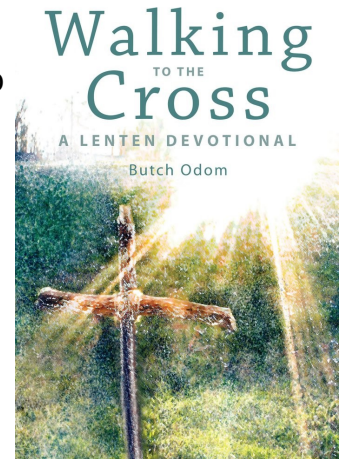


The Good News

Sumner United Methodist Church

February 5, 2018

The **Walking to the Cross** books have arrived. I will have them available after church on Sunday. If you would like to join me please send an email to churchofficesumc@gmail.com. That way I can order more books in time for Ash Wednesday.



Sign up continues for 2 other Lenten Groups:

Prayer with Arlene

Talk God with Pastor Pam

Sign up Sheets are in the foyer of the church



Some upcoming events in our community:

Mom and Me Mobile Clinic: Puyallup Nazarene Church 3/17 & 5?26
Sumner Food Bank 3/10 & 5/12

This clinic provides basic health care services to the underinsured and non-insured citizens of the state of Washington at **no charge**.

Habitat for Humanity 2018 Changing Lives Luncheon, March 6 at noon, Hotel Murano.

Sumner Community Food Bank 2nd Annual Golf Tournament Thursday May 17th.

For more information see Lorri Stoyles.

FEBRUARY



February 11—Messy Church

February 11—Communion Sunday and Getting ready for Lent

February 14—Ash Wednesday—Lent begins

February 22—Top of the Hill



Did you know February is Heart Month?

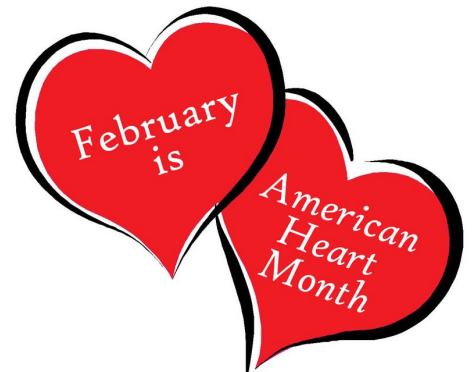
Walking 30 minutes 5 days a week can decrease blood pressure 10 points.
Losing 5-10 pounds of weight can decrease blood pressure 5 points.
Quitting tobacco can decrease blood pressure 5-10 points.
Limiting salt (sodium) to 1,500 mg per day can decrease blood pressure 2-8 points.

Every 5 points decrease in blood pressure reduces risk of stroke by 34% and risk of heart attack by 21%.

Every 3 points decrease in blood pressure reduces risk of stroke by 8% and risk of heart attack by 5%.

Small changes can make a HUGE difference.

Information from Washington Department of Health



Interested in church membership

OR just learning more about our Church?



**NEW
Member
Class**

You are invited to join Pastor Pam in the Fireside Room on Feb 25, after worship. Come and learn about our church. Ask questions and meet other new people to our church.

From the Trustees

Welcome to our new Board of Trustee Officers: Sid Didwiddle, *chairperson*; Dave Honeysett, *vice-chairperson*, and Jaime Comstock, *secretary*. The Trustees will meet on the Third Sunday of each month at 11:15 in the Fireside Room.

The first item of business will be a walk-thru of our church building, to look for repairs, needs and projects. If you have a concern, please let any of the trustees know, as they evaluate our building. Other members include: Marilynn Urback, Debbi Jaquish, Norma Tollman, Vaughn Schmitz, Kristin Bell, and John Teter.



SAVE THE DATE
Vacation Bible School July 16-19
Monday—Wednesday 9 am– Noon;
Thursday Family Night