

One of my kids recently sent me a video with the caption:
“Mom: You’ll have free time when you grow up.
Me as an adult:”

The video cut to a disgruntled voice saying, “*You lied to us.*”

I responded like any wise mama would:

“I hope I never told you that, because it is SUCH a lie. BUT we do make time for what’s important to us—and sometimes that’s still hard to do.”

The exact same day, I received a text from a friend that said, “You should try for a trail walk today!”

My first thought was immediate: *I just don’t have any time. I have too much to do today.*

My second thought? : *You make time for what’s important to you. And sometimes that’s still hard to do.*

So I decided that fresh air, movement, and connecting with God’s creation among the trees wasn’t going to be hard that day. I knew colder temperatures were coming, and I also know I’m a much better human after spending time outdoors with God.

John Wesley understood this idea of making time for what matters when he said, “I have so much to do that I spend several hours in prayer before I am able to do it.”

Each of us gets the opportunity to set and manage our own priorities. When we allow the world or others to dictate how we spend our time, we can begin to feel disconnected from God, disconnected from loved ones, stressed, and maybe even a little empty.

I invite you to check in with yourself, with God, and with how it is with your soul.

Ask yourself:

- What spiritual practices, relationships, appointments, or activities need your attention next?
- What do you need to make time for so your soul can feel refreshed?

Maybe this is a weekly check in.

Maybe it needs to be a daily check in.

Hourly is perfectly acceptable too.

Sometimes your answer will feel easy to do.

Other times it’ll feel hard. But take a breath and remember, we can do all things through Christ who gives us strength. (Philippians 4:13).

See you in worship!

Pastor Becky

Ways to share LOVE with those experiencing Food Insecurity

Donate Items for the Upper Rock Island County Food Pantry located at Messiah Lutheran Church. PRAISE GOD! The Shelves are FULL!!!! Keep watching for updates.

Support places that support the people with your prayers, presence, or gifts:

Two Rivers UMC Weekly Meal Sight [Service – Two Rivers Church](#)

Cafe on Vine [Building Community One Meal At A Time | Café On Vine](#)

NEST Cafe [NEST](#)

Ways to share LOVE with our neighbors at Whispering Hills

Items for Mission Welcome Kits: The Mission Committee is preparing ongoing Welcome Kits for new residents at Whispering Hills. The following items are needed: shampoo, body soap, deodorant, toothpaste, toothbrushes, dish soap, small laundry detergent, cleaning wipes, small all-purpose cleaner, single-roll paper towels, and a 4-pack of toilet paper. Thank you for your donations and support of this local mission!

Ways to share LOVE with victims of Hurricane Melissa

UMCOR International Disaster Response (Advance #982450)

<https://igrc.brtapp.com/page/donate/umcor-international>

Midwest Mission Hurricane Relief (Advance #6620)

<https://give.midwestmission.org/donate/hurricanerelief>

Ways to share LOVE with the Leesman Family

Prayers: Pray! Pray! Pray! Please continue to PRAY!

Meals or monetary donations: If you would like to make a monetary donation towards fuel for Pastor Krey's travel to and from Galesburg for treatments.

ANNOUNCEMENTS

If you need anything church-related, please contact Pastor Becky, Nikki Stuart, or Melissa Hogren until further notice.

Pastor Becky: 309-292-2287

Nikki Stuart: 309-738-8099

Melissa Hogren 309-230-8400

If you would like to schedule an event at the church, send an email to portbyronfirstumc@gmail.com and someone will provide you with the building agreement, policies, and forms to book the date on the church calendar.

Please check out the sign-up sheet in the Fellowship Hall to **SHARE LOVE** with the GROW community by providing and serving them a meal

Every Wednesday- GROW: a faith community for youth in grades 6-12. Doors open at 6:30 pm, Dinner is at 7:00 pm, and Discipleship Activities 7:30-8:30 pm.

Every Sunday-Discipleship Groups for PreK-12th Grade 9:30 am-10:15 am

COMING SOON! A New Bible Study!! "Come to the Waters" led by MaryKay Hymes beginning February 19, 2026 from 9-1030 am..

Water plays a central role in the stories of scripture, from the chaotic waters of creation to the River of Life in Revelation where chaos is no more. We will be studying some of the Bible's 800+ references to water and the lessons learned. The rich imagery of water throughout the Bible helps us understand and articulate our faith. Just as water nourishes our bodies, so the scriptures

on water nourish our souls. Exploring lessons while viewing the waters of the Mississippi River will enhance the imagery and experience.

All are welcome to participate in this 10 week study at the Hymes' home (1615 Elm Shore Drive) Please sign up in the fellowship hall and MaryKay will order books.

SAVE THE DATE! Vacation Bible School June 8-10th 9am-11:30 am. Snowball Mountain Challenge!

2026 Summer Youth Service Trip: Motown Mission in Detroit, Michigan. We will be serving and learning about city and our neighbors who live there. We have 20 youth spots reserved for students in grades 8-12 for the week of July 19-25, 2026. See Pastor Becky for more information! Deposits and paperwork are due by February 1st

Coming Up-

Sunday, January 25th-Guest Speaker: Rev. Shawna Bunell, Chaplain, Chaddock Children's Home. We will be collecting a love offering

Sunday, January 25th, Leadership Kick Off/Potluck-Immediately following worship! For all new and returning leaders who will be serving on church leadership teams for 2026. Bring a dish to share, gather with your team, learn about the roles and responsibilities of your team, set goals and meeting schedules. Please RSVP so we can properly prepare for that afternoon.

https://docs.google.com/forms/d/e/1FAIpQLSdh_zAH3d7At8Gpsw3wvAy2vb82B7cr_jb_InA7UYqvAVZF6w/viewform?usp=sharing&oid=109909266587615262237

Friday, January 30th-Pastor Becky, Peoria, IL for Covenant Partner meeting with Pastor Rebecca Klemm

Sunday February 1st-District Superintendent Rev. Dr. James Fielder Preaching and Holy Communion

Sunday February 1st-Church Council will meet with District Superintendent Rev. Dr. James Fiedler immediately after worship for a Charge Conference

Monday February 2nd-Tuesday February 3rd-Pastor Becky in Springfield leading Residents in Ministry Workshop

Wednesday, Februarys 3-Thursday February 4th Pastor Becky attends IGRC/Iowa Annual Conference Greenhouse Leadership Cohort, Moline, IL

Thursday, February 5th-Riverdale Speech Team Regional Showcase (yes-this is a shameless plug) 6pm in the Betty Plumb Auditorium. Come see how amazing Pastor Becky's Speech team is. No cost!