



Valentine's Lunch at Church Sunday, February 12

Let's celebrate God's love for each of us!

We invite you to a Valentine's Lunch at 11:15 a.m. in the fellowship hall on February 12 after the Sunday worship service. Let's come together for fellowship and to share God's love.

The menu will be lasagna, garlic bread, tossed salad, and dessert.

The cost of the meal will be \$8 per person or \$24 for a family.

RSVP by calling the church office, or fill out a Wednesday Night Dinner form by February 9.

Invite your neighbors and friends to this event!

A short, fun program will follow the lunch!

'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' (Matt. 22:37-39)

Below ...

Wednesday dinners and programs	2
Snow/Ice Closings, Delays	2
Scholarships	2
Children & Youth: Announcements	2
Summary: Visioning Report Approved by Church Council	3
"Music and Memory" (part 2)	4
Memorials, Birthdays, Remember	5
Photos	6

Coming Soon!



Mount Vernon UMC is partnering with **Rise Against Hunger** for the seventh time. By the end of this event, we expect to have packed more than 80,000 meals over the years!

Rise Against Hunger meals are distributed through global partners that administer feeding programs at schools, orphanages, and health clinics; this non-profit also assists partners in vocational training and responding to crisis, with a growing focus on the education and empowerment of women.

Please be sure to register with our church secretary, Jessica Saunders (434.793.6824), for this fun, kid-friendly, educational, high-impact event. Or register online at

<http://events.riseagainsthunger.org/mtvernonumc>

This event is a great way to involve your family including children, ages 4+ in helping others. A nursery will be provided.

We are looking for 50 volunteers!

WHEN: Sunday, February 19, 2023, 3 – 5 p.m.

WHERE: Mount Vernon UMC Fellowship Hall



Rise Against Hunger food packing event at Mount Vernon in 2020



Wednesday Dinners and Programs

February 22: Ash Wednesday. A service will follow the meal.

March 1. Covered dish. A four-week Lenten Bible study led by Reverend Cho will begin.

March 8. Lenten Bible study continues.

March 15. *No Wednesday dinner (spring school break)*

March 22. Lenten Bible study continues.

March 29. Lenten Bible study concludes.

April 5 (Holy Week). Planning is underway.

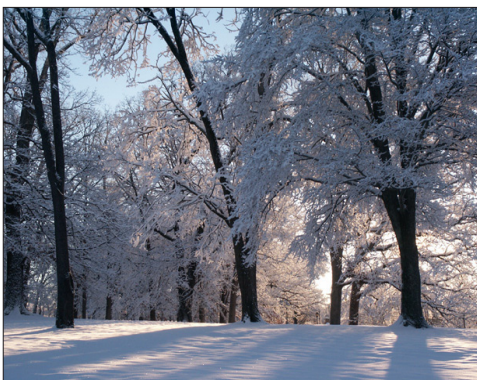
If you are willing to help plan, serve, and/or clean up for any of the meals listed, please contact the church office, 434.793.6824.

Cost – \$8 adults; \$5 children – \$24 max per family
(No charge for covered-dish meals)



February 1
Covered-dish meal

Delicious breakfast foods for dinner!



February 2015: Ballou Park



To find out if any service or event at Mount Vernon has been delayed or canceled because of inclement weather, check the church website (<https://mtvernonumc.org>) or Facebook page (Mount Vernon United Methodist Church).

Mount Vernon UMC Foundation 2023/2024 Scholarships and Grants

Mount Vernon United Methodist Church Foundation distributes all of its net income annually. A limited amount of scholarship funds for students in the Danville–Pittsylvania County–Caswell County area pursuing undergraduate degrees will be awarded. Awards will be made based on a combination of financial need, academic merit, and community involvement.

Other Foundation distributions are made to worthy causes, some as directed by our donors, while others are approved requests for various ministries.

The deadline for submitting completed scholarship applications is Tuesday, February 28.



Applications must be hand delivered or postmarked by the due date (no emailed applications). Download applications from the church website at mtvernonumc.org.

Requests for distributions for various ministries for grant funds are also due by February 28 in the Foundation mailbox (located outside the Hamlin-Buchanan Room).

children & youth ministry

Children's choir rehearsal dates:

- Feb. 15
- Feb. 22
- March 1
- March 8
- March 22
- March 29



Children enjoy their Wednesday night gatherings for music and art

Children will sing in worship on:

March 5 April 2 May 14

Mount Vernon Youth

Our youth enjoy our fellowship on Sunday nights as we explore our faith together and build meaningful relationships.

Parents, please mark your calendars for the following summer events:



Kaleidoscope: June 9–11 at the Hungry Mother Lutheran Camp in Marion, Va. (for both high school and younger youth)

Appalachia Service Project: July 16–22 (for high school youth)

In January, Mount Vernon's Church Council adopted the recommendations of a seven-plus month visioning process undertaken by our congregation and guided by Rev. Paul Baker, a retired United Methodist pastor. Below is a summary of the report provided to Church Council on behalf of the steering committee for the visioning process.

- The visioning process has provided our congregation with a unique opportunity to reimagine the role that Mount Vernon can play in our community moving forward. The committee focused on how we can effectively serve both our existing members and the larger community, including those who might become members in the future.
- The committee recognized the wealth of experience and perspective within the congregation, including the diverse talents and areas of interest we all possess.
- Rather than making recommendations about specific programs, the committee focused on identifying a structure that will allow Mount Vernon to be as effective and efficient with its ministries as possible in a world that has changed dramatically for churches over both the last three years and the last thirty years.
- The committee believes it has identified a structure that honors the rich tradition of Mount Vernon while setting the stage for the future growth that is essential for our church if it is to be relevant and impactful moving forward.
- Specifically, the committee recommended that Mount Vernon's many impactful ministries be grouped under one of two different "umbrellas" or teams: (1) "Making Disciples" and (2) "Being Disciples . . . to Transform the World."
- Each of these teams will be led by a chair and assisted by others focused on specific ministry areas that fall within such team.
- The chairs of these teams will join the pastor and four other leaders – Council Chair, Finance Chair, Trustees Chair, and Staff-Parish Relations Chair – on a reimagined Church Council.
- This structure is a streamlined one that the committee believes will allow for both (1) more easily developing a strategic focus for the church and (2) more efficiently implementing that strategy.
- As part of this work, there will be opportunities for a different crop of leaders to step forward. In addition, the newly restructured Church Council will take a fresh look at the best way to organize both current committees within its new structure and the many volunteer opportunities that Mount Vernon offers.
- In short, while the Church Council will be a smaller group, Mount Vernon will continue to need engagement from a wide array of its members.
- The structure that has been adopted is modeled on what other congregations have implemented. It also meets the expectations and obligations of the Book of Discipline while being tailored to meet Mount Vernon's unique needs as identified by the Visioning Committee.

A copy of the steering committee's recommendations is available for review in the church office.

Stay tuned for information on next steps, including a timeline, as we begin the exciting process of implementing the committee's recommendations.

Music and Memory (Part 2)

By Juliet Cho

Our church members have often told me after a service, “The music was played on my wedding day” or “My mother loved the hymn.” I enjoy hearing their feedback and related stories about the music. They experience auditory amusement from the music itself and simultaneously call to mind something else related to it. An American ethnomusicologist, Thomas Turino, in his book, “Music as Social Life,” explained the phenomenon using the theory of signs known as semiotics by the philosopher Charles Sanders Peirce.

According to Peirce’s theory, a sign does not have meaning itself, but if people perceive it as indicating an object or an idea, it has a sign-object relation and affects the people. For instance, drivers stop their cars when they see a stop sign. “STOP” is only an alphabetic word, but people give the meaning that they should not move anymore, and as a result, the stop sign affects all drivers to stop their cars at the moment. Likewise, all words in languages are signs. While we sing a hymn, we think of God whenever we see the word “God” in verse. If we look at the lyrics about God’s goodness, we will reflect upon what his goodness is in our lives.

The process of creating meanings sometimes occurs with experience. People know a police car is passing when they hear a siren, even if they do not see the car. That is because they saw a scene where a police car drives past with a siren sounding before. If a guest hears a tune played as a bride and groom march, the tune will call weddings to one’s mind whenever hearing the tune. Turino stated that the effects of sign-object relations could cause physical reactions or a sense of feelings. If a person listens to the song the one’s mother used to sing around the kitchen, the person might have a visual image and smell of the kitchen and feel a longing for one’s mother.

Music gives us amusement itself but also takes us to precious memories. That memory can be our childhood, a happy moment with our families or friends, or when we experienced God. It may cause bodily reactions like increasing endorphins and feeling joy. This recall process can help you switch your consciousness and emotion from bad moods or situations.

I worked as a music therapist in a Catholic Foundation hospice care center in South Korea. Music therapy for

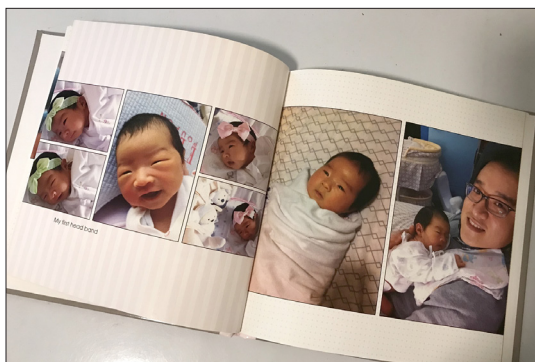
patients in hospice aims to help them feel less pain, reflect on their lives, and prepare to end their lives with dignity. I visited every room holding a guitar, sang a song, and conversated with the patients. I usually sang religious music or songs the patients requested. One of my patients always asked me to sing a children’s song. After I sang the song, she talked about her childhood. While sharing her stories, her face shone with a smile as a little girl. She often wanted to see me, so I used to hear from her nurse that she was looking for me. As the end of her life approached, it was not easy for her to lift her eyelids. She could not open her eyes even when her family visited her, but she did her best to look at me whenever I called her. Her family was surprised at her reaction, and they considered she sincerely loved being with me. I realized it was the most valuable moment for her to hear music and recall her memories. She found joy and peace in music despite the painful battle with cancer.

Another patient in hospice was an elder of a Presbyterian church. He wanted to hear hymns whenever I visited him. One day, while I was singing hymns by his bed, he took his last breath and passed away. I alone saw the last moment; even his wife did not see it, although she was with him. I was so surprised at his death, and I felt sorry that his wife could not see the last moment. However, she appreciated that he peacefully passed away hearing the hymns. I believe he departed his life hearing the hymns and recalling the moments he walked with God.

My maternal grandmother suffered from dementia and osteoporosis and passed away after spending several years in a nursing home. She was called an “angel” there because she always kindly answered “thank you” to staff and sang hymns. She memorized some passages of the Bible and hymns even though she did not recognize her family. She suffered greatly from osteoporosis but endured the pain by singing hymns all day.

Do you know what you have more of as you get older? That is a memory. Someone may have

more or less, but everyone has a sweet memory. When reflecting on your life, the memories become precious gifts of this life that you will have to leave someday. Music is a medium to bring out those memories. Listen closely to music associated with a memory, and it will bring you to the pleasurable moments in your life.



*A gift in memory of **Eleanor Cuthrell** has been received from Charles & Carol Majors.*

*A gift in memory of **Fred & Shirley Duncan** has been received from Charles & Carol Majors.*

*Gifts in memory of **Frances McMillan** have been received from Peggy Wright, Ellen Beville Mitchell & Eddie Mitchell, Charles & Carol Majors, John & Beth Ranson, Dan & Tammy Waters, Catherine Bendall, Guy & Leah Cooter, Jay & Denise Holden, Helen Cheyney, Mary-Penn Hughes, Nelson & Suzanne Wright, Fran Ashby, Carolyn Hegnauer, Joyce & Tom Underwood, Jan Sutherland, and Betty Turner.*

*A gift in memory of **Sue Lea** has been received from Charles & Carol Majors.*

*A gift in memory of **Robert Wooding** has been received from Charles & Carol Majors.*



Our thoughts and prayers are with you:

Philip Blackmon, Bill Hardy, Betty Yates, Dorothy Stephens, Peggy Handy, Pat Giles, Mary Ellen Dean, The Rev. Joyce Johnson

February Birthdays

6 Courtney Bailey	20 Pat Maurakis
7 Jean Gauldin	Louis Dibrell, III
Elizabeth Hylton	23 Mary Lou Dunn
Pierce Turbiville	25 Gary Benefield
Susan Turner	Sally Fuller
8 Barbara Brande	Sonny Morton
9 Cayla Barker	Mac Newell
Jay Barker	Jordan Sater
Amanda Foster	26 Chris Colbert
Steve Huff	Steve Jones
Jane McMillan	27 Lynn Eller
Nik Tiver Belanger	Budge Kent, Jr.
Lewis Williamson	Kirk Milam
11 Beth Eller	28 Phil Blackmon
12 Wright Garrett	Suzanne Harris
14 Anna Cho	
Martha Sule	
15 Nancy Rudder	
Frank Sule	
17 Will Anglea	
Bob Sutter	
18 Chris Eller	
Jenny Sessoms	
19 Barbara Caldwell	

March

1 Parson Jacob Lutz
2 Anne Hatton Mitchell
Sam Newell
Lauren Tatum Harless
3 B. G. Lewis, III
4 Fran Darkis
5 Frankie Jean Thomas
Anne Wayne Patterson



God's Storehouse Empty Bowls

Friday, Feb. 24 11 a.m. – 2 p.m.

The 9th annual Empty Bowls will be held at God's Storehouse (750 Memorial Drive). Empty Bowls is an annual fundraiser for God's Storehouse. Handmade ceramic bowls are donated by Jonathan Scollo at the Danville Museum of Fine Arts and History and Frances Viden at George Washington High School. Attendees

will come to pick out their bowls and enjoy delicious soups donated from local restaurants.

Tickets are on sale now and can be purchased online through Eventbrite, or in person at God's Storehouse or through GSH Board Members. Karen's Hallmark, Commonwealth Home Health Care on Piney Forest Road, and Jonathan Scollo at Awards and Tropics on Piney Forest also sell tickets (cash or card only).

Ticket cost: 20.00/person
(\$25.00/person after Feb. 20)

For information contact
info@godsstorehouse.org
or call Karen at 434.793.3663.



Mount Vernon UMC Brochures Available

If you know someone who might be interested in our church, please pick up a brochure with information about Mount Vernon and its programs and share it with that person. Brochures are on tables at sanctuary entrances.

You might pick up a copy of the current month's newsletter, as well. These are usually available near the entrances.

PASTOR AND STAFF

Rev. Jae Cho: 678.770.9060; jaewukcho@gmail.com

Beth Bauman, Children & Youth: 434.489.6514;
email: bbauman@comcast.net

Juliet Cho, Music: 770.377.1871;
hisloverjuliet@gmail.com

Jessica Saunders, Office Admin.: 434.793.6824;
mtvernonumc@comcast.net

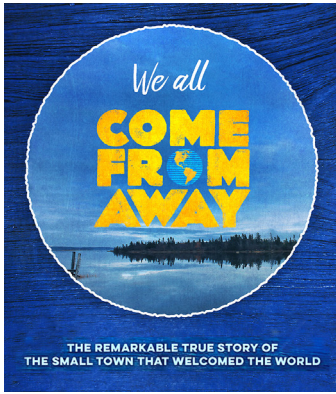
Don Haymore, Financial Secretary: 434.793.6824;
businessoffice.mtvernonumc@gmail.com

You may leave a message on the church office phone at any time: 434.793.6824, or send a message to mtvernonumc@comcast.net

Send U.S. mail to: 107 West Main St., Danville, VA 24541



Mount Vernon members enjoyed a show at Durham Performing Arts Center (DPAC) and dinner in Hillsborough. Thank you to Joyce and Tom Underwood for organizing the trip and to Gary Benefield for driving the church bus.



Mount Vernon youth attend "Come from Away" on January 21 at Durham Performing Arts Center (DPAC)



Wednesday Dinner



Left: Happy anniversary to J.G. and Ann

Below: Waiting for biscuits to come out of the oven



Right: Happy birthday to Ann & Jan



Pastor: Rev. Jae W. Cho

Church Office: 434.793.6824, Monday–Thursday, 9 a.m.–noon

Website: mtvernonumc.org

