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Happy Retirement

On Sunday, January 15, Joanne Dobrinski, Staff/Parish Relations Committee Chair, made the following announcement;

It is with a note of sadness that I am here to officially announce that our pastor, Don Barnhart, has decided to retire this year. His last day at Tabor Heights will be June 30. We have been most fortunate to have Don as our pastor for four years and are sorry to see him go but will, of course, wish him the best in retirement. We look forward to his continued guidance and leadership with us these next six months.

The Staff Parish Relations committee met with the Assistant to the Bishop, Lowell Greathouse, Wednesday night as we begin the process of working with the cabinet in finding our next pastor. We will meet again Tuesday to complete a new church profile and compensation package.

We ask you to be in prayer for our congregation and the Cabinet as we identify the gifts and graces needed for the next spiritual leader for Tabor Heights. The Staff Parish Relations Committee represents each of you in this process, so please feel free to speak to anyone on the committee. They are: Evelyn Long, Dula Baker, Joanne Buck, Gerry Eichelberg, Clark Eisert, Essie Ewart, Joanne Mattson, Tom Lohkamp, Dorothy Glynn, and Joanne Dobrinski.



Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity...It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.

COMMENTS ON THE BUDGET

In this issue of the Herald I would like to discuss our recently passed budget for 2012. This year the picture isn't as good as it was last year.

INCOME

- Our Pledges and estimated giving are down.
- Our Building Usage is up a little and this is due to increase rates of our users.
- We've estimated the amount of earned income from our invested funds and have entered 80%; reinvesting the remaining 20%.

EXPENSES

- Our Shared Giving/Apportionments are up some.
- Staff expense has gone up in our effort to keep them up to pace with the cost of living.
- Building expenses are up due to 2 factors: increased utility rates and a need to have more of our work hired out because of declining ability of our members to do all that needs to be done to maintain our building and grounds.

With a decrease in income and an increase in expenses we are a little over \$19,000 short which needs to come from somewhere in order to balance the budget. So, with nowhere else to go, we've entered a withdrawal from principal of our Invested Funds.

A budget is the ceiling of expenses that are approved to be spent and we are hoping that we can keep our costs down and not have to draw that much from our investments. Hopefully, income from the Invested Funds will help out some. But we will definitely need to make some changes. So with our pastor retiring and the process to obtain another pastor, we intend to offer a smaller compensation package.

The SPRC will be meeting on January 31st to complete our Church Profile and come to a decision on the compensation package we will be able to offer. If you have any questions or input, we would greatly appreciate your comments. You can contact Joanne Dobrinski or myself.

This will be a year of change and I would ask you to please be in prayer that God will lead us in the right direction.

Dorothy Glynn, Chair of Finance



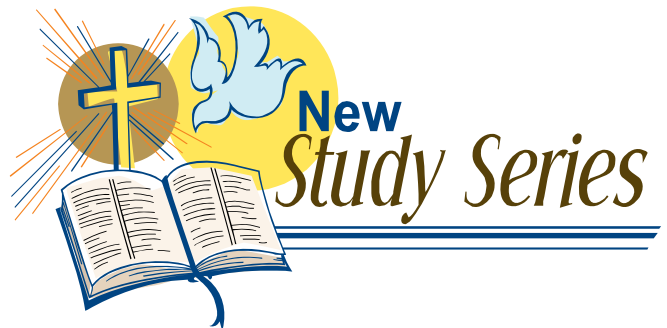
FEBRUARY BIRTHDAYS

Alec Hildenbrand	1
Al Bailey	4
Steve Sloan	6
Jean Vann	11
Sadie Eisert	12
Lois Richards	17
Donna Larsen	18
Paulette Meyer	20
Leora Soley	23
Dennis Bridges	24



FEBRUARY ANNIVERSARIES

Jim & Carolyn Douglass	19/1955
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Thursday Study Group

The Thursday Evening Study Group will begin a new study on March 1st in the Gathering Place at 7 pm. This is a 8 week study focusing on the Beatitudes. We will be using the book The Power of the Focused Heart. Please contact Jana Broer if you would like to join us, so that a book can be ordered for you.

FROM THE PARISH NURSE

The Centers for Medicare and Medicaid Services (CMS) announced that Medicare is adding coverage for preventive services to reduce obesity. This adds to Medicare's existing portfolio of preventives services that are now available without cost sharing under the Affordable Care Act. It complements the Million Hearts initiative led jointly by CMS and the Centers for Disease Control and Prevention in partnership with other HHS agencies, communities, health systems, nonprofit organizations, and private sector partners across the country to prevent one million heart attacks and strokes in the next 5 years.

Screening for obesity and counseling for eligible beneficiaries by primary care providers in settings such



as physicians' offices are covered under this new benefit. For a beneficiary who screens positive for obesity with a body mass index (BMI), the benefit would include one face-to-face

counseling visit each week for a one month and one face-to-face counseling visit every other week for an additional five months.

Discount Available

There are several discount coupons available for Lifeline Screening given by Jean & Lydge Vann. They expire March 31 so don't wait too long! Contact the Parish Nurse.

Thank You:

- ◇ Tabor Heights UMC worship services have been made more beautiful by flowers during 2011 provided by Merridee Holdsworth, the Khamvongsas, the Doerings, the Denneys, the Starrs, the Vanns, the Eiserts, Ruth Heberlein, Pam Pitra and Jeff Moore, Lois, Stan Clarke, the Ortloffs, Esther Williams, Dula Baker, the Bridges, Dorothy Reed, Pearl Ashpole, the Regans, Evie Brim. MANY THANKS to you all.
- ◇ So good to be here. Val and Joanne
- ◇ Young people helping lead
- ◇ Helen's patience and good humor. The music, the bells are wonderful, the piano and the choir are great



Prayers:

- ◇ I have continual pain in right shoulder/arm/hand – see a specialist in Feb. Lois Lee
- ◇ Continued prayers for Pam's younger brother
- ◇ Prayers for the Hollomon Family

A New Year

A new year and time, perhaps, for change or "axing" old habits.

Easy things to start the new year:

- * Exercise
- * More laughter
- * Learning something new
- * Moderate diet
- * Regular church attendance and prayer
- * Reduce stress
- * Nourish friendships

Differences Between Humans and Robots

Humans	Robots
Strong hand-eye coordination	Good geometric accuracy
Dexterous (at human scale)	Stable and untiring with repeatability
Flexible and adaptable	Designed for wide range of scales
Able to use qualitative information	Integrates extensive and diverse information
Good judgment	Uses diverse sensors in control
Limited dexterity outside natural state	Limited dexterity and hand-eye coordination
Prone to tremor and fatigue	Poor qualitative decision-making ability
Limited ability to use quantitative information	Limited to relatively simple tasks
Limited sterility and prone to error	Large operating room space requirement

Adapted from Howe RD, Matsuoka Y: Robotics for surgery. Annu Rev Biomed Eng 1:211-240, 1999

FROM YOUR PASTOR

The month we call January is named after an ancient Roman god named Janus, who was believed to have two faces. One face looked into the past, the other looked toward the future. Janus was the Roman god of endings and beginnings.

Our lives are a continual succession of beginnings and endings. They take many different forms as we move through each stage of life from childhood to old age. Some beginnings and endings seem inevitable while others are unlooked for and unexpected.

Beginnings and endings are woven into the very fabric of time. My faith tells me that they are an integral part of the Creator's design for life.



Whether they are welcomed or not, our God accompanies us through each and every one of them.

As I anticipate my retirement in June, I find myself looking both back and ahead. This January, when my retirement has been formally announced, seems very "Janus-like" for me!

I thank God for my four years of ministry at Tabor Heights. These years have been deeply rewarding and spiritually enriching. Your prayers, presence, gifts and service have inspired and sustained me.

I am looking forward to the time we will continue to share in ministry over the next few months. I will continue to hold the church in my prayers through this time of an ending and a new beginning!

Don

FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Trustees	3	4
5 CrossStar Fund Raiser	6 Bell Choir	7 Outreach Finance	8 Star Circle SPRC	9	10	11
12 Worship Committee	13 Bell Choir	14 Valentine's Day Dove Circle Rainbow Circ	15	16	17	18
19 Herald Deadline CrossStar Potluck	20 Bell Choir	21 Admin Council	22 Ash Wednesday	23	24	25
26 Lent	27 Bell Choir	28	29 Worship Committee			

SCHEDULE OF EVENTS

2/2 - Trustees Meeting at 1 pm
 2/5 - CrossStar Youth Fund Raiser
 2/6 - Bell Choir Rehearsal at 7 pm
 2/7 - Outreach Committee Meeting at 1:30 pm
 2/7 - Finance Committee Meeting at 6 pm
 2/8 - Star Circle @ Faye Henderson's 7:16 pm
 2/8 - SPRC meeting at 7 pm
 2/12 - Worship Committee Meeting at 12:30 pm
 2/13 - Bell Choir Rehearsal at 7 pm
 2/14 - Dove Circle Meeting 10:30 am @ Valri Darling's
 2/14 - Rainbow Circle Meeting at 12:30 pm
 2/18 - HERALD DEADLINE
 2/18 - Fellowship Potluck after Worship

2/18 - CrossStar Planning meeting at 12:15 pm
 2/20 - Bell Choir Rehearsal at 7 pm
 2/21 - Administrative Council Meeting at 7 pm
 2/22 - ASH WEDNESDAY
 2/27 - Bell Choir Rehearsal at 7 pm
 2/29 - Worship Committee Team Meeting at 10 am



**TABOR HEIGHTS UNITED
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«Mailing Name»
«Address»
«Address Line 2»
«City», «State» «Zip Code»

O P E N H E A R T S + O P E N M I N D S + O P E N D O O R S

Serving in Ministry through Tabor Heights UMC

Pastor: Don Barnhart

Lay Leader: Tom Lohkamp

Music Director: Helen Hollenbeck

Administrator: Enid Wheeler

Custodian: Jesús Péna Trejo

Head Usher: Marvin Doering

Sound: Arthur Benedetti White

Lay Chaplains: Joanne Dobrinski, Dorothy Glynn,
Joyce Peterson-Doering