



FIRST LIGHT

E-NEWS FROM MUNCY FIRST UNITED METHODIST CHURCH

September 16, 2022, Vol. 114

Yard Sale Information & Helper Sign-Ups

First UMC will be holding a yard sale on Saturday, October 8th from 8:00 a.m.-1:00 p.m. If you have items you would like to donate to the yard sale, you can drop those off on Thursday, October 6th from 9:00 a.m.-7:00 p.m. or Friday, October 7th from 9:00 a.m.-4:00 p.m. If neither of those times work for you, you may call the church office to make alternate arrangements. In order for the yard sale to be a success, we will need lots of helpers. We will need people to help during the above collection times. We will also need helpers during the yard sale and for several hours after the yard sale to pack up remaining items. You can volunteer to help by calling the church office or by using this [online sign-up sheet](#). If you have questions, please contact the church office.

Caring for Body & Soul

Submitted by Karen Barraco

Women interested in stretching exercises and a light cardio workout should consider being a part of the Body & Soul group which meets every Monday and Thursday, 9:00 a.m.-10 a.m. in the Celebration Center gym. Sessions start with a short devotional, sharing joys and concerns, and prayer. Group led exercises are followed by walking around the perimeter of the gym. Participants can bring stretch bands and weights of their own, or use bands and weights provided (1, 2 or 3 lb. sizes). Women in the group range from age 60 to 80+ and everyone exercises at their own comfort level. Some days are better than others, right? For more information, contact Linda Holsinger, 570-546-6840.

Reminders:

-Fall Fun Day is September 24th 12:00 p.m.-4:00 p.m. Come out and enjoy lots of activities for all ages. Bring a chair.

-We are collecting new socks to help support the homeless shoe/sock ministry at St. John Neumann Parish in Williamsport. Socks will be collected until the end of September. Place socks in the collecting bin in the Welcome Center or outside the Living Water Café.

-The Worship Team is holding a Basket Raffle during the Fall Fun Day. If you are interested in sponsoring a basket, contact Jane Lucas (570) 546-5777 or Jo Ann Welch (570) 279-1231. There will also be sign up sheets on the Connection Tables.

-Workers needed on Saturday, September 17th from 7:30 a.m. -12:00 p.m. to help cut and split wood on the Geise property at 15695 State Route 405, Watsonstown. Call Bob Forse at 570-546-7394 if you plan to help.



Members of the Body and Soul women's exercise group pose for a group shot after a session. Joanne Smedley and Linda Holsinger hold a basket the group prepared for the Fall Fun Day basket auction.

Congregational Advent Devotional Sharing Your Faith Story

Submitted by Karen Barraco

Sharing our faith stories with others can be a source of encouragement and inspiration. This year for Advent, the Discipleship Team is giving everyone the opportunity to be a part of creating a Congregational Advent Devotional booklet that will be available to the church family for daily readings during this special time of year leading to the celebration of the birth of Jesus.

Your submission should include a scripture reference and a one or two sentence concluding prayer. Your story could tell of a specific time when you felt God's presence, perhaps through answered prayer or healing. It could be a recent experience, or something which happened long ago. Prayerfully consider what you would like to write.

Unfortunately, the space in the booklet is limited to one side of an 8-1/2 x 11 sheet folded in half. The word count would be approximately 350. Advent begins November 27th and we need readings for 28 days. Submissions should be sent to project coordinator Elaine Duckworth at elaineduckworth@yahoo.com. You may also leave your write-up in the church office. Be sure to include your name! Deadline for your submission is October 16th to allow time to have everything printed. The Advent Devotional booklet will be available for pick up at the church beginning Nov. 6th.