



Pastor's
Page



“It’s all about the eyes...”

This picture first appeared on the Clergy Coaching Network’s Facebook page. Looking closely at the eyes, you can see the photographer taking the photo.

They say a picture is worth a thousand words. I believe this is true. Pictures tell a story of a moment captured in time. They tell us about where we have

been and where we are going. What our hopes and dreams are of a new start to a new year, a new day, a new opportunity to serve the Lord.



February 14th is Ash Wednesday. We will gather for Holy Communion and the imposition of Ashes at 7 pm. This is the official start of Lent. This past week, we were privileged to have John Tumino and his wife Leighann in worship to share their work through their ministries of In My Father’s Kitchen, Rise Above the Streets, and Lifehouse ministries.

Last year we partnered with John and Leighann to help support Lifehouse ministries by providing gift cards for their resident. LifeHouse Ministries is all about helping women come out of the sex trafficking industry and into a new life in Jesus Christ. This year, we will be partnering again with John and Leighann.

We aim to collect over 100 gift cards and monetary donations to support their resident in building a new life. WE CAN DO THIS!

Think about every time you go to the grocery store and ask yourself if you are blessed that you could pick up a \$5.00 or \$10 gift card to help this individual. Gift cards from any place are welcome. Even restaurants or coffee shops. I mean, who doesn't like a burger and fries from time to time or a latte from Dunkin Donuts?

The theme for Lent this year is The Tools for The Journey. Over 40 days, we will explore the works of the prophets and Jesus and see that God gives us what we need to do the job before us. As the Apostle Paul reminds us in Ephesians 2:10, "We are God's handiwork for the work set before us by God in Christ Jesus."

Let your gifts to the church reflect your commitment to change lives. 2024 is a new opportunity to renew the faith that has carried you and allow you to bless others.

I look forward to your presence in Church and willingness to give faithfully. God bless in this season of faith perfection.

In Christ,

A handwritten signature in cursive script that reads "Rev. Daniel J. Bradley".

Rev. Daniel J. Bradley

What's Happening

February:

February 10th—Pancake Breakfast @ FJUMC, 9am

February 13th thru 17th—Spin the Wheel of Love Sale @ C&B

February 14th—Valentine's Day

February 14th—Ash Wednesday Worship Service, 7pm

February 18th—Lent Begins (*collecting gift cards for Life House Ministries during Lent*)

February 19th—Presidents' Day

February 25th—Easter Flowers need to be ordered by this date, order forms are available now!

Ash Wednesday



Ash Wednesday Worship Service
Wednesday, February 14, 2024 at 7:00 PM
Faith Journey United Methodist Church
8396 Morgan Rd. Clay, NY 13041

PANCAKE Breakfast

JOIN US ON THE SECOND SATURDAY OF EACH MONTH
at 9:00 a.m.

MARK YOUR CALENDARS FOR
UPCOMING PANCAKE BREAKFAST DATES:

February 10, 2024
March 9, 2024

OR join us on Sunday Mornings
before worship service, 9:30-10:15am
during Lenten Season

Faith Journey UMC, Fellowship Hall
8396 Morgan Rd. Clay, NY 13041



Turning coins into compassion.



Stop inside the Phoenix office to Funnel your change for charity! All donations will help the Phoenix Area Food Pantry!

Introducing our Coins to Compassion Movement!

Hey CNY! We have an exciting opportunity for you to turn your spare change into acts of compassion! Every few months in 2024 we are going to raise money for a local nonprofit. Drop your coins into our Coin Funnel, (bring the kids—they will love it) and let's make a positive impact on our community together.

How to Participate: Stop by the Ripley, Garlock & Associates Northwestern Mutual office on 81 State Street in Phoenix, NY. Drop in your spare change and watch as it transforms into compassion!



Cradle & Beyond 2.0

7778 Brewerton Road

Store hours:

Tuesday	4 pm - 7 pm
Wednesday	10 am - 4 pm
Thursday	10 am - 4 pm
Saturday	10 am - 2 pm

Contact Information:

Phone: (315) 980-8004
Email: Cradleandbeyond2@gmail.com
7778 Brewerton Rd. Syracuse, NY 13212



Happy February

We hope you are enjoying 2024's 'lack-of-winter, winter'. We appreciate and are thankful to be outdoors and not freezing, driving on relatively dry roads, taking walks outdoors and seeing birds now and then, but may also miss hearing the snowmobilers, going skiing, seeing the beauty of the snow glistening on the trees and hearing the crunching of the snow when walking.

February is often synonymous with Valentine's Day – but do you know the real story behind Valentine's Day is actually quite disturbing! So, I'll not tarnish the more modern-day ideals of Valentine's Day by boring you with the historical details that date back to the third century (check out the history channel online if you're interested in learning more).

I find myself thinking of the associations of the modern-day Valentines' Day and Cradle and Beyond. Each one of you share your love of helping others, ensure that others feel heard and appreciated and share your gifts with one another and our amazing customers. In January, a group of us served as key-note speakers to a group of people at a Chili Challenge, it was amazing! It was anticipated that we'd talk for about 10 minutes but the Q&A went on and on – with great questions being asked of us in addition to people wanting to find ways that they can be in mission with C&B!

In February, C&B is invited to be a part of a community baby shower that will be held in Fulton, NY. We are packing up individual bags that include diapers, infant clothes, formula, wipes, books, stuffed animals, etc. and will hand them out to expectant mothers. After sharing this with a customer, she came into the store yesterday with cases of PediaSure and would like us to hand them out at the event as well. People love to be a part of something amazing – it's awesome that C&B can be that vessel. In March, Beth is invited to be a 'Star Panelist' at Keuka College where she will be asked questions and given an opportunity to share about Cradle and Beyond to the college community... It's so easy to talk about C&B!



We will be having a Spin the Wheel of Love Sale 2/13 – 2/17 to celebrate Valentine's Day. So, as you think about Valentine's Day this year – maybe instead of the commercialism that happens in the modern-day celebrations – you will also take a moment to think about all the love and compassion that is provided each and every day. C&B is a catalyst to this – whether it's working a shift or two, donating, shopping, sorting, socializing or delivering merchandise to others – it is done so out of love. We are truly blessed. Valentine's Day this year is also "Ash Wednesday".

Enjoy your extra day this year – do something to make it count ... Happy Leap Year!





SCRIPTURE OF THE MONTH - FEBRUARY - "RECEIVING LOVE"

"Jesus said, "A new command I give you: Love one another. As I have loved you, so you must love one another." - John 13:34



February

It's the month of love! Whenever I get asked "What's your favorite Holiday?" I always think well, it's Valentine's Day, not because it's a day to celebrate couples, but more importantly, it's a day/month to celebrate, share and receive LOVE! I wish the commercialism of Valentine's Day would focus more on LOVE for one another and less about buying flowers or chocolates for your latest valentine because LOVE is the greatest gift we have to give and receive. I hope you celebrate this month with love in your heart everyday, for everyone.

20 Meaningful Things to Give Up or Start Doing for Lent 2024

Things to GIVE UP for Lent:

1. Clean up daily clutter and address disorganization.
2. Slow down on online shopping and frivolous spending.
3. Limit speeding in car, listening to music, and miscellaneous driving distractions.
4. Text less and talk more on the phone!
5. Skipping, avoiding, or postponing essential health appointments and checkups.
6. Go to sleep a half-hour earlier and limit screen-time before bed.
7. Limit coffee and caffeinated drinks.
8. Limit the amount of red meat you consume.
9. Avoid social media and the 24-hour news cycle.
10. Stop negativity and complaining.
11. Limit the amount of take-out or dining out at restaurants, cook more at-home!

Things to START DOING for Lent:

12. Mission outreach—volunteer and get involved in community events and visit those at-home parishioners!
13. Visit cemeteries and plots of loved ones who have passed away more frequently, especially on special dates and birthdays.
14. Offering more forgiveness and grace to others.
15. Start communicating more and stop avoiding difficult conversation!
16. Try a new daily spiritual practice, like yoga or meditation.
17. Make survival kits for homeless, leave them in your car and hand them out during your travels. **Add a pair of socks, Chapstick, granola bars, small bottle of water and \$5 gift card to a food place. Consider adding dog treats/kibbles to a few in case you encounter people with dogs.*
18. Make a commitment to read the Sunday Scriptures before worship service for a deeper understanding and connection to the reading.
19. Learn about a social justice issue, and donate to a related organization.
20. Pray for somebody new each day!

BIBLE TRIVIA

Love & Marriage

1. What was the name of Abraham's wife?
2. How was Isaac's wife chosen?
3. Which of his wives did Jacob love the most?
4. What happened to Shechem, the prince who fell in love with Dinah, daughter of Jacob?
5. Where did Moses meet his future wife?
6. What were the restrictions on marriage for the daughters of Zelophehad?
7. What was the name of Ruth's second husband?
8. Samson loved Delilah so much that she persuaded him to tell her what?
9. What was the name of Abigail's first husband?
10. What convinced David he was in love with Bathsheba, to the extent that he was prepared to commit adultery?
11. Who did Amnon love, and then hate even more than he had loved her?
12. Who told his wife not to worry that she was barren and said, "Am not I better to thee than ten sons"?
13. In the love poetry in Song of Solomon how is the lady's hair described?
14. What was the occupation of Hosea's wife?
15. Who does Jesus say are the two most important people to love?
16. Which married couple did Paul become friends with at Corinth?
17. What is Paul's command to husbands in his letter to the Colossians?
18. What does Paul say is the greatest?
19. How does Paul describe marriage in Hebrews?
20. Of what is the husband's love for the wife a symbol?

⇒ *Answers are located on the bottom of **Page 10***



*Mark your calendars for the next
GNAC show!*

Bugsy Malone Jr.!

Directed by Trevor Hill

Friday, March 15th at 7:00 p.m.

Saturday, March 16th at 7:00 p.m.

Friday, March 22nd at 7:00 p.m.

Saturday, March 23rd at 7:00 p.m.

Sunday, March 24th at 2:00 p.m.

Tickets will be available at Tick-
etor.com/GNAC closer to show dates

Faith Journey UMC, Fellowship Hall
8396 Morgan Rd. Clay, NY 13041



LIFE HOUSE

RESET. RESTORE. REBUILD. RELAUNCH.



During the season of Lent, we are collecting gift cards and monetary donations for John and Leigh-Ann Tumino's *Life House*, a project based mission designed to serve as a home of rescue, transition and transformation for women once trapped in a life of sex trafficking. Life House is committed to helping women make lasting changes in their lives by working together with them and a group of professionals, community agencies, trauma-informed staff, and Human Trafficking Courts. They assist in providing a safe and comfortable rent-free residential program to work on those changes. We have a goal to collect 100 gift cards for Life House Ministries from local grocery stores, restaurants and fast food locations. We thank you for your continuous support towards these important missions!

FEBRUARY SCRIPTURE WRITING PLAN



Each of the scriptures below takes ten minutes or less to copy out. Commit to spending ten minutes each day listening to God's voice and Connect with the word!

Day 1 - Psalm 63:3

Day 2 - 1 Corinthians 13:4-7

Day 3 - Isaiah 54:10

Day 4 - Proverbs 3:12

Day 5 - Psalm 146:8

Day 6 - Psalm 145:20

Day 7 - Proverbs 8:21

Day 8 - Psalm 86:15

Day 9 - Deuteronomy 7:9

Day 10 - Psalm 119:64

Day 11 - Galatians 2:20

Day 12 - Song of Songs 2:4

Day 13 - Isaiah 38:17

Day 14 - Isaiah 43:4

Day 15 - John 3:16

Day 16 - 1 John 4:9-11

Day 17 - 1 John 3:1

Day 18 - Ephesians 5:2

Day 19 - Isaiah 63:9

Day 20 - Jeremiah 31:3

Day 21 - Jeremiah 2:2

Day 22 - Jeremiah 31:3

Day 23 - Daniel 9:4

Day 24 - Hosea 14:4

Day 25 - Psalm 36:5-6

Day 26 - Psalm 107:8-9

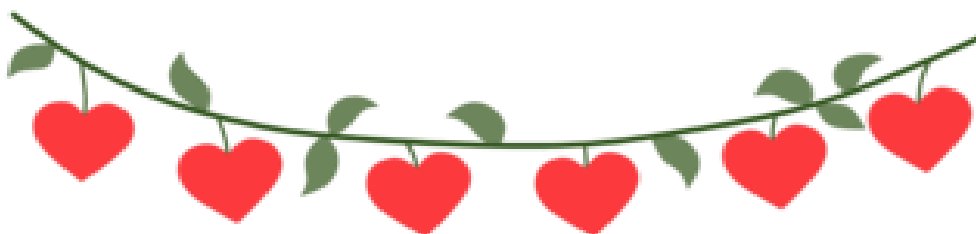
Day 27 - Nehemiah 9:17

Day 28 - Zephaniah 3:17

Day 29 - 1 Chronicles 16:34

What are Scripture Writing Plans?

Scripture Writing plans are something you can do every day and it will help you in your journey with God. Get your bible out and write out the scripture for that day. It is a proven fact that when you write something down it resonates more fully than just reading it. So, write it out and speak those words into reality, this will also help with memorization of the word of God and your daily walk with Him.





RecipeCorner



Cinnamon Swirl Banana Bread

"Every slice of this cinnamon swirl banana bread features a moist crumb, lots of banana flavor, and a thick ribbon of cinnamon sugar swirled through the center. Top with a simple vanilla icing to turn this quick bread into a delightful dessert-like treat!"

Recipe by: Sally from Sally's Baking Addiction

<https://www.sallysbakingaddiction.com>



NATIONAL
BANANA BREAD DAY
FEBRUARY 23

Banana Bread

- 2 cups all-purpose flour, spooned & leveled
- 1 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 2/3 cup granulated sugar, or use packed brown sugar
- 4 tablespoons unsalted butter, softened to room temperature
- 2 large eggs, at room temperature
- 1 and 1/2 cups mashed bananas, about 4 medium or 3 large ripe bananas
- 1/3 cup plain Greek yogurt, or sour cream
- 1 teaspoon pure vanilla extract

Cinnamon Swirl

- 1/4 cup granulated sugar
- 1 and 1/2 teaspoons ground cinnamon

Vanilla Icing (Optional)

- 1/2 cup confectioners' sugar, sifted
- 1 tablespoon heavy cream or milk
- 1/4 teaspoon pure vanilla extract

1. Adjust the oven rack to the lower third position and preheat the oven to 350 F. Grease a metal 9x5 inch loaf pan with nonstick spray, set aside. **Lowering the oven rack prevents the top of your bread from browning too much, too soon.*
2. **Make the banana bread batter:** Whisk the flour, baking soda, cinnamon, and salt together in a medium bowl, set aside.
3. Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together on high speed until smooth and creamy, about 2 minutes.
4. With the mixer running on medium speed, add the eggs one at a time, beating well after each addition. Then beat in the mashed bananas, yogurt, and vanilla extract until combined.
5. With the mixer running on low speed, slowly beat the dry ingredients until no flour pockets remain. You'll have around 3 or 1/2 cups of batter. Do not over-mix.
6. **Cinnamon Sugar Swirl:** Mix the sugar and cinnamon together. Spoon half of the banana bread batter into the prepared loaf pan. Sprinkle with cinnamon sugar mixture, then pour and spread remaining batter on top. **The top layer of batter will want to stick to the cinnamon-sugar filling, making spreading a little tougher to do, but use a spoon to carefully spread it out as best you can. Using a knife, swirl the batter down the center of the loaf pan. Avoid over-swirling, which will mix the layers together too much.*
7. Bake for 55-65 minutes, making sure to loosely cover the bread with aluminum foil halfway through to prevent the top from getting too brown. **The bread is done when a toothpick inserted in the center comes out clean with only a few small moist crumbs. All ovens vary, so begin checking every 5 minutes around the 55-minute mark.*
8. Remove bread from the oven and allow the bread to cool in the pan set on a wire rack for 1 hour before removing the bread from the pan.
9. Whisk the icing ingredients together. Drizzle over bread before slicing.
10. Cover and store banana bread at room temperature for 2 days or in the refrigerator for up to 1 week. Icing seeps into the top of the bread over time, so expect the tops of the slices to become a little moist.

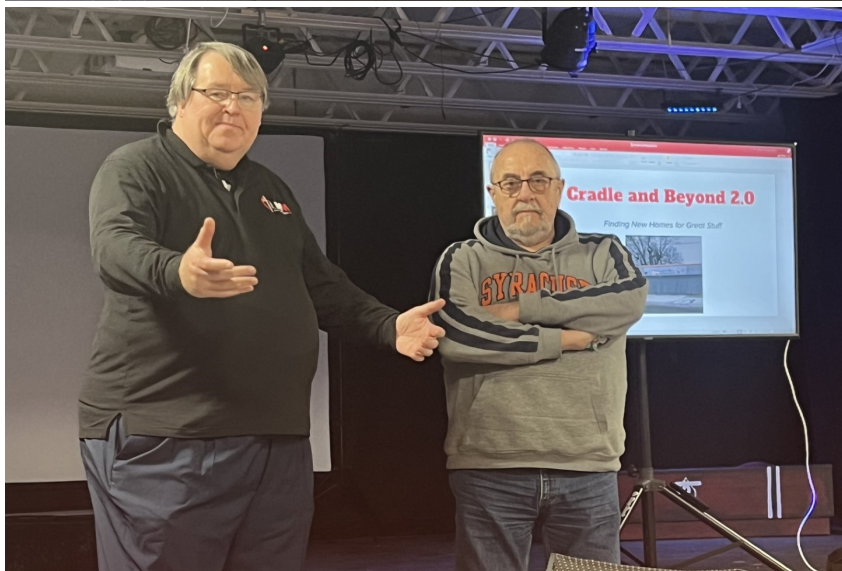
What You'll Love About This Cinnamon Swirl Banana Bread:

- Quick and easy to make. Also, makes a great treat any time of day
- Cake-like texture stays moist for days
- Excellent use for over-ripe bananas; or you can thaw frozen bananas
- Freezes well, so make ahead and stock your freezer for banana bread emergencies

Prep Time: 15 mins. / Cook Time: 55 mins. / Total Time: 3 hrs. / Yields: 1 loaf

CHILI COOK OFF

The Chili Cookoff Challenge was a complete success and we look forward to having another one same time next year!





"For the Glory of God, we will strive to enable the development of Community Based Systems for the health and holistic quality of life in Southern Sudan"

January 18, 2024

Faith Journey United Methodist Church:

On behalf of thousands of people, I once again thank you for creation and support of the Southern Sudan Health Projects. Your most recent contribution of \$140 has been combined with other gifts to pay the salaries of the 8 Home health Promoters and their administrator, as well as for medicines.

Each month the SHHP's work with about a thousand people. Their November reports indicated that amongst the many people served, 83 were children under the age of 5 who were diagnosed with malaria. In addition, another 30 under the age of five were diagnosed with severe malaria.

The work that is accomplished everyday continues to change the community for the better, for the present as well as for the future. In addition, the country of Sudan is having great difficulties, and many refugees have crossed into South Sudan, even to the Bor area where the Southern Sudan Health Projects works.

Please know that every bit of support for this project that Faith Journey offers, makes the future of these children of God better.

In God's Love, Rev. Bradford Hunt



Clear Path
FOR VETERANS
SUPPORTING THE JOURNEY HOME™

Dear Faith Journey UMC,

On behalf of Clear Path for Veterans, and the veterans and family members we serve. Thank you for your generous donation of \$175.00 received on January 16, 2024. We sincerely appreciate your commitment to helping veterans, military members, and their families in Upstate New York. Donations support the operation of our Veterans Resource Center and the unique programs and services only Clear Path can provide.

Because of your financial support, we provide those that we serve with the support and assistance they want and deserve. Once again, thank you for your generous donation and your continued support. Because of you, we can continue leading the community in support of our veterans' journey home. Thank you for seeing value in our mission and our ability to meet the needs of our local service members and their families. Sincerely, Alexander J. Behm, Executive Director

Bible Trivia Answers: 1. Sarah, 2. His father sent a servant back to Mesopotamia to choose a wife from his own family, 3. Rachel, 4. He, his father, and the men of his city were slain by Dinah's brothers, 5. At a well in the land of Midian, 6. They must marry within their tribe, 7. Boaz, 8. The secret of his strength, 9. Nabal, 10. He saw her take a bath, and saw she was beautiful, 11. Tamar, 12. Elkanah, 13. As a flock of goats, 14. Harlot, 15. God and your neighbour, 16. Aquila and Priscilla, 17. Love your wives, and do not be bitter towards them, 18. Love, 19. Honourable, 20. Christ's love for the church

FEBRUARY 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			9:30 AM - Prayer & Holy communion in Pastor's Office	1 9AM - 12PM - Workday @ New Building.	2	3 9AM - 12PM - Workday @ New Building.
4 *Communion Easter Flower forms available	5	6	7 9:30 AM - Prayer & Holy communion in Pastor's Office	8 9AM-12PM - Workday @ New Building	9	10 Pancake Breakfast @ FJUMC, 9am 9AM - 12 PM - Workday
11	12	13 Spin the Wheel of Love @ C&B, 4-7pm	14 Ash Wednesday Service, 7pm Valentine's Day Spin the Wheel of Love @ C&B, 10am-4pm	15 Spin the Wheel of Love @ C&B, 10am-4pm 9AM - 12PM - Workday @ New Building	16	17 Spin the Wheel of Love @ C&B, 10am-2pm 9AM - 12PM - Workday @ New Building.
18	19 Presidents' Day	20	21 9:30 AM - Prayer & Holy communion in Pastor's Office	22 9AM - 12PM - Workday @ New Building	23	24 9AM - 12PM - Workday @ New Building
25 Submit Easter Flower order forms by this date	26	27	28 9:30 AM - Prayer & Holy communion in Pastor's Office	29		

In-Person and Online Worship Service:

Join us in-person or watch us live every Sunday at 10 am on Facebook
www.facebook.com/faithjourneyumccclaynorthsyracuse

Sermons also available on:

Faithjourneyumc.libsyn.com or <https://www.vimeo.com/channels/fjumc>



C&B has been invited to be a part of a Community Baby Shower in Oswego County (sponsored by Healthy Families) and we were going to bring items collected for the month of **JANUARY and FEBRUARY** to the event held on Thursday, 2/29. Please bring in any baby items, including clothing, diapers, wipes, bottles, formula, blankets, rattles, etc. *(anything you would bring to a baby shower).*

**THANK YOU FOR
YOUR SUPPORT!**



Seek

.....

We seek God's presence in our lives, to help others in their relationship with God and to strive to see God's work through all people.

Serve

.....

We serve God through mission, encourage everyone on their spiritual journey and follow the teachings of Jesus Christ.

Share

.....

We create opportunities for all to share their gifts and talents and demonstrate openness, acceptance and hospitality.

God With Others

Office Location:

8396 Morgan Road
Clay NY 13041

Contact Information:

Phone: (315) 652-9186 or
(315) 458-0890

E-Mail: fjoffice@fjumc.org

Website: www.fjumc.org

Faith Journey UMC Staff:

Pastor Rev. Daniel J. Bradley

Maryna Mazhukhova - Musician

Daniel Williams - Musician

Jake Melnyk - Musician

Sara Mertz - Office Manager

Sean Townsend - Custodian