There's no formal agenda, just time to listen, share, and be in community together.

Throughout the New Testament, table fellowship is a powerful theme — meeting people where they are, building relationships, and creating space for honest conversation over food. Table Talk is one of the ways we're honoring that tradition today, while also living into our values of connection, hospitality, and meaningful dialogue.

(From Pastor Jeremy: This isn't a gripe session, church business meeting, or a place to troubleshoot programs and policies. The goal is connection, dialogue, and shared reflection in a relaxed and welcoming space.)

Come every week or drop in when you're able — all are welcome! No registration or RSVP necessary.

FSU WESLEY MISSION TRIP FUNDRAISER

Join FSU Wesley right after worship on February 8 for their "Soup-er Bowl" Mission Trip Fundraiser — a long-standing First Church tradition that helps make the Wesley students' spring break mission trip possible.

Following worship, we'll kick things off with lunch, and then the real fun begins — the baked goods and craft food auction, featuring homemade treats and creations!

We really need your help to make this a success! If you're willing to donate an auction item (baked goods, candy, crafts, or other homemade goodies), please sign up on the bulletin board or email Kim as soon as possible.

This fundraiser is vitally important to supporting the Wesley Foundation's mission trip program, and your participation — whether donating items, bidding in the auction, or coming for lunch — truly makes a difference. Plan to be there and help support our Wesley students!

ASH WEDNESDAY - FEBRUARY 18

Ash Wednesday marks the beginning of Lent, a season of reflection, prayer, and re-centering our lives around what matters most. It's a chance to slow down, tell the truth about our need for grace, and begin again. The ashes remind us that we are human, we are finite, and we belong to God — and that even in our fragility, God is still at work making all things new.

We invite you to join us in one of three opportunities to receive ashes and worship on Ash Wednesday:

IMPOSITION OF ASHES

7:30-9AM @ First United Methodist Church
9:30-12PM @ The United Church
9:30-11:30AM @ St. Andrew's Episcopal Church

WORSHIP SERVICES

12:00PM @ St. Andrew's Episcopal Church
7:00PM @ First Church United Methodist Church

Whether you can slip through in the morning, pause at midday, or gather in the evening, this is a meaningful way to begin the Lenten journey together.

What's Happening

SUNDAY, FEBRUARY 1

9:30AM - Worship @ Paris Campus
10:00AM - Worship @ First Church Campus
11:15AM - Family Meeting / Potluck @ First

MONDAY, FEBRUARY 2

12PM - Alcoholics Anonymous @ Third Ave

TUESDAY, FEBRUARY 3

9AM - Ministry Staff Team Meeting @ First
12PM - Alcoholics Anonymous @ Third Ave
7PM - Alcoholics Anonymous @ Paris

WEDNESDAY, FEBRUARY 4

11:30AM - Community Lunch @ Third Ave
12PM - Table Talk (BYO Lunch!) @ First
5PM - Praise Team Rehearsal @ First
7PM - Leadership Team @ First

THURSDAY, FEBRUARY 5

5:30PM - Community Dinner @ First

FRIDAY, FEBRUARY 6

12PM - Alcoholics Anonymous @ Third Ave

SATURDAY, FEBRUARY 7

10AM - Crafting With A Cause @ First
11AM - Alcoholics Anonymous @ Paris
11:30AM - Community Lunch @ Third Ave

CRAFTING WITH A CAUSE - SATURDAY, FEBRUARY 7

Join us from 10AM to noon as the Crafting With A Cause group gets together to make Valentine cards for shut-ins — a simple way to remind folks that they are loved and remembered. No need to be super crafty to participate! Come as you are and enjoy some good company while making a difference. After we wrap up at noon, the group will head out for lunch together. Everyone is welcome! Questions? Reach out to Larisa Draves at 231-598-1911.

SOUL CIRCLE - SPRING 2026 GROUPS FORMING NOW!

SOUL Circle 2025 offered a meaningful and supportive experience for more than a dozen church and community members. Sharing our stories and the many ways grief is experienced along life's journey proved to be deeply healing and comforting. We are gathering participants for our Spring 2026 session. If you are interested in joining our next 13-week SOUL Circle, please contact Barb in the church office or reach out to Kathy Bell for more information.

STAFF CONTACT INFORMATION

Barbara Erb - Director of Administrative Services
barbara@ummecosta.org - (231) 796-7771

Julie Setlock - Director of Family Ministry
julie@ummecosta.org - (231) 796-7771

Kathy Bell - Director of Congregational Care
kathy@ummecosta.org - (231) 224-6177

Rev. Jeremy Wicks - Executive Pastor
jeremy@ummecosta.org / (231) 224-6545

To schedule an appointment with Pastor Jeremy, contact Barbara Erb or schedule online at calendly.com/jeremy-ummecosta

Week of February 1, 2026 - February 7, 2026

Family News



UNITED METHODIST MINISTRIES OF MECOSTA COUNTY

304 ELM STREET, BIG RAPIDS MI 49307 • (231) 796-7771 • WWW.UMMECOSTA.ORG

ADMINISTRATIVE OFFICE HOURS: TUES - FRIDAY, 9AM - 3PM

PASTOR OFFICE HOURS: TUESDAY & THURSDAY, 9AM - 12PM & 12:30PM - 3PM

NORTH CAMPUS - PARIS

109 Lincoln St
Paris, MI 49338
ummecosta.org/paris

Worship Gathering
in-person
Sundays @ 9:30AM

DOWNTOWN CAMPUS - FIRST

304 Elm Street
Big Rapids, MI 49307
bigrapidsfirst.org

Worship Gathering
in-person and online
Sundays @ 10AM

Order of Worship - February 1, 2026

FOURTH SUNDAY AFTER EPIPHANY

Prelude

Welcome & Announcements

* **Call to Worship** (Reader / *People*)

Come, all who have gathered to worship—this is not just another day.

This is the day the Lord has made!

Today, we come not only to hear good news, but to let it shape how we live.

We come ready to rejoice and respond!

Faith is more than words we say; it is a life we practice, day by day.

This is the day to live our faith out loud.

So come, let us worship with joy and expectation!

This is the day the Lord has made; let us rejoice and be glad in it!

* **Hymn**- "This Is The Day", UMH #657

Children's Message

Scripture Reading - James 1:19-27 (NRSVUE)

Reader: The word of God, for the people of God.

People: *Thanks be to God!*

Hymn- "Lord, I Want to Be a Christian", UMH #402 (adapted)

Message - "Don't Just Hear It - Live It!"

Celebration of Communion

Pastoral Prayer

The Lord's Prayer

* **Hymn** - "Here I Am, Lord", UMH #593, vss. 1-2

Benediction

* **Hymn** - "Here I Am, Lord", UMH #593, vs. 3

Postlude

* PLEASE RISE IN BODY OR SPIRIT

Join us for coffee and conversation in
Fellowship Hall immediately following worship.

Welcome to First Church!

Welcome to First Church, the downtown campus of United Methodist Ministries of Mecosta County - we're so glad you're here! This is a community where every person belongs, every story matters, and every question is welcome. If you're new or exploring, we'd love to get to know you. You can learn more about who we are and find helpful information for your first visit at bigrapidsfirst.org.

Need directions? Curious about something? Our welcome team is nearby and ready to help. Truly, we're delighted to worship with you today.

NOTES:



Check In Here

SERVING TODAY - FEBRUARY 1

Reader: Pat Little
Ushers: Pat & Marion Williamson, Joann Haist
Greeter: Nancy Spedowski
Communion Stewards: Karen Leiter, Brenda Chaffee
Nursery: Sarah Delany, Julie Tessin
Sunday School: Larisa Draves, Liberty Beam
Fellowship Host: Family Meeting & Potluck

SERVING NEXT WEEK - FEBRUARY 8

Reader: Doug Fitzgerald
Ushers: Colin & Roberta Cline
Greeter: Pete Jensen
Nursery: Sarah Delany, Grace Supanich
Sunday School: Thomas Wheeler, Frankie Supanich
Fellowship Host: FSU Wesley Cake Auction/Soup Lunch

LENTEN BOOK STUDY: KNOWING WHO WE ARE

Across the Michigan Conference, United Methodists are spending time this year reflecting on who we are, where we've come from, and what it truly means to be part of The United Methodist Church. To join in that wider conversation, we'll be offering an in-person book study at the First Church campus on Wednesdays at 11AM, beginning February 25 and continuing through April 1.

We'll be using the same book that the Michigan Conference is encouraging churches across the state to read: *Knowing Who We Are* by Lacey C. Warner.

This study is a great opportunity to learn what it really means to be United Methodist — our Wesleyan roots, our core values, and the way faith is meant to shape our lives, our communities, and the world.

It's also a very practical option for anyone considering becoming a member of UMMMC. We don't typically offer formal membership classes, and participation in a class is not required in order to become a member. That said, if membership is something you're considering, this study is a great way to explore what it means to be United Methodist in a meaningful and accessible way.

If you are interested in becoming a member, please reach out directly to Pastor Jeremy to let him know. Our current plan is to welcome new members on Easter Sunday, alongside our confirmands.

We'll be ordering books and will have them available in the church office for \$15.

To register for the in-person study at First Church, call Barbara Erb in the office or send an email to register@ummecosta.org with "Lenten Book Study" in the subject line. Please include your name and phone number in the body of the email.

Prefer a virtual option through the Michigan Conference? Sign up here: <https://michigan-reg.brtapp.com/KnowingWhoWeAreBookStudyPromo>

Whether you join us in person or with other United Methodists from across the state online, this is a great way to grow in your understanding of what it means to be United Methodist and connect with the wider church.

FEBRUARY MISSION GIVING FOCUS: CAMP SCHOLARSHIPS

Our February Mission Giving Focus will support Camp Scholarships, helping children and youth attend Christian summer camp — even when cost might otherwise be a barrier.

At UMMMC, every child who attends church camp automatically receives a \$100 scholarship, and we also offer additional need-based scholarships to ensure no one misses out because of finances. These scholarships make it possible for more young people to experience a place where faith is formed, friendships grow, and lives are often changed in powerful ways.

All funds received through the February Mission Giving will be directed to the *Karen Poole Camp Scholarship Fund*. Karen's passion for camping ministry was evident not only during her time at First Church but throughout her entire ministry. Supporting this fund is a meaningful way to honor her legacy while investing in the faith of the next generation.

Thank you for helping make camp possible for our children and youth!

Your generosity makes a difference! To avoid any confusion in our giving systems, please make your checks out to First Church. Thank you for your continued support!