

February 1, 2026



Reflections

I Corinthians 2: 9 However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him"-- 10 but God has revealed it to us by his Spirit. The Spirit searches all things, even the deep things of God.

Let's thank God today that light has special properties that allow it to boomerang and provide us with a double of what we've been seeing. I am reminded of castles and mountains reflected on a lake's surface...trees in autumn, moonlight on the ocean. God seems to have packed the world with beauty and then asked: "How can I pack a little more in?" So, God added the reflection trick just for good measure. Reflections make us thoughtful about life and reality. I recall Plato's *Analogy of the Cave*. It goes like this:

Imagine several prisoners who have been chained up in a cave for all of their lives. They have never been outside the cave. They face a wall in the cave and they can never look at the entrance of the cave. Sometimes animals, birds, people, or other objects pass by the entrance of the cave casting a shadow on the wall inside the cave. The prisoners see the shadows on the wall and mistakenly view the shadows as reality.

However, one man breaks free from his chains and runs out of the cave. For the first time, he sees the real world and now knows that it is far beyond the shadows he had been seeing. He sees real birds and animals, not just shadows of birds and animals.

This man is excited about what he sees and he goes back to his fellow prisoners in the cave to tell them about the real world. But to his astonishment, they don't

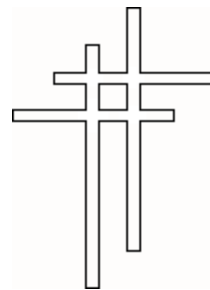
believe him. In fact, they are angry with him. They say the shadows are reality and that the escaped prisoner is crazy for saying otherwise.

We know reflections are only reflections. But what if...? What if the world you and I think of as real: sticks, stones, economies, national borders, market places, etc...is only a reflection of something deeper, truer, more beautiful than we've ever seen? That's Plato's point! I believe God likes us to keep an open mind about life...and know that God has something in store for us truer, better and more beautiful than we've ever imagined or seen with the eye.

*Shalom,
Jim*

Please Celebrate Sunday's Message

Huguenot United Methodist Church is inviting you to our Sunday Morning Worship Service. This in-person service begins at 11 a.m. Please join us and take part in our worship and praise of our Lord and Savior, Jesus Christ!



Pastor Jim Sprouse
will provide us with the message

**"What Does the Lord
Require?"**

We hope you will join us!

HUMC Nursery

Our nursery caregiver, Rosalie Koch, is at church every Sunday and ready to welcome children in the nursery during worship from 10:45 a.m. until 12:15 p.m.

A nursery assistant is needed this Sunday. Please consider volunteering.



Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class begins at 10 a.m. Our class meets in the Fellowship Hall. The title of our lesson for Sunday, February 1, 2026, is "Parental Anxiety." The focal passage is 1 Thessalonians 3. The background text is Acts 16: 1-5; 19: 21-22; 2 Timothy 1: 1-14; 1 Thessalonians 3. The purpose statement is "to develop the habit of praising and encouraging others."



We look forward to your participation in our class. If you have any questions, comments, or feedback regarding our HUMC Adult Bible Study please do not hesitate to contact me.

Gerry Flinchbaugh
804.314.4817 gflinchr@gmail.com



Coffee Fellowship: THIS Sunday, February 1

Please join us in the Fellowship Hall after our 11 o'clock worship service, for our **Coffee Fellowship on Sunday, February 1**, for coffee, some light snacks and great conversations. We invite our visitors to join us for coffee fellowship, so we can answer their questions about HUMC and we can get to know them better. Thank you to Frank and Sheila Blankenship for hosting us this month!

Future Host?

We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a new sign-up sheet for 2026 on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.



United
Women
in Faith

This month, the Huguenot United Women in Faith will be joined by the members of St. Luke's UWF to hear our speaker, Kathy Dictor. Kathy is the Membership Coordinator for the Three Notch'd District. Please join us on Tuesday, February 10, at 10:30 a.m. in the Fellowship Hall for Kathy's presentation.

Joy of Crafts

A big thank you to all who supported this year's Joy of Crafts Holiday Bazaar. We raised more than \$1,100 from sales, which will go a long way towards buying supplies for the comfort items we create and donate to From the Heart and Dress a Girl Around the World.



During 2025, Joy of Crafts made and donated more than 1,000 wheelchair and walker bags, dialysis mitts, memory mats and quilts, port pillows and drain bags to local hospitals, nursing homes and shelters. We also sent dresses to needy girls in the U.S and around the world. This Christmas, we provided gifts for the children and nursing staff at Children's Hospital's long term facility, as well as quilts and toys for blind babies. All are welcome to participate in this fulfilling ministry. For more information, contact Molly Sprouse at mollysprouse@gmail.com.

BAGS NEEDED!

We are in need of plastic grocery bags for the church nursery as well as for the Blessing Box. The Blessing Box needs paper grocery bags, too.



They seem to be the most in demand to handle canned goods. If you can furnish either of these items, feel free to give them to me, and I'll disburse them.

Thank you,
Rosalie Koch

Nursery Volunteers

There is a sign-up sheet for nursery volunteers on the church bulletin board across from the Fellowship Hall.



The protocol for volunteers: Arrive around 10:45 a.m. and let Rosalie know you are present. You may join the worship service sitting in the back of the sanctuary. If no children arrive for care, remain in the sanctuary. Rosalie will retrieve the volunteer when children are present. This follows our Child Protection Policy requiring two people caring for children.

Please support us as we strive to offer a nursery while being fiscally responsible with our resources. Please consider volunteering for an occasional Sunday if you are able.



The Clatterbaugh Family

John S. Currie

Peggy Harris

Judy King

Amy Mateer

The Family of Steve Peretzman

Jon Smith

Judith Westerhouse

In an effort to keep the prayer requests current, names posted will be removed after 30 days unless requested otherwise.



Where the World Meets to Pray

Copies of the **January and February** edition of The Upper Room are now available on the greeting table at the front entrance. Please consider making a donation in the labeled box.



Many thanks to my church family for prayers and concern during my brother-in-law Steve Peretzman's illness. Steve passed peacefully one week after his 66th birthday surrounded by his family. Please continue to keep my sister, Donna, and her family in your prayers.

Always,
Shirley Bradshaw



Happy Birthday to

Phil Coffey (Feb. 2)

Elma Cooper (Feb. 4)

Nancy Flinchbaugh (Feb. 7)



Sunday, February 1 – Fourth Sunday after the Epiphany

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

12 p.m...Coffee Fellowship following worship (FH)

Tuesday, February 3

7 p.m...Handbell Practice (Sanctuary)

Wednesday, February 4

10 a.m...Preschool Chapel Time with Pastor Jim

7 p.m...Choir Practice

Friday, February 6

10 a.m...Library Work Day

Sunday, February 8 – Fifth Sunday after the Epiphany

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

CR – Choir Room FH – Fellowship Hall
K – Kitchen L – Library PR – Puppet Room



- Tues., Feb. 10 – United Women in Faith Meeting at 10:30 a.m.
- Fri., Feb. 13 – Feed the Homeless at 10 a.m.
- Fri., Feb. 20 – Preschool Parents’ Night Out at 5:30-8 p.m.

Newsletter News

If you have an article for the next *pulse* newsletter, please email it to Elaine by *Wednesday at 10 a.m.*

Please know that submitted articles may be edited to provide clarity and increased inclusion. This newsletter and the Sunday Bulletin are posted on the church website by Friday evening.

Church Office Hours:

Pastor Jim is in the office on Wednesday and Thursday mornings. Elaine is in the office every Friday from 8:30 a.m. to 12:30 p.m. These hours are subject to change on occasion.

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