



FEBRUARY 2026

# SONBURST

Mooresville First United Methodist Church  
900 Indianapolis Road • Mooresville, IN 46158

The steadfast love of  
*the LORD* never ceases;  
his mercies  
never come to an end.

Lamentations 3:22, ESV



FULL-TIME FIRST UMC  
S T A F F

**Rev. Dr. Amber Karkosky-Litten**  
Senior Pastor  
pastoramber@MooresvilleFUMC.org

**Kim Vedder**, Director of Operations  
Kim@MooresvilleFUMC.org

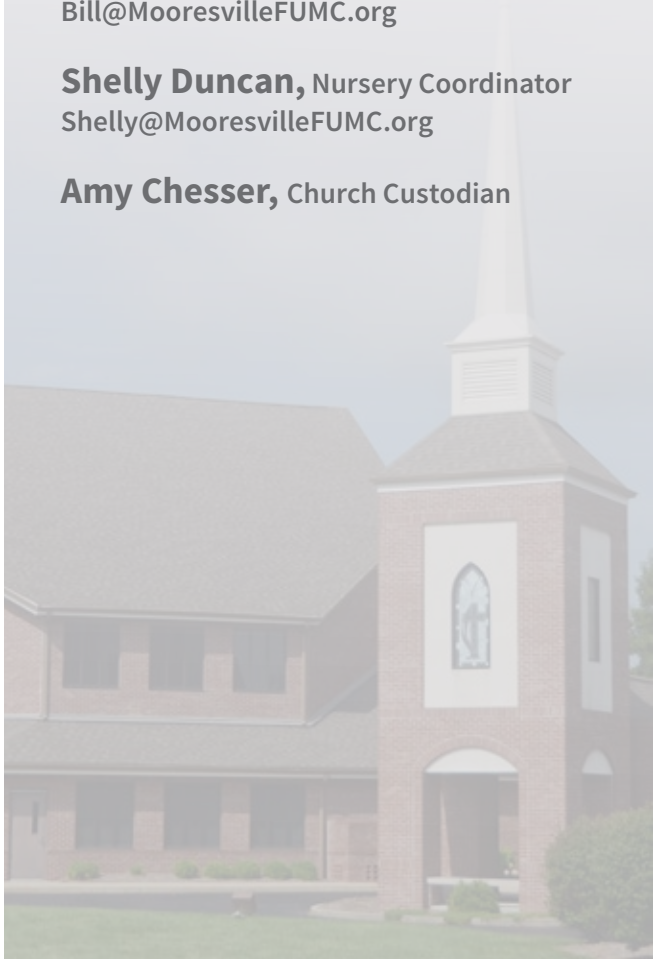
**Lydia Rychtarczyk**  
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PART-TIME FIRST UMC  
S T A F F

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**FUMC Connect**

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900 Indianapolis Rd. • Mooresville, IN 46158  
317.831.3376  
Preschool: 317.834.1787

**Greetings, Brothers and Sisters,  
in the Wonderful Name of Jesus!**

February is full of love. We're still celebrating IU's national championship win—a moment of shared excitement across our state and one of those rare occasions when even most Purdue fans were cheering right along. What a testament to God's Amazing GRACE and Hoosier hospitality.



That same spirit of shared commitment is showing up in an important way for our church this month. We are grateful to share that we have received a \$5,000 grant from the Indiana Annual Conference as part of the Feeding Indiana Initiative. This conference-wide effort supports ministries addressing food insecurity and caring for neighbors facing real and daily needs. We are honored to be included in this work and thankful for the partnership of our wider church.

This grant will directly support Churches in Mission, a ministry our church helped found and that continues to align beautifully with our calling to Show, Share, and Spread love in our mission field. When the church meets practical needs with compassion and consistency, lives are impacted in quiet but powerful ways.

We are looking forward to one of our favorite traditions for Big Game Day Sunday. Each year, we set a bold and tangible goal: donating more than 2,000 rolls of toilet paper to Churches in Mission. While it may seem simple, this is one of the most requested and most needed items for families. Thank you for helping us all WIN!

All of this connects closely with our current sermon series, Why Do We Play? With IU's championship behind us, the Big Game ahead, and the Winter Olympics almost underway, we are surrounded by stories of focus, discipline, teamwork, and perseverance. Rather than letting those moments pass by, we're using them as a backdrop to ask a deeper question of our faith: What are we playing for? What shapes our lives? What claims our energy? What truly lasts?

As a congregation, the answers to those questions are showing up in real ways—through generosity, shared mission, and care for our neighbors. Thank you for being a church that celebrates together, serves together, and continues to show up with love.

**In the Name of Jesus Christ, I pray we continue to...  
Show Love, Share Love, and Spread Love!**

**Grace and Peace,  
Pastor Amber**



# WELLNESS AWARENESS

Cheryl Howard | PARISH NURSE



*“An intelligent heart acquires knowledge, and the ear of the wise seeks knowledge.” (Proverbs 18:15)*

## HEART AWARENESS MONTH

It's heart awareness month and the American Heart Association has issued new guidelines. Every five years the AHA gathers data from the community and hospitals regarding cardiac arrests. From this they evaluate outcomes and best practices. I will summarize a few of the changes.

We are now including back blows with abdominal thrusts for obstructed airway in adults. We are only adjusting the bra for AED application, it is not necessary to remove. Chest compressions on an infant are best done with the heel of one hand. There is a renewed emphasis to give breaths IF and when you have a mask or barrier device.

I will schedule a CPR class in March to share the research and data that prompted the changes. CPR does make a difference, but only 41 percent of people who had a cardiac arrest outside of the hospital were given CPR.

## EAT CLEAN

What we eat makes a difference for your health. Ultraprocessed foods frequently contain multiple additives, including sweeteners, emulsifiers, and nitrites, several of which have been tied to metabolic dysfunction, chronic inflammation, and gut-microbiota disruption. Pesticides used to protect crops can leave residues in agricultural products. Choosing organically grown foods helps reduce this risk. Evidence indicates that some emulsifiers such as carboxymethylcellulose, found in many industrial baked goods and packaged breads, may promote inflammatory bowel disease or metabolic disturbances. The health benefits will eventually outweigh the financial cost.

## BE HAPPY

Did you know that 50 percent of our ability to be happy is determined by genetics! Wow!! Come learn about this and more in the Lift Project class on Wednesdays at 10 am.

## PEOPLE WHO NEED PEOPLE

Social isolation increases mortality by 33 percent. Barbra Streisand sang, “people who need people are the luckiest people in the world,” and that seems to be true, and it is supported by research. Don't spend time looking at YouTube videos. Come join us in a group activity, Bible Study or participate in a learning opportunity!!

## REST

Pay attention to your sleep. Sleeping under five hours daily increases the risk of type 2 diabetes, increases obesity levels by about 50 percent, as well as increases the levels of anxiety and emotional dysregulation. Rest! It's what the body needs.

## LUNCH & LEARN

At noon on the first Monday of the month, we will be offering a Lunch and Learn opportunity. You can register for Monday, March 2. **There is a limit and you must sign up for this by Feb. 23.** Let Cheryl or Kim know if you will be there.

# EMPTY / FULL VESSELS

Cathy Mosier | FUMC PRAYER TEAM

*“GOD gives His Gifts where HE finds the vessel empty enough to receive them”*  
(C.S. Lewis “The Quotable Lewis” compiled by Wayne Martindale and Jerry Root)

A profound statement emphasizing humility and openness as prerequisites for receiving divine blessings, grace, and spiritual gifts, meaning we must empty ourselves of pride and self-sufficiency to truly be filled by GOD. An individual who recognizes their own spiritual poverty, neediness and limitations, by letting go of arrogance and self-reliance. GOD’s generosity is limited NOT by His Will, BUT by our capacity to accept His Grace. In essence, Lewis’ wisdom suggests that true Spiritual Growth comes NOT from accumulating more for ourselves, BUT from becoming humble enough to be filled by GOD’s boundless provision, making us truly receptive to His Work in our lives.

AND as we are filled more and more by JESUS’ boundless love, we in turn can share that LOVE with those around us.

1 Peter 4:8-11 shows us how to share Jesus’ great LOVE. <sup>8</sup> *Above all, love each other deeply, because love covers over a multitude of sins.* <sup>9</sup> *Offer hospitality to one another without grumbling.* <sup>10</sup> *Each of you should use whatever gift you have received to serve others, as faithful stewards of God’s grace in its various forms.* <sup>11</sup> *If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.*

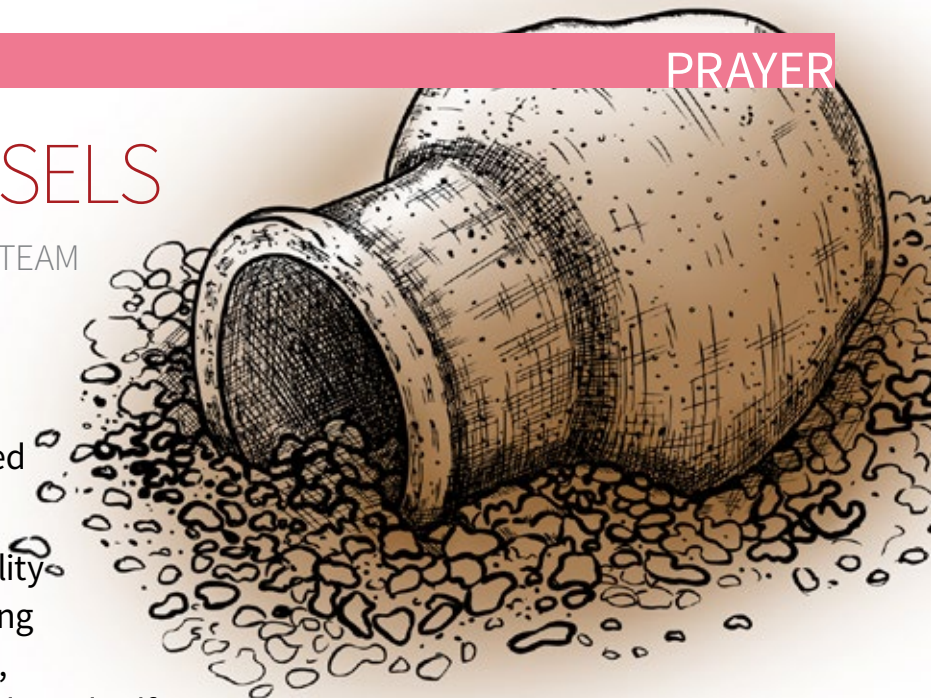
Lamentations 3:21-24 helps us understand where our source of LOVE springs from! *YET this I call to mind and THEREFORE I have HOPE. Because of the LORD’S great LOVE we are not consumed, for His Compassions NEVER fail! They are NEW every morning, GREAT IS THY FAITHFULNESS. I say to myself, “The LORD is my portion. THEREFORE I will wait for HIM!*

May each of you be BLESSED as you bless others with HIS GREAT LOVE!

In Christ’s service,

Cathy

First United Methodist Prayer Ministry



## MISSION and MINISTRIES



Welcome to February, Church! This is the month when things generally get going again after the holidays. Last year you were awesome at our mission as a Church to serve our community as we Show, Share, and Spread the Love of God as shown to us. I'm sure we will have an incredible 2026.

The 2026 **PEACE RESTORED** Gala is coming soon, February 28. This is the 10th anniversary of this women's ministry. The event will start at their facility, adjacent to our north parking lot, and then move to our church for the meal fun. Tickets are \$65 for an individual or 2 for \$100. Please go to <https://www.peacerestored.net/> for more information on their mission. Go to the 'Gala' tab, then 'get tickets' to make your purchase. You are part of this amazing mission as a portion of your tithing supports the Missions Committee budget which when then supports this and other local missions. Anyone on the Missions Committee can tell you more about this and other supported local mission.

What is the most impactful personal paper good that we are sure to keep stocked in our homes? All the Churches in Mission clients also will agree on the importance. Yes, it's Toilet Paper Drive time, Super Bowl Sunday. It's easy! Just buy more of the TP you like and bring it in before the big game.

The needs for **CHURCHES IN MISSIONS** (CIM) do not decrease after Thanksgiving and Christmas. They still have clients in need of basic support. CIM always needs food and they are accepting clothing. Some standard food items would include dry cereal, oatmeal, and canned chunky soup with pop top lids. We suggest you watch for and make the most of the BOGO deals on these and other shelf stable foods. Your donations can be placed in the Churches in Mission box across from the bulletin board at the Fellowship Hall.

You'll find a lot of great information the **MISSIONS SECTION OF BULLETIN BOARD** located on the wall outside of the Fellowship Hall. We have added a new section to list volunteers needed for our local supported missions. This will be as simple as possible, providing a the Mission name, a brief description, and a point of contact for more information. You can always ask anyone on your Missions Committee.

Your Missions Committee





# TOILET PAPER DRIVE

Bring your favorite toilet paper by Sunday, Feb. 8  
*All donations will be given to Churches in Mission*



WE NEED DONORS! The blood drive is on Sunday, Feb. 8 from 9am to 1pm. Sign up at your Versiti account or through the office.



### Tomorrow's Promise Preschool


Preschool themes for February:

- Health • Valentine's
- Great Americans
- Nursery Rhymes/Fairy Tales

Preschool will not be in session Monday, February 16 in observance of President's Day.

Preschool is registering for the 2026-2027 school year.

Please contact Ms. Lydia at 317.834.1787 if you have any questions.

### CHEESEBALLS

YOU STILL HAVE TIME to order your cheeseballs.

Orders will be taken through Feb. 1. All cheeseballs will be ready for pickup on Sunday, Feb. 8.

Payment needs to be at the church by Feb. 1. Contact the office if you would like to order a cheeseball.



### YOUTH SUMMER MISSION TRIP

WHERE: Reelfoot Rural Ministries,  
6923 Minnick-Elbridge Rd.  
Obion, TN 38240

Reelfoot Rural Ministries is a mission agency founded by the people of the Memphis Conference of the United Methodist Church. RRM is located in rural Obion County, serving Northwest Tennessee and Southwest Kentucky. This rural area surrounding Reelfoot Lake is an area of extreme poverty. In fact, Lake County has the lowest per capita income of any county in Tennessee and is consistently ranked as one of the lowest in the nation.

WHEN: Sunday, June 14-Saturday, June 20  
**Get this on your calendar!**

WHO:  
Adults: Dan Herron, Sarah Herron, JD Farmer  
Youth: (Going into) 7th thru 12th Grade

HOW MUCH: \$150 per person. Includes transportation, lodging, meals at the mission center, t-shirt, and admission to Kentucky Kingdoms Theme Park.



**SUNDAY, FEB. 1**  
YOUTH GROUP  
4:45-7:15pm

*Eat dinner together, play some great games, then break up into small groups for discussion.*



**FRIDAY, FEB. 6**  
WINTER JAM  
4:30-10pm

*We will leave from the church at 4:30pm so that we can get a decent seat.  
Cost: \$15*



**SUNDAY, FEB. 8**  
SUPERB OWL PARTY  
4:45pm to Half Time  
*Food, fun, and football!*



**SUNDAY, FEB. 15**  
PICKLEBALL SUNDAY  
5-6:30pm

*We will meet at Grace Church at 5pm to play pickleball!*



**SUNDAY, FEB. 22**  
YOUTH GROUP 4:45-7:15pm

*Eat dinner together, play some great games, then break up into small groups for discussion.*



## YOUTH MEAL APPRECIATION

We want to send out a big *Thank You* to all the groups, classes, and families that provided meals to the youth on Sunday evenings. It is wonderful to be part of a church that is willing to invest in youth ministry any way they can!

- Here and Now Sunday school class
- Trailblazers Bible Study
- Bill and Karen Yeager  
(along with their friends from the Friendship class)
- The Furniss family
- The Gutzwiller family
- The Knouf/Walton family
- Janet Herron
- Kim Vedder

Thanks for your help!



The Friendship Class has a yearly tradition of sponsoring a family for Christmas. The gifts were primarily for the children however, food and toiletries were included.



Kairos is an ecumenical worldwide ministry that brings the love of God and the light of Christ into prisons. An army of Christian volunteers from churches rallies to become the hands and feet of Christ for up to 42 inmates who come seeking a new life. Supporting the program by filling the galleries tells the inmates there is a community waiting to love them upon release. For those in the pews it is a trip to the well to hear their testimonies.

Curt Sidener is attending Kairos weekend from April 11-14. He became involved with the “Kairos Inside” ministry after attending the graduation celebration one Sunday afternoon at the end of the event.

You are invited to join us on April 14 from 1:30 to 4pm at Heritage Trails Correctional Facility (old Boys School) in Plainfield. Contact Curt Sidener for more information ([curts314@gmail.com](mailto:curts314@gmail.com))

# SUNDAY SCHOOL and RECURRING GROUPS



# February

Please check with your leader to confirm meetings.

Group Name	Time	Location	Leader	Date	Description of Study
<b>SUNDAY GROUPS</b>					
Seeker Sunday School	10:30 am	Rm 106	Cathy Mosier	Meeting Now	Bible Study
Friendship Class	10:30 am	Parlor	Yeager / Harris	Meeting Now	Bible Study
Here and Now Class	10:30 am	Rm 104	Dave Nance	Meeting Now	Bible Study
Talk Back	10:30 am	Rm 110	Pastor Amber	Meeting Now	Bible Study
Alcoholics Anonymous	4:00 pm	Rm 110	Team Leaders	Meeting Now	Support group
Basics of Faith	4:45 pm	Office	Kim Vedder	Now-Feb. 22	Life Group
The Crossing	4:45 pm	Rm 112	Dan Herron	Meeting Now	7th-12th grade youth group
5th/6th Grade Youth	4:45 pm	Rm 108	Dan Herron	Meeting Now	5th-6th grade youth group

<b>MONDAY GROUPS</b>					
Trailblazers	1:00 pm	Parlor	Cheryl Howard	Meeting Now	Bible Study

<b>TUESDAY GROUPS</b>					
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine

<b>WEDNESDAY GROUPS</b>					
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community
The Lift Project	10:00 am	Parlor	YMCA	Now-March 18	Well-Being Program
Stretch & Flex	11:00 am	Rm 103	Cheryl Howard	Meeting Now	Chair Yoga
Handbell Choir	6:00 pm	Rm 103	Cathy Mosier	Meeting Now	Handbell practice
Book Club	8:00 pm	Online	Beth DeHoff	1st Wed. of Month	Life Group

<b>THURSDAY GROUPS</b>					
LRE Visitation Team	9:30 am	Rm 104	Sandy Fanning	Feb. 12 & 26	Meet for devotions/outreach

<b>FRIDAY GROUPS</b>					
Alcoholics Anonymous	7:30 pm	Parlor	Team Leaders	Meeting Now	Support for addiction
Al-Anon	7:30 pm	Rm 110	Team Leaders	Meeting Now	Spouse support for addiction

<b>SATURDAY GROUPS</b>					
UMMen's Breakfast	8:00 am	Parlor	Team Leaders	Feb. 14	Breakfast/devotion with sharing

# FEBRUARY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>1</b></p> <p>9:15am Worship 10:30am Adult &amp; Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm Basics of Faith</p> 	<p><b>2</b></p> <p>9am Tomorrow's Promise Preschool 1pm Trailblazers 3pm Delta Theta Tau</p>	<p><b>3</b></p> <p>9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship</p>	<p><b>4</b></p> <p>8am Prayer 9am Tomorrow's Promise Preschool 10am The Lift Project 11am Stretch &amp; Flex 6pm Bell Choir Practice</p>	<p><b>5</b></p> <p>9am Tomorrow's Promise Preschool</p>	<p><b>6</b></p> <p>9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon</p>	<p><b>7</b></p>
<p><b>8</b></p> <p>9am Blood Drive 9:15am Worship 10:30am Adult &amp; Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm Basics of Faith</p>  	<p><b>9</b></p> <p>9am Tomorrow's Promise Preschool 1pm Trailblazers 7pm Delta Theta Tau</p>	<p><b>10</b></p> <p>9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship</p>	<p><b>11</b></p> <p>8am Prayer 9am Tomorrow's Promise Preschool 10am The Lift Project 11am Stretch &amp; Flex 6pm Bell Choir Practice 6pm Girl Scout 2723</p>	<p><b>12</b></p> <p>9am Tomorrow's Promise Preschool 9:30am LRE 1:30pm Bayview Clovers 6:30pm 4H Pioneer</p>	<p><b>13</b></p> <p>9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon</p>	<p><b>14</b></p> <p>8am UMM Breakfast</p> 
<p><b>15</b></p> <p>9:15am Worship 10:30am Adult &amp; Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm Basics of Faith</p>	<p><b>16</b></p> <p>NO SCHOOL 1pm Trailblazers</p> 	<p><b>17</b></p> <p>9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship</p>	<p><b>18</b></p> <p> 8am Prayer 9am Tomorrow's Promise Preschool 10am The Lift Project 11am Stretch &amp; Flex 5:30pm Fish &amp; Loaves Meal 6:30pm Ash Wednesday Service</p>	<p><b>19</b></p> <p>9am Tomorrow's Promise Preschool 10am UMW Meeting 1pm Book Club</p>	<p><b>20</b></p> <p>9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon</p>	<p><b>21</b></p> <p>1pm Allen Baby Shower</p>
<p><b>22</b></p> <p>9:15am Worship 10:30am Adult &amp; Children Sunday School 4pm AA 4:45pm Youth Group 4:45pm "Basics of Faith" Small Group</p>	<p><b>23</b></p> <p>9am Tomorrow's Promise Preschool 1pm Trailblazers</p>	<p><b>24</b></p> <p>9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship</p>	<p><b>25</b></p> <p>8am Prayer 9am Tomorrow's Promise Preschool 10am The Lift Project 11am Stretch &amp; Flex 5:30pm Fish &amp; Loaves Meal 6pm Bell Practice 6:30pm Wednesday Worship</p>	<p><b>26</b></p> <p>9am Tomorrow's Promise Preschool 9:30am LRE</p>	<p><b>27</b></p> <p>9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon</p>	<p><b>28</b></p> <p>Peace Restored Gala</p>





**Wednesday • February 18  
6:30pm**



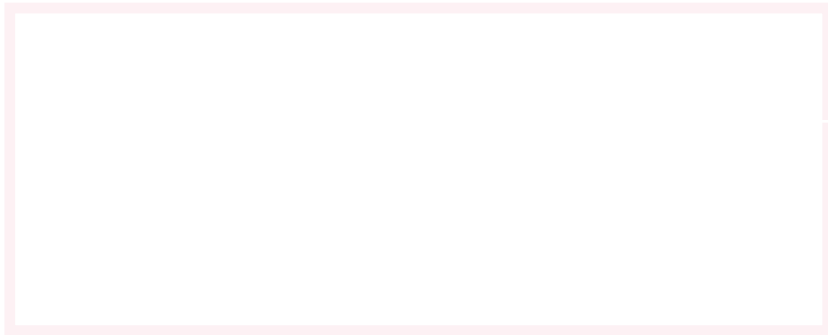
FISH AND LOAVES

In celebration of Lent, please join us for our Fish & Loaves meal and fellowship on Wednesday evenings. The meals will start on Wednesday, February 18 through March 25 from 5:30 to 6:15pm.

**FEBRUARY MENU**

FEB. 14 (ASH WEDNESDAY)  
Soup / Sandwich / Salad

FEB. 21 Spaghetti Bake / Soup / Salad



Address Service Requested  
317-831-3376  
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900 Indianapolis Rd.

