



# THE LINK

## February 2018

318 W. St. Catherine, Louisville, KY 40203  
Official Supporter of the Fairness Campaign  
Pastor: Rev. Craig Tuck

[www.fourthavenue.us](http://www.fourthavenue.us)

502-585-2176

### Called Charge Conference: Tuesday, February 12<sup>th</sup> at 6:00 p.m.

We will have a called Charge Conference on Tuesday, February 12<sup>th</sup> at 6:00 p.m. for the purpose of establishing the recently changed pastor's salary. We will also conduct the regular business of the ALT.

### Liturgists Requested

We want to invite you to consider being a liturgist. Each Sunday we would like to have a lay person lead the congregation in the reading of the scriptures. If you would like to be added to our liturgist rotation, please email Pastor Craig at [ctuckumc@hotmail.com](mailto:ctuckumc@hotmail.com).

### Lenten Schedule

Ash Wednesday Service: Wednesday, February 14<sup>th</sup> at 5:30 p.m.

1<sup>st</sup> Sunday in Lent: Sunday, February 18<sup>th</sup> (Psalm 25:1-10)

2<sup>nd</sup> Sunday in Lent: Sunday, February 25<sup>th</sup> (Psalm 22:23-10)

3<sup>rd</sup> Sunday in Lent: Sunday, March 4<sup>th</sup> (Psalm 19)

4<sup>th</sup> Sunday in Lent: Sunday, March 11<sup>th</sup> (Psalm 107:1-3, 17-22)

5<sup>th</sup> Sunday in Lent: Sunday, March 18<sup>th</sup> (Psalm 119:9-16)



### Holy Week and Easter



Palm/Passion Sunday: Sunday, March 25<sup>th</sup>

Maundy Thursday: Thursday, March 29<sup>th</sup> at 7:00 p.m. (At Christ h United Methodist Church)

Easter Sunday: Sunday, April 1<sup>st</sup>

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## It's an Exciting Time at Fourth Avenue UMC!

Lots going on at Fourth Avenue UMC! Pastor Craig and the ALT (Leadership Team) met on Saturday, January 27 for an all-day retreat to plan for 2018. They are working on a budget for 2018, filling leadership positions, getting new people involved in leadership in many different ways and making adjustments to improve life, worship, and our witness at "St. Cats!" Stay tuned...

## Important Information

### Building Emergency Maintenance Contacts

The Administrative Leadership Team also functions as the Trustees for our church, we recently discussed what we need to do in the case of emergency maintenance issues such as flooding, power outages, etc. (Of course, in the case of health or safety crisis, we would want to you call 911 immediately.) In such cases, please call a member of the ALT or the pastor. If such a crisis were to take place during office hours, immediately go to Lisa Kolb and she will help call the appropriate persons.

Here are the contact numbers for those persons, and in the order we ask you to call in the case the first person does not answer.

- Sarah Sloan (Trustee Chair) [502-544-2158](tel:502-544-2158)
- Craig Tuck (Pastor); [502-494-4474](tel:502-494-4474)
- Jan Ciermans; [502-415-3270](tel:502-415-3270) (Boiler or HVAC)
- David Hodson; [502-271-9897](tel:502-271-9897)
- Beth Stewart; [502-905-5986](tel:502-905-5986)
- Ann Jones; [502-458-8988](tel:502-458-8988)

Finally, if you see general maintenance issues in the church that may need addressing, keep us aware of those too. These persons will be responsible for making sure we get the right persons in place to take care of any building needs.

### Church Email Group

If you are NOT receiving emails from FAUMC and would like to begin receiving them please contact the church office at (502) 585-2176.

### Print Deadlines

The deadline for LINK news and/or articles is the 20<sup>th</sup> of each month prior to the next LINK. For example, articles for the March LINK are due by February 20.

The deadline for bulletin announcements is noon each Thursday.

### New Church Office Hours

Monday – 9:00 a.m. to 2:00 p.m.

Tuesday – 9:00 a.m. to 2:00 p.m.

Wednesday – office closed

Thursday – 9:00 a.m. to 2:00 p.m.

Friday – 9:00 a.m. to 2:00 p.m.

## Mission

### Dental Clinic/HIVAIDS Testing, and Hepatitis A Vaccines!

The next Dental Clinic at 4<sup>th</sup> Avenue UMC will be Saturday, February 17<sup>th</sup> from 10:00 a.m. to 1:00 p.m. Volunteers for 4th Ave are welcome to join Robbie, Ila and me (April DuVal) for a great morning of reaching out to our community. See April DuVal for details.

We will also be offering **free, confidential, HIV/AIDS testing** and free Hepatitis A vaccines from 10 a.m. to 1:00 p.m. on February 17.

### The English Conversation Club

(ECC) at Iroquois Library needs volunteers on Saturday afternoons at 3:00 p.m. in February to help refugees and other immigrants learn English. Volunteers might also help with homework, resumes, or study for the citizenship test. This is a great opportunity to meet new neighbors and learn about their cultures. The Library is at 601 West Woodlawn, one block from Southern Parkway.

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### *Loving Justice Souper Bowl Party*



*Sunday, February 11 at 10:45 a.m.  
In the Parlor*



*Hosted by the UMM and the Fourth Avenue Justice Ministry  
Team*

*The Souper Bowl Fundraiser and the Valentines Brunch  
will be combined for a day of fellowship, nourishment, and  
merriment.*



## Community Events

**African American History Month  
At 4<sup>th</sup> Avenue UMC  
“Crossing Over”  
Theme: When Will the Struggle End?**

On Sunday, February 25 family, neighbors and friends are invited to be a part of a re-enactment march from Selma to Montgomery, Alabama. Please arrive by 3:15 p.m.

Our program begins at 4:00 p.m. in the sanctuary. Come learn and be reminded about the struggles of the Civil Rights Movement and the Right to Vote. Experience a time in history when lives were changed forever.



### The story of Black History Month

The story begins in 1915, half a century after the Thirteenth Amendment abolished slavery in the United States.

That September, the Harvard-trained historian Carter G. Woodson and the prominent minister Jesse E. Moorland founded the Association for the Study of Negro Life and History (ASNLH), an organization dedicated to researching and promoting achievements by black Americans and other peoples of African descent.

Known today as the Association for the Study of African American Life and History (ASALH), the group sponsored a national Negro History week in 1926, choosing the second week of February to coincide with the birthdays of Abraham Lincoln and Frederick Douglass. The event inspired schools and communities nationwide to organize local celebrations, establish history clubs and host performances and lectures.

In the decades that followed, mayors of cities across the country began issuing yearly proclamations recognizing Negro History Week. By the late 1960s, thanks in part to the civil rights movement and a growing awareness of black identity, Negro History Week had evolved into Black History Month on many college campuses.

## February is American Heart Month

Many risks for heart disease and stroke—including high blood pressure and high cholesterol—may not have any symptoms. Many of these risks—specifically high blood pressure, high cholesterol, smoking, and obesity—are preventable and controllable. Controlling these risks could reduce your risk for heart attack or stroke by more than 80%.

- About 160,000 people who died from cardiovascular disease in 2014 were younger than age 65.
- Heart disease is the leading cause of death for all adults in the United States. Some minority groups are more likely to be affected than others: African Americans have the highest rate of high blood pressure of all population groups, and they tend to develop it earlier in life than others.
- Stroke is the fifth leading cause of death for U.S. adults, but the risk of having a stroke varies. Compared to whites, African Americans are nearly twice as likely to have a first stroke. Hispanic Americans' risk falls between the two. African Americans and Hispanics are more likely to die following a stroke than are whites.
- Individuals with low incomes are much more likely to suffer from high blood pressure, high cholesterol, heart attack, and stroke than their high-income peers.
- The country's highest death rates due to stroke are in the southeastern United States.

### Prevent Heart Disease with Crochet

The American Heart Association celebrates American Heart Month by donating knitted and crocheted caps to newborns at participating hospitals in states across the US. Each baby gets a red hat as part of a campaign to raise awareness about heart disease.

They share, "Little Hats, Big Hearts™ started in February 2014 in Chicago, IL collecting 300 hats in the first year. The program has now expanded to 29 states."

Anyone who is interested in crocheting red hats for newborns can participate in this project. [One woman has crocheted 300 hats for donation](#). The American Heart Association offers free pattern for a [crochet newborn hat](#) and a [crochet premie hat](#); you are not required to use these specific patterns if you have other red [crochet hat patterns](#) you prefer to use.

If you would like to crochet some hats, there are patterns on the table in the main hall.





### Green tips to save money and save the planet.

1. Swap out all your incandescent and CFL bulbs for LEDs; they are 90% more efficient, contain no harmful gases, and can last up to 20 years!
2. Have you ever felt that the temperature in your house didn't match the thermostat? Lo and behold you may be blocking the air registers! Move some furniture and large items so the air can circulate more freely and you could improve your heating system efficiency by 25%.
3. Turn off EVERYTHING before heading out the door. Lights. Bathroom vents. Computer. TV.
4. Make sure your computer isn't wasting any unnecessary energy. Set your power management settings to Energy Saver Mode and get rid of your screen saver. This cuts energy consumption and prolongs the computer's battery life!
5. Replace Disposables: Wherever possible, replace disposable products with reusable ones (i.e., razor, food storage, batteries, ink cartridges (buy refill ink), coffee filters, furnace or air conditioner filters, etc.).
6. Buy Only What You Need: Buy only as much as you know you'll use for items such as food, cleaning supplies, and paint.

## Bulletin Board



### February Birthdays

Feb. 6 – Tammy Walls  
Feb. 6 – Stuart Wimsett  
Feb. 7 – Mary K. Mather  
Feb. 9 – Pamela Prince  
          Lisa Kolb  
Feb. 11 – Amy Lee  
Feb. 16 – Olivia Ann Goins  
Feb. 19 – Lisa Schmitt



If you have a birthday in February and your name is not on this list please call the church office at (502) 585-2176

**The Rose-Benz Circle** will meet on Tuesday, February 6, at 10:30 in the church parlor. David Stewart will present the program and Joyce Ware will provide refreshments.

### United Methodist Men

The United Methodist Men will have their meeting on Saturday, February, 10 at 9:00 A.M. in the Parlor.

The new officers for the UMM for 2018 are:  
Tola Iyun, president  
David Stewart, vice president  
Michael Carroll, treasurer  
Courtland Rose, secretary

### Join the Choir!

**Do you like to sing?** You are invited to join our Fourth Avenue Choir. We rehearse Wednesday at 7:00 p.m. following Bible Study. You will be warmly welcomed!

# February, 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Every Sunday: 8:45 Chapel Service 9:45 Sunday School 10:45 Worship 12:30 Choir Rehearsal		10:00 am. Healing Place Every Monday through Friday 12:00 Open Door Lunch Monday, Tuesday, Thursday, Friday, Saturday		7:00 p.m. every Wednesday – Choir Rehearsal		
				<b>1</b>	<b>2</b>	<b>3</b>  11 a.m. AA 12:40 p.m. AA
<b>4</b>	<b>5</b>	<b>6</b>  10:30 a.m. Rose- Benz Circle	<b>7</b> 5:00 Prayer Time 5:30 Pot Luck 6:00 Bible Study 7:00 p.m.	<b>8</b>	<b>9</b>	<b>10</b>  11:00 a.m. AA 12:40 p.m. AA
<b>11</b>  After Worship Valentine's Day/Souper Bowl Event	<b>12</b>  6:00 p.m. Called Charge Conference	<b>13</b>	<b>14</b>  5:30 p.m. Ash Wednesday Service	<b>15</b>	<b>16</b>	<b>17</b>  11:00 a.m. AA 12:40 p.m. AA
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> 5:00 Prayer Time 5:30 Pot Luck 6:00 Bible Study	<b>22</b>	<b>23</b>	<b>24</b>  11 a.m. AA 12:40 p.m. AA
<b>25</b> "Crossing Over" 3:00 p.m.	<b>26</b>	<b>27</b>	<b>28</b> 5:00 Prayer Time 5:30 Pot Luck 6:00 Bible Study			



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318 W. St. Catherine Street  
Louisville, KY 40203