

FEBRUARY 2020



THE

# GOLDEN NUGGET

*Golden Memorial*  
United Methodist Church  
Rev. Dr. Gregory S. Williams  
Senior Pastor

## OUR FIRST FAMILY



L-R:  
Dr. Williams, Lady Davina,  
Deviny, and Justin

*Happy Valentine's Day*

## NUGGETS

### SUNDAY SERVICES

8:00 a.m., 9:15 a.m. & 11:15 a.m.

### YOUTH SERVICE

Every Sunday - 11:30 a.m.

CHILDREN'S CHURCH - 11:30 a.m.

SUNDAY SCHOOL - 9:30 a.m.

NEW MEMBERS CLASS - 9:30 a.m.

### TODDLER TIME SUNDAYS

9:30 a.m. & 11:30 a.m.

### TUESDAYS:

BIBLE STUDY - 7:00 p.m.

YOUTH MEETING - 7:00 p.m.

(Right)  
Douglas County School  
Superintendent,  
Trent North, spoke at  
our Dr. Martin Luther  
King, Jr. Day on Monday,  
January 20th.



## FEBRUARY IS BLACK HISTORY MONTH

## CHURCH MINISTRIES

Children  
Youth  
Jewels/Older Adults  
United Methodist  
Women  
United Methodist  
Men  
Worship  
Sound, Audio, &  
Visual  
Finance  
Stewardship  
Sunday School  
Evangelism

Education  
Communication  
Intercessory Prayer  
Membership Secretary  
Health & Welfare  
Trustees  
Young Adults  
Spiritual Dance  
Kitchen Ministry  
Choir Ministry  
Bereavement  
Communion Stewards  
Greeters  
Hospitality

Praise Team  
Church Historian  
Disaster Relief  
Grant Writing  
Ground Beautification  
Marriage Ministry  
Lean On Me (L.O.M.)  
Long Term Planning  
Prison Ministry  
Van Ministry  
Veterans Ministry  
Parking Ministry

*The best way to find your-  
self is to lose yourself in  
the service of others.*

Gandhi

## "TAKING AUTHORITY IN 2020"

# From Our Pastor

**W**elcome to the Golden Nugget and the church with a Golden Heart. We invite you to participate in our worship experience here at Golden United Methodist Church.

Please enjoy a fulfilling sermon, praise & worship in song and dance, and all the other wonderful ministries we offer.

Our theme this year is, **"Taking Authority in 2020!"** *"Behold, I give you the authority to trample on serpents and scorpions, and over all the power of the enemy, and nothing shall by any means hurt you,"* (Luke 10:19).

Here at Golden UMC, we are claiming our authority with the help of the Holy Spirit. Our mission is to make disciples for Jesus Christ for the transformation of the world. In 2020 we will walk by Faith, Step into the unknown, and Take Authority over every aspect of our lives.

We thank God that you decided to visit us and pray that you find your place as a member of Golden and more importantly as a laborer in the Kingdom of God. Please explore our Welcome Station to receive additional information on all the ministries we offer.

Get ready to Claim Your Authority and see your life change for the better!

We wish you blessings,

*Rev. Dr. Gregory Williams*



**WAKE UP  
WEDNESDAYS  
PRAYER LINE**

**6:00 AM - 6:30 AM**

**Call in No:**

**605-313-4197**

**Access Code: 650069**

**LENT FAST  
FEBRUARY 26 - APRIL 11**

**WHAT IS FASTING & WHY?**  
**Leviticus 20:7**

**"Fasting"** means to abstain from eating or eating very little food for a period of time. It is a practice that has been used in many settings to cleanse the body and heighten one's spiritual awareness. For the Christian it is a time of penitence (*to feel regret or seek forgiveness for sins*) and self-denial. It's also considered a time to abstain from anything which distracts us from God and draws one closer to Him through prayer and reading scripture.

This year we are asking you to strive for greater during our fast by not only giving up certain foods but also other distractions that consume our lives.

**Days 1-5** – Begin the Fast according to the diet listed and continue for the 21 days.

**Days 6-10** – Fast from Social Media

**Days 11-15** – Fast from watching TV (2 hour limit/day)

**Days 16-21** – Make your own personal sacrifice

As we embark on this Christian Fast, we ask you to be prayerful that your heart be turned towards Christ and not focused on the foods that you can't eat daily and truly seek God guidance in your life.

**The Lent Fast begins February 26th thru April 11th, 2020.**

**Disclaimer: Please check with your medical doctor before beginning this fast.**

## Things you CAN eat on the Lent Fast

Chicken (broiled, baked and grilled)  
Turkey (broiled, baked and grilled)  
Fish (broiled, baked and grilled)  
Wheat Bread (100% only)  
Fruit (fresh and not canned if possible)  
Vegetables (fresh and not canned if possible)  
Sweet Potato Plain  
Unsalted Peanuts  
Wheat Pasta (boiled)  
Brown Whole Grain Rice  
Egg White  
Low Fat Yogurt  
Lite Dressing only  
1% Milk  
Cereal  
Salads Lettuce or Spinach

Herbal decaffeinated tea only  
(honey can be used to sweeten tea, not sugar)

100% Natural Juices (fresh fruit is best squeezed and blended if possible)

Water (6 to 8 glasses a day)

(Other suggestions) Lite mayo, lite mustard and ketchup can be used on sandwiches, also lemon juice and apple cider vinegar are good for seasoning on prepared foods.



## Scriptures for the Lent Fast

### God's Plan Purpose

2/26 Day 1 Daniel 1:1-17  
 2/27 Day 2 Zechariah 7:4-7  
 2/28 Day 3 Matthew 6:16-18  
 2/29 Day 4 Nehemiah 9:1-3  
 3/2 Day 5 Daniel 9:3  
 3/3 Day 6 II Chronicles 30:1-9; 17-20  
 3/4 Day 7 Joel 2:12-27

### Spiritual Warfare

3/5 Day 8 Daniel 10:1-21  
 3/6 Day 9 Psalm 35:11-28  
 3/7 Day 10 Psalm 27:3-4  
 3/9 Day 11 II Corinthians 10:4-5

### Daily Word

3/10 Day 12 Mark 2:18-19  
 3/11 Day 13 Isaiah 58:5-9  
 3/12 Day 14 I Corinthians 7:3-5  
 3/13 Day 15 Matthew 4:2-4  
 3/14 Day 16 Esther 4:16  
 3/16 Day 17 Jeremiah 36:4-7  
 3/17 Day 18 Psalm 69:10-13  
 3/19 Day 19 Acts 14:21-23  
 3/20 Day 20 Nehemiah 1:4  
 3/21 Day 21 Ezra 8:21-23  
 3/23 Day 22 II Samuel 1:12  
 3/24 Day 23 Romans 14:1-3  
 3/25 Day 24 I Samuel 1:6-18  
 3/26 Day 25 Jonah 3:5  
 3/27 Day 26 II Corinthians 11:27  
 3/28 Day 27 I Samuel 15:22  
 3/30 Day 28 Psalm 69:1-10  
 3/31 Day 29 Psalm 34:18-19  
 4/1 Day 30 Psalm 26:5-7  
 4/2 Day 31 II Peter 1:3-8  
 4/3 Day 32 Luke 2:37  
 4/4 Day 33 Matthew 17:18-21  
 4/5 Day 34 I John 4:16-21  
 4/6 Day 35 III John 1:2  
 4/7 Day 36 Psalm 62:5-7  
 4/8 Day 37 Luke 4:1-14  
 4/9 Day 38 Lamentations 3:22-23  
 4/10 Day 39 Zephaniah 3:17  
 4/11 Day 40 Psalm 109:24

## Things you CANNOT eat on the Lent Fast

Fried foods  
 Beef  
 Pork  
 White bread  
 Can foods (limited because high sodium and preservatives)  
 Egg Yolk  
 Cheese  
 Caffeine (coffee, tea, soda and chocolate)  
 Carbonated drinks (soda, beer, wines, etc.)  
 Sweets (cake, candy, ice cream & frozen yogurt)  
 Mayonnaise, Ketchup, tartar sauce and other sauces- may be used sparingly

### Seasonings Allowed

Sea Salt  
 Lite Butter  
 Olive Oil  
 All vegetable seasoned with turkey not pork

**LENT**

A SEASON OF REFLECTION,  
 RENEWAL AND PREPARATION

# January Memories

*Martin Luther King, Jr. Day Celebration - January 20, 2020*



### DID YOU KNOW?

In the Middle Ages, young men and women drew names from a bowl to see who would be their Valentine. They would wear his or her name pinned onto their sleeves for one week for everyone to see. This was the origin of the expression "to wear your heart on your sleeve."



**GO  
 HAWKS!**

The Golden Methodist Men are hosting a trip to see the Hawks on March 18, 2020. Tickets can be purchased for \$50 (includes \$10 towards a meal). The Hawks bus will arrive at the church at 5:30 p.m. The last day to purchase tickets is February 28, 2020. Please see Dr. Kelvin Burton for further information or to purchase your tickets.

**"TAKING AUTHORITY IN 2020"**

# MISSION POSSIBLE

## GOLDEN MEMORIAL UMC FOOD PANTRY OPEN

1st & 3rd Saturdays  
10:00 a.m. - 1:00 p.m.  
By Appointment Only  
Through the Week



## BIZARRE AND UNIQUE HOLIDAYS - FEBRUARY 2020

FEB 1 - Eat Ice Cream for Breakfast Day  
FEB 1 - National Freedom Day  
FEB 2 - Ground Hog Day  
FEB 2 - Superbowl Sunday  
FEB 4 - Thank a Mailman Day  
FEB 7 - Bubble Gum Day  
FEB 7 - Wave All you Fingers at Your Neighbor Day  
FEB 7 - Send a Card to a Friend Day  
FEB 8 - Boy Scout Day  
FEB 8 - Kite Flying Day  
FEB 9 - National Pizza Day  
FEB 10 - Clean out Your Computer Day  
FEB 11 - Don't Cry over Spilled Milk Day  
FEB 11 - Make a Friend Day  
FEB 13 - Get a Different Name Day



FEB 14 - National Organ Donor Day  
FEB 14 - Valentine's Day  
FEB 15 - Singles Awareness Day  
FEB 17 - President's Day  
FEB 17 - Random Acts of Kindness Day  
FEB 18 - National Drink Wine Day  
FEB 20 - Cherry Pie Day  
FEB 22 - Be Humble Day  
FEB 24 - National Tortilla Chip Day  
FEB 25 - Mardi Gras / Fat Tuesday  
FEB 26 - Ash Wednesday  
FEB 26 - National Pistachio Day  
FEB 28 - National Chili Day  
FEB 28 - Public Sleeping Day  
FEB 29 - Leap Day

## LITTLE KNOWN BLACK HISTORY FACTS

Bass Reeves (1838 - 1910) - Born to slave parents in 1838 in Crawford County, Arkansas, Bass Reeves would become the first black U.S. Deputy Marshal west of the Mississippi River and one of the greatest frontier heroes in our nation's history.

Bessie Coleman (1892-1926) - soared across the sky as the first African American, and the first Native American woman pilot. Her goal was to encourage women and African Americans to reach their dreams. Unfortunately, her career ended with a tragic plane crash, but her life continues to inspire people around the world.

Golden UMC  
Scholarship  
Fundraiser

# Sweetheart Valentine Banquet

*An Evening of Love, Sweets & Treats*  
Saturday, February 15th from 6pm-10pm  
The Municipal Conference Center  
2083 Fairburn Rd, Douglasville, GA 30135  
Tickets sold at Golden UMC or Call the office at (770)942-3344  
Theme-We ♥ our Scholars



Colors are  
Black, Red  
& Silver

Earlybirds  
\$30 pp  
\$65 pc

\$35 pp  
\$70 pc




**Future Family Life Center**



**Golden Memorial  
United Methodist Church**  
Rev. Dr. Gregory S. Williams  
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### CONTACT US:

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# "TAKING AUTHORITY IN 2020"