



January 28, 2025 at 2 pm

## Pain Relief through Mindfulness

Auburn United Methodist Church  
207 S. Auburn St., Auburn, MI

Learn about mindfulness meditation, somatic practices  
and other nonmedical ways to cope with pain.

Presented by  
Angelique Rinearson, LMSW  
Spirit Counseling Service, LLC.

*There is no cost for this event.*

WiFi Password: Godiswireless3    Phone: 989-662-6314  
Website: [www.auburnumc.org](http://www.auburnumc.org)    Email: [office@auburnumc.org](mailto:office@auburnumc.org)  
Facebook: [www.facebook/AuburnUMC](http://www.facebook/AuburnUMC)  
Bulletin & Service will be able from our website: [auburnumc.org](http://auburnumc.org)  
Pastor Carmen: 989-745-4479    [pastorcarmencook@auburnumc.org](mailto:pastorcarmencook@auburnumc.org)  
Church Counselor: Angie Rinearson, LMSW    989-289-1497



**January 12, 2025**

Auburn United Methodist Church  
207 S. Auburn St., Auburn, MI 48611

Welcome! Join us weekly for services at 10:30 AM,  
in church or live streaming on our  
Facebook page AuburnUMC

For those with hearing difficulties,  
please visit the a/v booth for information  
about our Hearing Loop System.

*Sunday School for all ages at 9:30 am, September—May.  
Nursery care available in rm. 2, downstairs year round.*



Prayer cards will be collected during the first song. Please pass them to the center aisle where they will be prayed over by a prayer warrior during the service.

**Call to Worship** John 4:14  
*“but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him will become in him a fountain of water springing up into everlasting life.”*

**Worship in Song** *Many Gifts, One Spirit* UMH 114

**New Testament Reading** John 3:1-21

**A Basket Lesson with the Pastor** *Children please come forward.*

**An Act of Love for the World - Tithes & Offerings** *Doxology*  
*Children ages 4yrs—3rd grade are dismissed for Children’s Church*

**Worship in Song** *It Is Well with My Soul vv. 1-3* UMH 377

**Prayers of the People**

**New Testament Reading** John 11:17-27

**Worship in Song** *It Is Well with My Soul vv. 4* UMH 377

**Message** *A Truth That Changes* John 4:16-26

**Song of Commitment** *Change My Heart, O God* TFWS 2152

*Please join us for coffee & fellowship in our Fellowship Hall after service.*

Please fill out the enclosed **Communication Card** and put it in the offering plate. One per family is all that is necessary. This is a great way to communicate with us - if you are interested in information, attending an event, would like a visit from Pastor Carmen, or just want to say hi. They also help us keep attendance and keep our records up to date. Thank you!

**SMALL GROUP OPPORTUNITIES**

*A chance to have fellowship and socialize with church family members while having fun discussions and playing board games.*

**The Webster Group**—Meets **1st Sunday of the month** from 3-5 pm at the home of Brad & Nancy Webster, 201 W. North Union, Bay City. To RSVP or for questions call Nancy at 734-272-6849.

**The Church Group**—Meets the **3rd Sunday of the month** from 3-5pm in room 6, at the church. To RSVP or questions call Sammie at 989-745-4280 or Patricia Benedict at 517-877-0017.

**THIS WEEK AT AUMC**

- TODAY** Sunday School 9:30 am  
Worship 10:30 am, Sanctuary
- TUESDAY** Bible Study 11:30 am  
Women in Faith 1:00 pm, rm. 6, downstairs
- WED** Mission Sewing Group 9:00 am  
Carving Club 1:30 pm, Fellowship Hall  
Dancing Rehearsal 5:30 pm, Fellowship Hall  
Bible Study 6:30 pm, rm. 6, downstairs
- FRIDAY** Advisory Team Training 5:00 pm
- SATURDAY** Advisory Team Training 9:00 am  
Youth Group 2:30 pm
- SUNDAY** Sunday School 9:30 am—Pajama Party Day  
Worship 10:30 am, Sanctuary  
Small Group @ the Church 3:00 pm

**FUTURE RVENTS**

- January 28** Chronic Pain Relief Seminar 2:00 pm
- February 8** Youth Group 3:00 pm
- February 9** Sunday School Valentine’s Party 9:30 am
- February 14** Valentine’s Day Dinner for Singles 5:00 pm
- February 28** Great Gatsby Dinner & Silent Auction 6:30 pm  
*Tickets on sale in the Fellowship Hall after service today!*
- March 3** Lenten Soup & Service 6:30 pm