



## Calendar of Events

Men's Group Meeting (6:30 p.m., Library)  
– February 3rd

Women's Bible Study (9:30 a.m.) –  
February 4th

Pancake Breakfast (10:30 a.m.,  
Fellowship Hall) – February 8th

UWIF Meeting (10:00 a.m., Library) –  
February 10th

Missions Meeting (6:30 p.m.) – February  
10th

Trustees Meeting (6:30 p.m.) – February  
11th

Women's Bible Study (9:30 a.m.) –  
February 11th

Ash Wednesday – February 18th

Epilogue (11:30 a.m., Shrine Club) –  
February 18th

Women's Bible Study (9:30 a.m.) –  
February 18th

SPRC Meeting (6:30 p.m.) – February  
19th

Women's Bible Study (9:30 a.m.) –  
February 25th

Church Council Meeting (6:30 p.m.,  
Sanctuary) – February 25th



Rev. Kathleen Schoeneck

Dear brothers and sisters in Christ,

This article is from [UMC.org](https://www.UMC.org). It reminds us that John Wesley was interested in what ordinary people could do to take care of themselves and help others do it too.

### ***4 ways to battle the winter blues:***

Winter is a wonderful time of year full of lights, love, and magic. However not all of us experience the winter months the same way. The cold weather and loss of daylight does affect our human bodies. During this time of year it is common for people to experience fatigue, brain fog, difficulty sleeping, and even sadness. Some individuals only experience this mood change temporarily, yet others find symptoms more severe. That is when the winter blues become Seasonal Affective Disorder. However there are things that you can do when you are not feeling so jolly. Here are four ways to help you combat the winter blues.

### **Soak up some vitamin D**

During the winter season there is a risk of vitamin D deficiency. Vitamin D allows our bodies to fight infections, and it is essential for our health. The winter time is when we need vitamin D the most, yet it is also the time of year when it is the most challenging to get it. Despite the lack of daylight in the winter there are other ways we can get vitamin D. The sunshine vitamin can be found in some foods. Salmon, trout, and other fortified milks contain vitamin D. If those food options are not appealing to you then you can also take vitamin D supplements. Vitamin D supplements come in a variety of forms, yet they are a great way to get the vitamin D that your body needs.

### **Exercise**

The cold weather can make us feel unmotivated to leave the comfort of our warm and cozy bed. Some of us tend to adopt the attitude of human hibernation. We tend to eat more and do less. However, if we remain active during the winter season our bodies will feel more confident in the spring and summer. Incorporating an exercise routine does not have to look like spending hours at a gym, or running mile after mile in brisk weather. Incorporating a healthy exercise regimen can look like doing a twenty-minute yoga

*(Continued on page 2)*

**Our vision is to glorify God by helping people to discover, experience, and know the love and presence of Jesus Christ.**

YouTube video on your phone in your living room. Or it could be doing a fifteen-minute weight lifting set. Taking the time to break a sweat and get your heart rate up on a consistent basis is vital not only for our physical health, but also our mental health. By taking the time to exercise regularly, food cravings will subside and motivation will increase.

## **Changing your attitude towards winter**

Statistics show that in Scandinavian countries there are lower rates of seasonal depression? Why is that? It is because their approach towards winter is different. People who live in countries such as Norway or Sweden actually enjoy the winter season. They focus on the fact that the winter months give us different things to enjoy such as snow sports, hot drinks, and warm nights by the fire. By focusing on the positive things that winter has to offer we can change our attitude of enduring winter to enjoying it.

## **Nurture your spirit**

Everyone has different hobbies and ways of winding down. For extroverts, throwing a holiday bash or going out to a lovely dinner with friends is a great way to lift up our spirits during the cold and dark evenings. On the other hand, introverts will much rather enjoy a peaceful night reading, watching a movie, or doing something craftsy either on their own or with a few of their friends or family. People recharge differently on their own individual scale, whether that be laughing the night away with the besties or taking a self-care night, each moment of taking the time to relax and be happy is important for our well being.

The winter blues affect all of us differently. Just as some days are colder than others, some days are more mentally taxing. The important thing to remember during the cold and darker days is that this is just a season. Emotions change just as seasons do. Fall faded to winter, and the hope of spring is around the corner. As we wait for the warmer months, let us try to change our mindset towards the winter. Although there is darkness and cold, there are still special things that only winter can offer. The winter blues may get us down from time to time, but instead of enduring the winter let us try to find ways to enjoy it.

If you're looking to connect and strengthen spiritually during this season, we invite you into this simple practice of prayer. Light a candle, plant yourself firmly and comfortably, and reflect on these words:

*Gentle God of love, help us reach out together for the light of faith, for renewal and recovery and a new day coming.*

*Grant that hope may come to rest in our hearts, and let it go forth with us into the darkness, this night and in the nights to come, until we see the light of the new season and the freshness of dawn.*

(Prayer from The Cathedral Church of Saint Andrew, Honolulu Hawaii.)

God's Peace,

*-Rev. Kathleen Schoeneck*

## United Women in Faith

UWF will be meeting in the library at 10:00 a.m. on February 10. All women of Lakewood are invited. Please continue to pray for Debbie's son Aaron who is recovering from a head injury.

## Men's Group Update

Men's Group is meeting February 3 at 6:30 p.m. in the church library. The pancake breakfast has been rescheduled to February 8 after church. All donations will benefit the upcoming Red Bird mission trip.

## LITTLE LESSONS

### Updates from Lakewood Preschool

Our Pop Luck fundraiser is happening right now.

Our new family Open House is Sunday, March 1 from 12:00-2:00 p.m. for families interested in the 2026-2027 school year. You will be able to meet the teachers and staff, as well as get a tour of the school. Kids will be able to do a cooking activity and craft. There will be giveaways for families who register that day.

***"I was hungry and you gave me something to eat."***  
**Matthew 25:35**



## FEBRUARY SCHEDULE TRACY AND ASBURY

DATE	PICKUP DRIVER	PACKING TEAM	DELIVERY DRIVER
FEB 04/05	R. Estes 10:30 a.m.	R. Estes 6:30 p.m.	J. Kot 10:00 a.m.
FEB 11/12	J. Kot 10:30 a.m.	C. Kot 11:30 a.m.	H. Kendall 10:00 a.m.
FEB 18/19	R. Pike 10:30 a.m.	K. Fisher 6:30 p.m.	R. Fisher 10:00 a.m.
FEB 25/26	C. Spicher 10:30 a.m.	J. Goodman 11:30 a.m.	J. Rhone 10:00 a.m.

# Council Update - January 2026

## Reflecting, Listening, and Looking Ahead

As a church family, we believe it is important to pause, reflect, and prayerfully evaluate how our ministries are serving both our congregation and our wider community. Over the coming months, church leadership will be reviewing our current ministries and exploring future opportunities to ensure that what we offer truly meets the needs of those God has entrusted to us.

At the heart of this process is a simple but vital question: **How are we helping people grow closer to Jesus?** By listening carefully—to God, to our congregation, and to our community—we hope to strengthen what is working well and thoughtfully develop new ministries where there is opportunity and need.

As part of this review, we are giving special attention to several key areas. We are looking closely at our current mission work to ensure it continues to respond to real and meaningful community needs. We are also exploring ways to better support our homebound members and our growing elderly population, recognizing the importance of connection, care, and spiritual encouragement at every stage of life. In addition, we see great potential in our preschool families—an untapped resource for relationship-building, faith formation, and community engagement.

This season of evaluation is not about change for the sake of change, but about faithful stewardship—making sure our ministries reflect Christ's love and respond to where God is calling us now. We invite you to pray with us, share your insights, and join us as we seek to grow together in faith and service.

Together, may we continue to be a church that loves God, loves people, and meets the needs of our community with compassion and purpose.

**Online Directory:** Thank you for your patience as we had to work through the logistics of creating an online directory that will not only connect you with all the members of the church but also accommodate the mode in which you feel most comfortable including a printable directory with pictures. We have made the first step with the expectation that we will begin connecting you to the picture directory in February.

**The next Council meeting will be Wednesday, February 25 at 6:30 pm.**

## THE WEST MILLCREEK FOOD PANTRY

Our pantry tries to provide one box of cereal to each family every two weeks. As a result, we need 166 boxes to give one box to each family. That's 332 boxes a month! We hope you are able to help with this need!

## EUMA OUR NEIGHBORS' PLACE OVERFLOW SHELTER

Lakewood will be collecting clothing items for distribution at the overflow shelter. Items for donation include new underwear (boxer briefs for men), socks (moisture wicking please), emergency thermal blankets (must be able to handle below 30 degree temp), sweatpants, t-shirts, and sweatshirts. If you are interested in donating any of these items, there is a collection box inside the main door to the church. Please feel free to contact Chris Paul if you have any questions or want to help.

# FEBRUARY BIRTHDAYS

Donald Metzler III	02/01
Grace Moren	02/01
William Velez Jr.	02/01
David Hartland	02/04
Karen Ericson	02/06
Valerie Monahan	02/06
Kat Dolan	02/08
Aria Stoll	02/09
Katherine Davis	02/10
Michelle Nicole Elwell	02/11
Carole Kot	02/11
Jack Webber	02/11
Joseph Dill	02/14
Allison Novacek	02/15
Emily Bond	02/16
Karma Cummings	02/16
Morgan Fehr	02/16
Marian McConnell	02/17
Melissa Foessett	02/18
Kelly Miller	02/18
Carson Duranseau	02/20
Renee Jackson	02/20
Paula Dunmire	02/21
Brooklyn Olson	02/22
Devon Skellie	02/22
Robert Durst	02/23
Susan Dzeskiewicz	02/23
Robert Helsley	02/25
Celeste Bentley	02/28
Owen Vogt	02/28

## A Segment from Finance

2025 - Thanks Lakewood for your faithfulness.

Lakewood paid 100% of the 2025 Connectional Apportionment \$28,079.00 to Western PA Conference of the United Methodist Church. Lakewood is so very blessed we have the financial resources and support of the congregation.

Often the question gets asked what does this go to? Apportionments are the share each annual conference or local church pays to support international, national, and local missions. This includes salaries for staff for Western PA in Cranberry PA, Bishops Salaries, helps for churches that may not have funds to fully support their pastor, missionaries, disaster relief. The general church budget is proportionally allocated (apportioned) to annual conferences, which in turn ask each local church to contribute a portion of its tithes and offerings to support these ministries. In this way, each congregation gives a fair share to support the church's work worldwide.

How is the amount determined? The Apportionment is calculated from the church operating expenses from 2 years prior. What it takes to run the church (Pastor and staff salaries, utilities, programs, maintenance of church, office equipment, parsonage expenses for Pastor [Utilities, taxes on property, repairs and upkeep] Pastor healthcare and pension, insurance, ...). This does not include the capital campaign and church renovations.

Additional contributions were sent from Lakewood to: UMCOR \$1,769.00 (United Methodist Committee on Relief); United Methodist World Communion Sunday \$295; EUMA \$1,220.00 (Erie United Methodist Alliance); All God's Children Ministries \$1,200.00 (dedicated to improving the lives of people living with disabilities, including Ramps for Hope); Millcreek Food Pantry \$1,540.00.

If you have any questions you can learn more at <https://www.wpaumc.org/apportionments>, or contact Richard Estes, or email questions to [secretary@lakewooderie.org](mailto:secretary@lakewooderie.org).

Additionally, 2025 Contribution Statements were either handed out at Lakewood or mailed out. 2026 Giving Envelopes were also either handed out at Lakewood or mailed out. If you did not receive your 2025 statement or 2026 envelopes for some reason, please contact Marygrace or email [secretary@lakewooderie.org](mailto:secretary@lakewooderie.org).



## JANUARY 2026 ATTENDANCE:

Average attendance for weekly in-person worship: 56

Average views of weekly livestream (Youtube): 62

Average weekly combined "attendance" for January: 118

Average weekly combined "attendance" to-date: 118



# Lakewood Youth News

Helping youth to discover, experience and know the love and presence of Jesus Christ.

## Meeting Schedule

Students in grades 5<sup>th</sup> – 12<sup>th</sup> are welcome to join us.

We will now be meeting every week! Come anytime!  
Attendance is not mandatory.

February 1: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

February 8: **Pancake Breakfast 10:30 a.m. – 11:30 a.m.**

February 13-15: **Wesley Woods Retreat**

February 22: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

March 1: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

March 8: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

March 15: **Youth Event TBD**

March 22: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

March 29: **Youth meeting at Lakewood 10:30 a.m. – 11:45 a.m.**

**\*Dates and events are subject to change as opportunities arise or change.**

Contact Information

**For questions and concerns please contact us anytime.**

Jackie and Jeremiah Bull

**Home: 814-833-4520**

**Call or Text: 814-323-6805**

**Email: [missjackie77@hotmail.com](mailto:missjackie77@hotmail.com)**

### Mission Statement:

**We will strengthen opportunities for spiritual growth that fosters genuine relationships by serving our church and community.**