



Gouverneur First United Methodist Church
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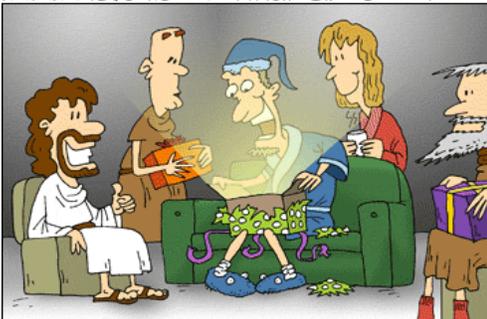
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Meet Jesus~Follow Jesus~Serve Jesus
 Love Boldly~Serve Joyfully~Lead Courageously

First UMC of Gouverneur Keeping Connected

Monthly Newsletter January & February of 2026

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Thanks to Andrew S.
 ETERNAL LIFE, MY FAVORITE ... THANKS
 JESUS!

12-21-2007



MONTHLY MESSAGE

Submitted by: Amy Franco

Blessings to us all in this coming New Year! May we remember the joys, blessings and triumphs 2025 brought us and release the disappointments, heartache and mistakes made along the way! One of my greatest joys of 2025 was being able to get the newsletter up & running. I received lovely encouragement and much positive feedback and I am very grateful. As we enter 2026, I hope to continue to create something you can look forward to & enjoy! With that being said, I urge you all to participate! A monthly message that is on your heart, a recipe or shout out to someone who has pleasantly affected your life. Please have submissions in by the 25th of each month for inclusion in the next month.



Announcements:

- ~ Book Study, hosted by Dr. Don Schuessler every Monday from 7-8:30pm at One More Chapter Book Store, Gouverneur. Currently studying “ Promises Made in the Dark”.
- ~ RipIt Big Bloom Challenge began Jan. 11th
- ~ SPRC Meeting Feb. 17th at 5pm
- ~ Ash Wednesday, Lent Begins Feb. 18th
 - ~ “Ashes for Early Birds” 6:30-9am, stop by Brown Chapel if you would like to receive Ashes to start your day!
 - ~ Service at 7pm in Brown Chapel.
- ~ SPRC & COS joint Meeting Feb. 25th at 6pm

Last Month's Happenings:

- ~ Community Christmas Dinner served approximately 375 people!!
- ~ Christmas Caroling
- ~ Blue Christmas Service
- ~ Christmas Eve Candlelight Service saw over 100 attendees!
- ~ We've Got Your Back Winter Edition provided to those in need

This month's Special Envelopes:

*You have received two pre-labeled envelopes for specific ministry donations:
January- Church Fuel Fund February- Shepherd's Fund (helping those in need)*

Please give as your heart calls you to!

January Scriptures:

Jan. 4th : Ephesians 1:3-14 & Jeremiah 31:7-14
Jan. 18th : John 1:29-42 & 1 Corinthians 1:1-9

Jan. 11th : Matthew 3:13-17 & Isaiah 42:1-9
Jan. 25th : Psalm 27:1, 4-9 & 1 Corinthians 1:10-18

February Scriptures:

Feb. 1st : Guest Speaker Dr. Don Schuessler
Feb. 15th : 2 Peter 1:16-21

Feb. 8th : Isaiah 58:1-12
Feb. 22nd : Luke 24:13-35

Bible Study Update:

Bible Study held every Wednesday morning 10am & Thursday evenings 7pm. ALL are welcome to attend!
Weds: Covering the book of Acts Thurs: Studying upcoming Sunday scripture

Contact us!

Phone: (315)287-2440 **Email:** firststumcgouverneur@gmail.com **Website:** www.gouverneurumc.org

Foodness for The Soul

Cook's Recipe:

Broccoli Chicken Alfredo Stuffed Shells:

1/2 lb. chicken breasts
1/2 box jumbo pasta shells (or around 20 shells)
1/2 head of broccoli
1 jar of Alfredo sauce
1 jar of pasta sauce
1 bag of finely shredded mozzarella cheese

Cook and shred your chicken in preferred method. Cook pasta shells to desired tenderness. Drain and set aside to cool. Finely chop broccoli. Add broccoli, alfredo sauce & handful of shredded cheese into med. sized bowl & mix well. Add shredded chicken, mix thoroughly. Add salt/pepper to taste. Layer 9x13 baking dish with enough pasta sauce to cover the bottom. Spoon mixture into each shell, (~tbs each). Place shells side by side in the baking dish. Cover in a little bit of pasta sauce and mozzarella cheese. Bake at 350° until cheese is melted and sauce is bubbling.

~ submitted by: Alyssa Lalka

Baker's Recipe:

Angel Food Cake

1 ½ c + 1 tbs Sugar
1 c Cake flour
12 Egg whites (room temperature)
1 tsp. Vanilla extract
¼ tsp Almond extract
½ tsp Fine Sea Salt
1 ½ tsp. Cream of Tarter

~Pre-Heat oven to 325F. Do NOT grease pan. Put sugar in a food processor and pulse about 15 times until the sugar granules are finer. Sift flour with ¾ cup of the sugar. Set aside.

~In large bowl, use whisk attachment to whip egg whites, extracts and salt until it becomes a bit frothy. Add cream of tartar and whip until mixture forms soft peaks.

~Gradually add remaining sugar, ¼ cup at a time, while mixer is running. Continue beating until mixture is glossy, smooth and holds a stiff peak.

~In three editions, sift flour/ sugar mixture over the top of the beaten egg whites and carefully fold.

~Once incorporated, spoon batter into the pan. Run a knife through the batter to break up any air pockets. Smooth the top with the back of a spoon.

~Bake for 35-40 mins., or until top is lightly golden and cracked.

Friday Hot Lunch:

Did you know, every Friday, the UMC offers a free hot lunch to seniors? This is available for dine in, pick up & delivery! If you, or someone you know could benefit from this program, please reach out to the office for more information.

Blessing Box Suggestions:

Cereal, oatmeal, pasta, shelf stable milk, bread
peanut butter, canned meats

Healthy Habit:

Body:

Did you know...using mouthwash BEFORE bed is best? Dry mouth allows bacteria to do more damage,,,swish for at least 30 sec. before bed to help reduce overall bacteria & prevent decay!

Home:

Check in on your neighbors...stay connected in these cold months!



UMC Happenings (You Should Probably Know)

~ Did you know?? Every member of the various boards & councils we have are volunteers? They give not only their time but their talents and hearts as well, to help make our Church everything it is. They embrace all the trials we, as a congregation face, with a dedication to serve the Lord and reflect His will and presence in their decisions. What an awesome responsibility they carry! Let us lift them in prayer.

~ Please consider donating to our Blessing Box. As the cold and bad weather begins to settle in, it makes it even more difficult for people to access food. Add to that the rise in cost of everything, the need is greatly increasing.

Joys & Prayer Concerns of December & January:

- ♥ Allison is ok!
- ♥ Mackenzie's Mom, Heather is here from VA!
- ♥ Choir Concert (Asbury)!
- ♥ Beautiful Sound of Carolers on Dec. 13th!
- ♥ Office Visitors
- ♥ Dezden's 10th Birthday!
- ♥ Judy's new great granddaughter!
- ♥ Family for the Holidays
- ♥ Advent Readings
- ♥ Laurie Leonard's scan shows shrinking tumors
- ♥ Around 375 Christmas dinners served

- ∞ Hilton Labow, age 101, WWII vet has passed and will be missed
- ∞ Dalas Denny started chemo
- ∞ Travel Mercies
- ∞ Medical Challenges for Alex Rankin
- ∞ Ginnie's Mom, Mildred, passed Jan. 15th
- ∞ Naaman's brother, Allen, passing



Happy New Year!



NEW YEARS EVE NEW YEARS DAY DECEMBER CALENDAR DANCING LAUGHTER
 FUN MUSIC PARTY POPPERS KISS FAMILY FRIENDS BIG BEN HOGMANAY
 NEW YEAR COUNTDOWN SINGING OLD NEW BEGINNING PROMISES
 AULD LANG SYNE BELLS RESOLUTION CELEBRATION JANUARY FIREWORKS
 CHAMPAGNE PARTY MIDNIGHT



Shout Outs:

Kennedy M.: Angel Tree

DeDe S.: Angel Tree

Judy W. : Angel Tree

Denise B.: W&YB

JoAnne J.: Office help, W&YB

Janet M.: Office Help, W&YB

Susie M. : Special Musical Guest

Vicky R.: Christmas Decorating

Pat W.: Clean up of Christmas Decorations

Naaman L. : Grounds keeping, Christmas Clean Up

Alyssa L.: Office Help, Advent Devotionals

Judy B.: Friday Hot Lunch/Blessing Box

Ginnie N.: Random Act of Kindness

Mike H. : Special Musical Guest

Welcome the newest members of Gouverneur UMC:

On December 28th, 2025, we welcomed 3 new members!! What a blessing for our congregation! May we all lift them in prayer and embrace our newest brother & sisters!

Judy Wood

Peter Parish, Jr.

Libby Spinelli

On January 11th, 2026 Ronan, Maddox and Elliot of the Girard Family were blessed to be welcomed by our Church Family through the gift of the Sacrament of Holy Baptism!
Join us in welcoming our new Brothers!!

Baptism Word Scramble

- 1. ANOMMTDCENSM _____
- 2. SASMHIE _____
- 3. OLODB _____
- 4. RSDEEI _____
- 5. CAELNSGNI _____
- 6. TIULRA _____
- 7. THIFA _____
- 8. ARWTE _____
- 9. ISN _____
- 10. RUCCHH _____
- 11. WHEIT MGNTAER _____
- 12. SBYLOM _____
- 13. RFAUIPNOCIIT _____
- 14. LRAUIB _____
- 15. NTVOAECN _____
- 16. EADLNC _____
- 17. LYURGIT _____
- 18. SMTPBIA _____
- 19. LOI _____
- 20. SAAESTNCMR _____

Word Bank

water
candle
liturgy
desire
messiah

baptism
burial
cleansing
blood
sin

white garment
ritual
oil
symbol
commandments

faith
sacraments
purification
church
covenant