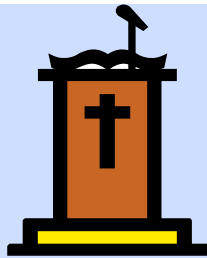


The ARK of New Beginnings Church

February 11, 2009

This Sunday...

In the Pulpit



Luke Choi...

Rev. Luke Choi

"Spiritual Discipline"

"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

~ Matthew 11:28-30

Join Rev. Luke Choi as he helps us to see how training ourselves in godliness holds promise for the present life and for the life to come, and why we should discipline ourselves spiritually.

Grab a Friend and Show Up for the New Session of Adult Christian Ed!

Cheryl Manson from Community of Grace Pres. Church will help us to unlock the mysteries of "the Good Book."

Many of us are confused by this basic book we Christians are supposed to use! Here's a chance to get the discussion started. Classes will be held weekly throughout the months of February and March at Mountain Vista, Sundays approx. 5:15 p.m. after worship, cleanup and snacks. (Children will be involved in their own discovery!)

Bring along a few varied editions of the Bible for a more lively discussion.



From *Girlfriends in God**

Are you normal?

Mary Southerland

Today's Truth

1 Peter 4:12-13 "Do not be surprised at the painful things you are now suffering. These things are testing your faith." (ICB)

Friend To Friend

I pray that your New Year is off to a great start! As wonderful as the holidays are, it is always good to get back into a normal routine. Then the question becomes, "What exactly *is* normal?"

Author and speaker, Patsy Clairmont says that "normal" is just a setting on the dryer. I am inclined to agree with her. At birth, the world silently hands us a list of do's and don'ts that we must follow in order to "fit in" and gain approval. I believe God's definition of normal is quite different from my own characterization or the perspective used by others as a measuring stick.

As I look back over the lives of those who made the biggest difference in the early Kingdom days, they were anything but normal. A bag of mixed nuts is more like it - men and women from all walks of life who were radical in their devotion to God - to the point of placing their lives on the line every day for the cause of Christ. They were normal in that they celebrated their "sameness" with the pagans who were shunned by religious zealots but stubbornly loved by the Father. Yet, they were profoundly abnormal in the love they showed and the depth of their commitment to God and to His cause.

As I was putting the Christmas decorations away for another year, I got to the study where we have a collection of gifts and souvenirs from the various countries where Dan and I have visited to speak. Each one brought back memories of precious people who, despite being persecuted because of their faith in Jesus Christ, are all people of joy. As far as material possessions are concerned, they have very little but when it comes to joy, contentment and peace ... they have it all. These people who have chosen to follow Christ -- even in the face of danger - are not normal! And I think the face of God shines on them because of their abnormal faith.

That is the kind of "normal" I want to be this year. I want to be God with skin on to those who don't even believe He exists. I want to love every excuse and doubt right out of their minds. I want them to see a power in me that they cannot explain in human terms and a message that shouts of God's mercy and forgiveness. I want to be hungry and thirsty for God and live my life in the "It is so not about me" gear.

How about you? Are you willing to pack away the old, safe, comfortable and quite stale normalcy, allowing God to bring some not so normal people and circumstances into your life? I'm ready! Join me, my friend, for the journey.

*Girlfriends in God is a non-denominational conference ministry (on-line) that crosses generational and racial boundaries to bring the Body of Christ together as believers.
www.girlfriendsgiving.com

NBC WOMEN'S MINISTRY

February Schedule:

2/5	Open Discussion
2/12	Bible Study, Valentine's Day Celebration
2/19	Open Discussion
2/26	Bible Study



**All women are welcome
without regard to faith, beliefs or denomination.**

Fellowship will be held at Aileen Johanson's house:
Please call the office 801-302-3322 for directions.

For further information about our events and activities, contact Women's Ministry Leader, Edrie Bridenbaugh.

edrieallred@aol.com; tel. #[\(801\)253-4505](tel:8012534505).

**"Friends come and friends go,
but a true friend sticks by you
like family"**

Proverbs 18:24 (The Message translation)

Walk to Emmaus 2009



Walk to Emmaus is designed to strengthen, teach and renew active Christian leaders within the Church. It is a spiritual weekend filled with speakers, prayers and music.

The Walks are a time commitment from Thursday evening through Sunday evening. Space is limited, please contact the office if you are interested in attending.

Men's walk February 26 - March 1

Women's walk March 5 - 8

"While they were talking and discussing, Jesus himself came near and walked with them." - Luke 24:15

"...then their eyes were opened and they recognized him,"
- Luke 24:31

SNACKS After Worship...

We need everyone's help to clean up after some time for meeting and greeting. Thanks for helping!

Date	Name
February 15	Nancy Imhoff
February 22	Steering Committee
- Fellowship Meeting	
March 1	Barnetts
March 8	Aileen Johansen
March 15	Pam Blauvelt
March 22	Stephanie Miles
March 29	Steering Committee
- Fellowship Meeting	

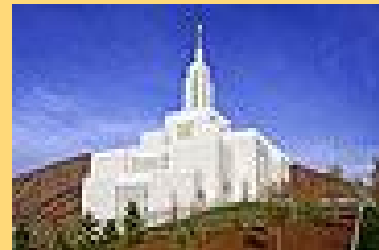
March 7, Saturday---

Women's Ministry - sponsored tour of the LDS Draper Temple.

We will tour in a group.

If you aren't already signed up but would like to go, contact Edrie a.s.a.p.-- there are a few more spaces.

Children, other family members, and friends are welcome!



Church Women United

A multi faith gathering of Christian Women

Mark your calendar and plan to attend CWU's
Human Rights Celebration 2009

When: Friday, March 13, 2009 (2nd Friday)

Time: 9:30 a.m. Reg; 10:00 - 1:00 Program & Lunch)

Where: Centenary United Methodist Church
1740 South 500 East (Salt Lake City)

Theme: "Seeking Shalom"

Registration: \$1 Lunch: \$4.00

Community Outreach: TBD

Offering: Used for CWU National Programs:

Checks need to be made payable to:

Church Women United

Lunch RSVP: To Barbara Stone at 262-1109 or

Sally Hoffelmeyer-Katz
at 272-5356

by Monday, March 9

This is a wonderful ecumenical gathering and an opportunity to learn and grow spiritually and personally.

Hope to see you there.

YOU'RE INVITED!

To: Show **GOD'S LOVE** and our support for a week of hosting and providing for families without a place to live at this time.

For: Families - sponsored by FAMILY PROMISE - Salt Lake

Where: Hilltop United Methodist Church
Hilltop House - 985 E. 10600 S.

When: March 8 - 15, 2009

We need

Breakfast Hosts from 6 - 7 a.m weekdays, Weekend a.m., midday and afternoon shifts, 8 a.m. - 5 p.m. People to prepare and deliver meals by 6 p.m., Evening Hosts from 5 - 8:30 p.m. to help with delivered meals, etc., Overnight Hosts (preferably a male and a female) from 8:30 p.m. - 6 or 7 a.m. (Fri. & Sat. nights hosts stay until 8 a.m.), Transport Volunteers on Sunday, March 15 at 1:30 p.m., food items, telephone support, and much Prayer.

RSVP: Jane C. Tago, 801-282-0765, for more information &/or sign-up at Mt. Vista UMC, or contact Brandee at the office 801-302-3322.