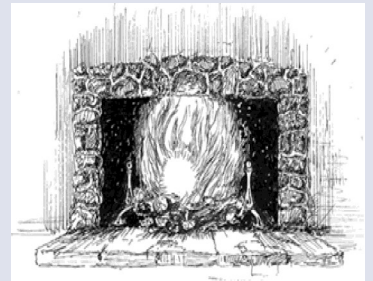


The Spark



Choose Carefully...Pastor Jim Huber

Many of you spend time watching various YouTube bible teaching videos on the internet. Many of these are great, but there is also a lot of inaccurate (and even toxic) material out there. How do we know what to accept and what to avoid?

In general, I suggest that we look at the spirit and demeanor of the presenter. Is the person displaying a sense of Christ-likeness, or are they just angry and enraged? Is the Bible truly the centerpiece of what they are saying, or are they using the Bible to simply jump off and have their own rant for 15-20 minutes. Lastly, do they clearly explain what it is they are for, or are they heavily driven by angrily describing everything they are against.

I will share with you just a few of the YouTube channels that I find to be useful and appropriate. They may not be perfect, but they are largely accurate in their teaching. I approve of channels such as:

Grace To You (John MacArthur)
Ligonier Ministries (RC Sproul)
Wretched Radio (Todd Friel)
Gotquestions.org
The Beat (Alan Parr)
The Bible Project
Alisa Childers (especially effective women's ministry)

The Briefing (Albert Mohler)

Over time, I have become much more concerned about the materials from Beth Moore, Joyce Meyer, Andy Stanley, and Joel & Victoria Osteen. They have embraced too many elements of the "health and wealth" gospel for me to endorse them. I would also place John Hagee on this list of those to view with caution. They say lots of correct things, but they are just too loose with the biblical text for me to fully endorse their ministries.

Lastly, there are individuals on YouTube that claim to be Christian but are really very toxic. These tend to come from the ultra conservative end of the spectrum, and I see them as simply having lost their way. They need our prayer, but they should not have our viewership. I strongly recommend avoiding teachers such as Steve L. Anderson, Gene Kim, Bryan Riggs, Jack Hyles, Jack Schapp, Bryan Denlinger, and Tony Hutson. When I look at the constant flow of spite and anger in their videos, I see that they are neither Christ-like nor healthy in what they are communicating. Even though I might agree with a number of their points, their hearts are wrong and for that reason, they do not deserve our

**Spark
February
2024**

**First
Union
Church**

- **Choose Carefully**
- **Matter of prayer**
- **How about You?**
- **The Recipe Box**
- **To your health..**
- **Board Highlitea**
- **Wisps from Wil low**



A Matter of Prayer

God has established prayer as the means by which we receive his supernatural help. And without supernatural help, we cannot live a life worthy of the gospel. Everything that distinguishes Christians from the world in a Christ-exalting way is a work of God's supernatural grace. And God has ordained that this grace flows to us through prayer. That's why prayer must be central, not peripheral, in our lives and families and ministries".

So often, prayer is not the first place we go when we have troubles or when we have great praises. So often, it sits as an unused tool in our spiritual toolbox. But prayer should be viewed as the true gift that it is - the opportunity to personally speak directly to the creator of the entire universe. As you pray for the people and situations in your lives and the lives of others, never forget what a true privilege it is to come directly to God in prayer.

Please continue to pray for the following people:

Norm Perkins is in surgery as I write this, having a total knee replacement at Munson in Traverse City. Pray for a speedy recovery, Norm doesn't want to miss a day of fishing!

Madge Berryhill is still suffering from a bad back, pray for some relief for her

Pray for **Gene Nutter** at the Cove She has "up & down" days but we want her to have more "up" days

Marcia Perkins cousin **Jerry**, died recently in Arizona. Please pray for peace & strength for the family

Gerry Izzard & Bob Smith are both recovering from illnesses at the Cove

Pastor Jim's friend, **Ken Feneley**, passed away Dec. 26th. Pray for his family in Clare, MI

Prayers for **Eliana Gulder**, who has not been feeling well

Pray for **Marty Vandergeest** as he adjusts to his new normal.

Pray for our healthcare providers in these rural areas. The need for doctors of all kinds in this area is great.

Betty Struble's son needs to find a new house and only has days to do it, so pray to that end for him

Continued prayer for Candy Perkins, Mike Sweeney, Paul Kuiper, Eunice Newville, Jack Hays, Victoria Gulder and Yvonne McDonald, who are in various stages of chronic diseases

Continued prayer for Cedar Cove

Pray for our country which is literally being torn apart philosophically and politically. Consider fasting 1 day per week this year with prayer for the upcoming election

Pray that **Ida Hetherington** continues to do well

News Flash Norm just got out of surgery with a now straight leg...PTL

Pray for Emilie Bigelow's hearing and surgeries to make it better



IF YOU CAN'T GET
SOMEONE OFF YOUR MIND,
PRAY FOR THEM.
YOU MAY BE THE ONLY
ONE THAT CARES
ENOUGH TO DO SO.

SPRITUAL INSPIRATION - TUDOR M. GOR

How About You? ... Mike Davis

There is a legend that a man was caught in a bed of quicksand. Confucius saw him and remarked, "There is evidence men should stay out of such places." Buddha came by and said, "Let that life be a lesson to the rest of the world."

Mohammed said about the man, "Alas, it is the will of Allah." The Hindu said to him, "Cheer up friend, you will return to earth in another form."

But when Jesus saw him HE said, "Give me your hand, brother, and I will pull you out." When we come to HIM with a need or want, and really want something done about it, it will be done.

Sometimes, HE does what we ask immediately. Sometimes HE does it over a period of time. Sometimes HE must prepare us further for the receiving of HIS power. How About You?... Do you have faith

that your request will be honored by God? It takes both Faith and Obedience. It sure has worked for me, and I can assure you, it can work for you as well. The Obedience is often the hard part but if the faith is strong, then obedience will come much easier. Pray that this will work in your life as well, all you have to do is ask.



Just Off the Highway...



I'm thinking that **Bob Smith** will love to see this picture of his great granddaughter **Levi Pearl Duman** featured here.

She is new to Sunday School & Junior Church this year and she lights up the room with that beautiful smile!! Her Sunday school teacher is **Kathy Tassier** and her parents are **Katie and Peter Duman**

The Recipe Box...Sue Rye



Hi Everyone, doing the *Spark* on this beautiful sunny Wednesday. It's so sunny that it's too bright for my eyes, but none of us will turn down the sunshine. CBS noon news said snow again tomorrow for the EUP. That's our soup & sandwich luncheon day at First Union. My new computer is still a bit off on the pictures this month, I lost my picture so you'll notice I'm a snowman for the time being., 'That's ok, the snowman's cuter!

The following recipe is from Starbucks on FB. It sounded good to me so I made it, with a lot of tweaks. First I'll give you the FB version and then I'll tell you how I changed it.

Use a mixture of diced, cooked potatoes, cheddar cheese, spinach, a touch of chives, mixed with cage-free eggs & bake until golden brown.

This is my version for 1 Person (adjust for more people)

1 small **raw** potato diced small, I had no spinach but would have used it, 1 t. *Pampered Chef* Dill Mix (I use it in everything), 2 scrambled eggs....In butter, cook onions till soft, a couple minutes & add in potatoes, cook until firm, but not mushy, Stir often, pour eggs over all and stir and cook. Don't brown. Melt American cheese on top when done. Oh & I added in 3 cherry tomatoes cut in fourths. Basically it's an omelet. I don't like eggs browned.

And let's give **Ang-gios** a high-five for their breakfasts, The eggs & bacon are always cooked perfectly and eggs are never brown!

And while I'm giving out ***Kudos***if you're in downtown Sault & need lunch, try "**Cup of the Day**" café on Ashmun St. They have cup of soup and a half-sandwich specials every day and you get to pick your choice. Not only that, but it's delicious & generous!!

Somebody asked **Carole Jacob** for her Cheeseburger soup recipe at the Soup & Sandwich luncheon, so I thought I'd put it in the **Spark** for us all to enjoy.

Cheeseburger Soup

1 pd. Ground beef
1 large onion, diced
4 carrots, diced
2 large celery ribs, diced
1-1/2 cups milk
Salt, pepper, & garlic powder
3 cups chicken broth
4 cups potatoes, diced
1/4 cup flour
12oz. Velveeta cheese
1/2 t basil
Parsley
4 T butter
1/4 cup sour cream

Brown beef & drain, add onions, celery, carrots, basil & parsley, cook until tender. Add broth & potatoes, cook until potatoes are tender. Melt butter & flour for 5 minutes, add to soup & cook & stir 2 min. more. Reduce heat to low. Add cheese, milk, S & P, garlic powder. Cook until cheese is melted. Remove from heat & stir in sour cream until blended.

I can't wait to make this, it sounds so good! If you don't eat beef, substitute ground turkey or chicken or leave the meat out altogether.



To Your Health ...Betty Mitchell BSN

Women's Heart Health

Men, this is important information for you to know, so you can help the women you love and know live a healthy life and prevent cardiovascular incidents from occurring.

Cardiovascular disease, heart attack and stroke, is the number one cause of death in women, with 1 in 3 deaths in women each year. Even though it impacts some women at higher rates than others, cardiovascular disease can be prevented with education and healthy lifestyle changes.

Women are affected by cardiovascular incidents at any age. Being aware personal risk factors and family history are important for women to know to help prevent a cardiovascular event.

Some risk factors that can be controlled by lifestyle changes with the help of your healthcare providers. Have your blood pressure checked regularly to be sure it is within normal limits. Having a blood pressure machine in your home is helpful for you to check it at random times during the day or week.

If you smoke, make a plan to stop. Let your family know you plan to quit, so they are able to support you in your decision to quit smoking.

Having blood work done will let you know what your cholesterol levels are and if you need to make any changes in your diet or with medication to decrease your cholesterol levels to within the acceptable range. If left untreated, blood vessels become clogged with deposits and blood does not flow properly or a blockage occurs.

Being active is important to help you burn up calories and stay healthy. Develop a routine of daily activity doing something you enjoy, walking, running, going to a gym. Whatever activity you select is up to you, as long as you are active it helps keep

the blood circulating.

Generally, being overweight makes it difficult to do physical activity. By making some dietary changes and being more active, it becomes easier to lose some weight and decrease your likelihood of having a cardiovascular incident.

Diabetes can be checked with blood work ordered by your doctor. Since diabetes may affect your blood vessels and circulation, it becomes important to monitor your blood glucose levels and take proper medication as ordered by your doctor.

There are risk factors you can not control including age, gender, family history, race or having a previous heart attack or stroke.



Janaan on the Run



me & my dog



Norm & Marcia's dog,
Winnie, enjoying
some doggy ice cream
(yes they do make irt)

Board Highlights

The meeting was called to order at 6:35pm and was opened with prayer (**Mike Bolcer**)

Attendance – Present: **Jim Huber, Mike Bolcer, Dave St. Onge, Wayne Brood, Mike Davis, Jeremy Bigelow, Stan Jack, Rick Wilson, Deb St. Onge, Daniel Peterson**

Unable to attend: **Marcia Perkins, Terry Moore**

Minutes of the Nov 2023 meeting were reviewed.

Dave St. Onge moved, **Mike Davis** second to approve minutes as submitted.

Treasurer's Report – Rick Wilson

Giving: The total giving to the church as of today (1.22.24) is \$28,296 up from the beginning of November. The Missions are \$965 above budget for the same 2 months.

Expenses: we are currently over expense budget for this point of the year, but we do not anticipate any other large expenses until after Sept 1st (new budget). Thanks to the giving being well over budget, we do not anticipate this to be a problem. See **Rick's** handout for specifics.

Insurance claim for lightning damage on the old copier/printer was received

SPY / S&P500 investment: First purchase of \$1000 was completed at Fidelity Brokerage for January 2024. Long term funding for this investment is monthly withdrawals from our two mutual funds at Edward Jones.

Church Mutual Insurance now contains all the changes that were recommended at the recent coverage

Mike Davis moved, **Jeremy Bigelow** seconded to receive this report. Passed unanimously.

Pastor's Report – Written - accepted

Elder's Report –

Identifying future elders is an ongoing discussion. Remember the biblical qualifications

as listed in 1st Timothy 3, and Titus 1.

Deacon's Report –

Complete projects
Projects in progress
Projects in the future
Identifying future deacons

Future actions: Rick will work on possible options for back up heating at the Manse. Parking lot light upgrades will be installed in the spring (new LED bulbs have been purchased).

Mission committee – Deb (brief updates)

Women's association – Deb (brief updates) - Ladies bible studies are held at the Cove once a month. Mother/Daughter banquet to come in the spring.

Christian Education – Sunday School, Junior Church, Anchor Club are all going well

Youth Programs – Updates from **Jim**

Old Business –

Installation of the flat screens - (looking to begin this process soon)

Updated/new photo directory of the church - this is the 130th anniversary is this year. Ask **Lynn Forrester** to take the lead on this project.

New Business - discussion, no official action taken

Meeting adjourned at 8:03pm. Moved by Rick Wilson, 2nd by Wayne Brood, passed unanimously.

The next scheduled board meeting is Monday Feb 26th at 6:30pm

Respectfully submitted,
Jim Huber (for Marcia Perkins)

“Wisps from Willow” Greg Wagner



Possibly the most important thing you'll read this year...

The following is the philosophy of Charles

Schulz, the creator of the 'Peanuts' comic strip.

You don't have to actually answer the questions. Just ponder on them. Just read it straight through, and you'll get the point.

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America pageant.
4. Name ten people who have won the Nobel or Pulitzer Prize.
5. Name the last half dozen Academy Award winners for best actor and actress.
6. Name the last decade's worth of World Series winners.

How did you do?

The point is, none of us remember the headliners of yesterday.

These are no second-rate achievers.

They are the best in their fields.

But the applause dies.

Awards tarnish ...

Achievements are forgotten.

Accolades and certificates are buried with their owners.

Here's another quiz. See how you do on this one:

1. List a few teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worthwhile.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

Easier?

The lesson:

The people who make a difference in your life are not the ones with the most credentials, the most money ... or the most awards. They simply are the ones who care the most.

Intentionally Blank

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The Spark

Creating intentional followers of Jesus Christ
