



The Messenger

Andover UMC

To create and nurture a passionate faith community through open doorways to Christ.

February
2019



**Keep your Eye...
on the WHY?**

Keep your Eye...on the WHY?

Worship Series:

Feb. 3rd - Why is the Bible Reliable?

Feb. 10th - Why Other Religions

Feb. 17th - Why Miracles?

Feb. 24th - Why Suffering and Evil?

8:30am Word & Table

9:30am Modern

11am Traditional (ASL for Hearing Impaired)



andoverfirstumc

FROM THE PASTOR'S DESK



I searched for a little cultural update on what “Love Is” on Google. The first page was concerned with only one issue. The executive producer of the TV show “Love Is” faces allegations of domestic violence and stealing the idea for the show from an ex-lover. Ugh...

Page 2 – Warning! Warning! Warning! If you get a Necco’s Sweetheart Candy Heart that says “Call Me” or anything else, it’s not fresh. I’m not sure how you could tell. None of them are very good, last year’s or last decade’s. It could be one from the last 152 years, but there will not be any 2019 Sweetheart Candy Hearts. Don’t worry they will be back in 2020. You will still be able to send the message. There are a half dozen other suggestion-laden-sweets.

But the message is pretty clear. As a culture, our love is missing something. This year has been a year of abuse and accusations. Bill Cosby – America’s Father, the Me-Too movement, Congressional hearings, I feel like I need to **crawl out of the pit and hose myself off. Enough of the dip into the cultural pool of “Love Is.”** Today it seems like people are more interested in filling their own needs and desires. If I were trying to describe love in the world today, I would use words like selfish, self-centered, controlling and **temporary. It would seem today’s love doesn’t have much to do with the other person. Time to find a better source and authority!**

There is one who claimed to be love. “God is love. Whoever lives in love lives in God, and God in them. This is how love is made complete among us so that we will have confidence on the day of judgment: In this world we are like Jesus. There is no fear in love. But perfect love drives out **fear, because fear has to do with punishment. The one who fears is not made perfect in love.**” God has an answer. Live in His love and be filled with His love. Someday we can stand before God with No Fear, just love.

Love is not something we muster up. God gives us opportunities to practice what He has given us. **“We love because he first loved us.** Whoever claims to love God yet hates a brother or sister is a liar. For whoever does not love their brother and sister, whom they have seen, cannot love God, whom they have not seen. And he has given us this command: Anyone who loves God **must also love their brother and sister.**” I John 4:16-21 It’s not enough to love those close to us. Jesus turns up the intensity so we can see if there are cracks in our ability to love. **“But love your enemies, do good to them, and lend to them without expecting to get anything back.”** Luke 6:35 We are supposed to give away money to our enemies? Why would we do that? Because of God’s love...

What does the image of His Son look like here on this earth? Jesus showed Love for the Father. **“Everyone who believes that Jesus is the Christ is born of God, and everyone who loves the father loves his child as well. This is how we know that we love the children of God: by loving God and carrying out his commands. In fact, this is love for God: to keep his commands.”** I John 5:1-3 **It looks like God has an expectation that we have love for His people, all His people. “A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”** John 13:34-35

Jesus points to the Father as an expression of love to Himself and His love toward us as the **model for our love. May our joy be complete. “As the Father has loved me, so have I loved you.** Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept **my Father’s commands and remain in his love.** I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you. **Greater love has no one than this: to lay down one’s life for one’s friends.** John 15:9-13

Let Us Worship Together

Andover UMC
Worship
8:30am Word & Table
**9:30am with Children’s
Church**
11am Traditional

Cherry Valley UMC
Rev. John M. Germaine
Worship
11am
Sunday School
10am

Dorset UMC
Worship
10:00am

Leon UMC
Worship
10am
Sunday School
10:30am

Richmond UMC
Worship
11am

Williamsfield UMC
Pastor Pat Seger
Worship
10am
Sunday School
9am



How would you finish the sentence, "Love Is ..."?

I think God's definition would include...

Love is relationship.

Love is obedience.

Love is sacrifice.

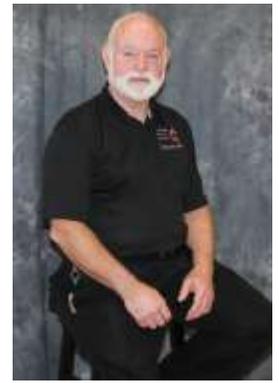
Love is commitment.

Love is service.

Live in the Love of Christ. Go in the Love of Christ. Share the Love of Christ!

Love,

Ric



Please be in prayer

A Special Session of the General Conference has been called for Feb. 23-26 in St. Louis to receive and act upon a report from the Commission on a Way Forward

For more info. Visit: <http://eocumc.com/gc>



February 2019 Prayer List

When we join the United Methodist Church, we take a vow that we will be, loyal to the United Methodist Church and uphold it by Our Prayers, Our Presence, Our Gifts, Our Service and by Our Witness. Scriptures call us to celebrate with those who celebrate and to grieve with those who grieve. We grow in connection with one another as we know the praises and concerns of the individual churches and respond in a manner of praise and/or prayer. Please feel free to share your news that we may share especially the prayer concerns to the faith community.

Prayers and Concerns:

Lee Barnes	health concerns
Rhonda Burke	strength with return of cancer
Cassidy Chapman	health concerns
Marge Fenton	strength and healing following surgery
Barb Fusselman	healing of knee injury
Christopher Gause	health concerns
Libby Ludwick	health concerns
Sis Ogram	comfort and strength after a fall
Linda Smith	health concerns
Elaine Sundman	health concerns
Steve Urchek	strength and healing - health concerns
Sarah Warsing	strength and healing
Norm Woodard	strength and healing
Sheila Woodard	strength with cancer treatments
Andover UMC	continued success with Campaign
Our youth, church family, community, our ministry and worship	

Children & Youth

Cassidy Chapman

Logan Howard

Kyle Mason

Grief of Families and Friends:

Bob Chapman

Carlie Rice

Service Men, Women and families:

Zak Hazen

Jake Hilliard

Ryan Jacobs

John Johnson

Peyton Kirby

Trenton Krueger

Austin Limestoll

Blake Little

Andre McCoy

Ronald Slater

Leah Snell

Jennifer White

“We The People” Dinner Theatre Fundraiser

Sat., March 2nd @ Andover UMC

4pm Show, 5:30pm Dinner

Tickets ~ \$20 per person ~ sold in advance only

Purchase at Andover UMC 440-293-6290

& Sheryl's Styling Salon 440-293-6767

Come on out for an evening of
Comedy & Laughter
along with a delicious dinner
and fellowship

Proceeds to benefit
debt reduction

Swiss steak, mashed potatoes,
fresh corn, beans, salad bar
& homemade pie



Weight Loss Challenge is on
@ Andover UMC!

\$5 to join.

\$1 per week if you lose
and \$1 per pound if you gain.

Are you going the wrong “weigh”?

Start 2019 off the right way!



A Valentine's Evening to Remember!

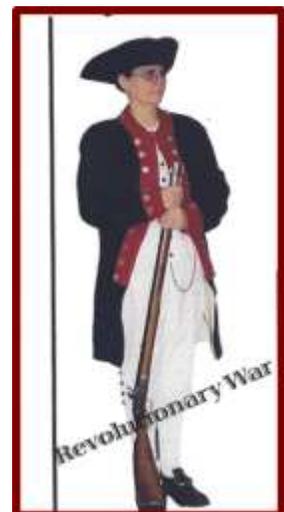
Sun., Feb. 10th @ Andover UMC

Dinner at 6pm, Program to follow

Col. Suellyn Novak presents: Living Histories

Col. Novak, retiring after 32 years of service with the U.S. Air Force, developed an appreciation for the rich history of the U.S. military. She brings to life each era with an extensive collection of uniforms and artifacts.

Please RSVP 440-293-6290 by Feb. 8th



Community Center

Andover Community Center is open Tues. - Thurs. from 9am - 3pm

February Special Events:

Thurs., Feb. 21st - Free hearing tests from 9-11am

Andover Community/Senior Center
 181 South Main Street
 440-689-0026
andovercnp@countryneighbor.org

February 2019



Mon	Tue	Wed	Thu	Fri
				<u>1</u>
<u>4</u>	<u>5</u> 9:00 Current Events 10:00 Card Club 11:00 Puzzles / Games 12:30 Bingo w/ Tony	<u>6</u> 9:00 Wake and Bake Workshop 10:00 Valentine Craft 11:30 UH Health Presentation (Heart Healthy BINGO)	<u>7</u> 9:00 Muffin Mingle 10:00 Puzzles / Games 11:00 Adult Coloring 12:30 Card Club	<u>8</u>
<u>11</u> 	<u>12</u> 9:00 Current Events 10:00 Card Club 11:00 Puzzles / Games 12:30 Valentine Party w/ Kelly	<u>13</u> 9:00 Wake and Bake Workshop 10:00 Jewelry w/Terri 10:00 Puzzles / Games 11:00 Men's Group	<u>14—Valentine's Day</u> 9:00 Muffin Mingle 10:00 Painting w/Lydia Cont'd 11:00 Adult Coloring Contest 12:15 50/50 Raffle	<u>15</u>
<u>18</u>	<u>19</u> 9:00 Current Events 10:00 Card Club 11:00 Puzzles / Games 12:30 Yarn Bird Craft	<u>20</u> 9:00 Wake and Bake Workshop 10:00 Puzzles / Games 11:00 Men's Group 12:30 OSU Presentation	<u>21</u> 9:00 Muffin Mingle 9:00 Free Hearing Tests 10:00 Puzzles / Games 12:00 Feb. Birthday	<u>22</u>
<u>25</u>	<u>26</u> 9:00 Current Events 10:00 Card Club 11:00 Puzzles / Games 12:30 Bingo w/Kelly	<u>27</u> 9:00 Wake and Bake Workshop 10:00 Jewelry w/Terri 11:00 Men's Group 11:00 Bake Sale 	<u>28</u> 9:00 Muffin Mingle 10:00 Card Club 11:00 Adult Coloring 12:15 50/50 Raffle	

UMW Small Group Studies
Faith Circle - Tues., Feb. 12th @ 11am
@ the parsonage, 6019 Pyma. Lake Rd.
Hope & Charity Circle - Thurs., Feb. 28th
@ 7pm, Andover UMC library



The 2019 list to sign up for altar flowers is on the bulletin board across from the office. Cost is \$20 payable to the church

We will be taking clean, used clothing, shoes, linens, and small appliances to Spiderweb in Jefferson in February. Please sort women, children's, and men's clothes and label each bag or box. Drop off at AUMC M-F, 9am-4pm.



United Methodist Men & Friends

Breakfast & Mission Work
Saturday, Feb. 9th
at Andover UMC
Meet at 8 am
All are welcome to attend



Newsletter

NEWSLETTER INFO UPDATE:

All information for the newsletter should be emailed or provided to church office by the 25th of each month. Send to receptionist@andoverfirstumc.org

Meeting

February Committee Meetings

Admin. Council - No Meeting (will meet in March)
Finance/Trustees Joint Meeting - Tues., 19th, 6:30pm
Missions - No Meeting
SPRC - No Meeting (will meet in March)

YMCA Exercise Classes FREE to 60+

Individuals 60 years & older can now attend outreach group fitness classes (Conneaut & Andover) free of charge thanks to funding from the Ash. Co. Senior Services Levy. Come to a class, complete a simple form, and enjoy the benefits of improving your health and social wellbeing.

Weekly YMCA Fitness Classes @ Andover UMC

Mon. - Zumba - 9am
Cardio - 5:30pm
Tues. - Silver Sneakers - 10am
Wed. - Yoga Stretch - 10am
Wed. - Tai Chi - 1:30pm
Thurs. - Zumba - 9am
Silver Sneakers - 10am



For more info., contact Jodi Fowler 440-997-5321



Princess Ministries
We have a large variety of dresses available for *Any Occasion*. Contact Michele @ [330-760-0862](tel:330-760-0862) Or Sonia [440-862-0245](tel:440-862-0245) to arrange a time to get together.

Giving Online at www.andoverfirstumc.org

"Offering Cards" are placed in the back of chairs so you and your family can indicate and celebrate the act of giving. For one time or recurring gifts, visit www.andoverfirstumc.org/give on your phone or tablet. The site will take you to AUMC's online giving page where you may give your gift electronically during the offering portion of the service. Use this QR code to give from your mobile device. Gifts can always be placed in the offering plate during worship.



Join our Prayer Team
Meets weekly on Tuesdays
10am @ Andover UMC

PRAYER

FEBRUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>8:30am - Worship Service - Word 9:30am - Worship Service - 11am - Worship Service -</p>	<p>9am - Office Open 9am - YMCA Zumba Exercise (R) 9:30pm - Cardio Circuit (R) 8:30pm - Boy Scout Troop 140 (R) 7pm - Dinner Theater Practice - 7pm - Volleyball (R) Fellowship</p>	<p>9am - Andover Community 9am - Office Open (R) Office 10am - A Time of Prayer 10am - YMCA Silver Sneakers (R) 10:30am - Staff Meeting 9pm - Cub Scouts Den Meetings 7pm - Boy Scouts Troop 140 (R) 7pm - Dinner Theater Practice -</p>	<p>9am - Community Center (R) Old 9am - Office Open 10am - YMCA Chair Yoga (R) 1:30pm - YMCA Tai Chi (R) 6:30pm - Financial Peace 8:30pm - Grow Night Knowing 7pm - Basketball (R) Fellowship 7pm - Dinner Theater Practice - 7pm - Worship Team (R)</p>	<p>9am - Andover Community 9am - Office Open 9am - YMCA Zumba Exercise (R) 10am - Jesus Girls 10am - YMCA Silver Sneakers (R) 9pm - Girls Scouts Troop 20044</p>	<p>9am - Office Open 7pm - Basketball</p>	<p>9am - Worship Team (R) 9am - Girl Scouts (R) Basement</p>
<p>8:30am - Worship Service - Word 9:30am - Worship Service - 11am - Worship Service - 9pm - Extreme 4 H Club (R) Large 9pm - A Valentine's Masquerade 7pm - Bible Study - PEACE</p>	<p>9am - Office Open 9am - YMCA Zumba Exercise (R) 9:30pm - Cardio Circuit (R) 8:30pm - Boy Scout Troop 140 (R) 7pm - Volleyball (R) Fellowship</p>	<p>9am - Andover Community 9am - Office Open (R) Office 10am - A Time of Prayer 10am - YMCA Silver Sneakers (R) 10:30am - Staff Meeting 11am - Faith Circle (R) Parsonage- 9pm - Cub Scouts Den Meetings 7pm - Boy Scouts Troop 140 (R)</p>	<p>9am - Soup Luncheon (R) 9am - Community Center (R) Old 9am - Office Open 10am - YMCA Chair Yoga (R) 1:30pm - YMCA Tai Chi (R) 8:30pm - Financial Peace 6:30pm - Grow Night Knowing 7pm - Basketball (R) Fellowship 7pm - Dinner Theater Practice (R)</p>	<p>9am - Andover Community 9am - Office Open 9am - YMCA Zumba Exercise (R) 10am - Jesus Girls 10am - YMCA Silver Sneakers (R) 9pm - Girls Scouts Troop 20044</p>		<p>9am - Worship Team (R)</p>
<p>8:30am - Worship Service - Word 9:30am - Worship Service - 11am - Worship Service - 2pm - Dinner Theater Practice (R) 7pm - Bible Study-PEACE &</p>	<p>9am - Office Open 9am - YMCA Zumba Exercise (R) 9:30pm - Cardio Circuit (R) 8:30pm - Boy Scout Troop 140 (R) 7pm - Volleyball (R) Fellowship</p>	<p>9am - Andover Community 9am - Office Open (R) Office 10am - A Time of Prayer 10am - YMCA Silver Sneakers (R) 10:30am - Staff Meeting 9pm - Cub Scouts Den Meetings 8:30pm - Joint Trustees/Firenoe 7pm - Boy Scouts Troop 140 (R)</p>	<p>9am - Community Center (R) Old 9am - Office Open 10am - YMCA Chair Yoga (R) 1:30pm - YMCA Tai Chi (R) 8pm - Cub Scouts Leaders 8:30pm - Financial Peace 8:30pm - Grow Night Knowing 7pm - Basketball (R) Fellowship 7pm - Dinner Theater Practice (R) 7pm - Worship Team (R)</p>	<p>9am - Andover Community 9am - Office Open 9am - YMCA Zumba Exercise (R) 10am - Jesus Girls 10am - YMCA Silver Sneakers (R)</p>	<p>9am - Cleveland Food Bank (R) 9am - Office Open 2:30pm - YOUTH - Free Dinner 6:30pm - Free Dinner Friday (R)</p>	<p>9am - Worship Team (R)</p>

Andover UMC Worship 8:30, 9:30 & 11am
 Chery Valley UMC Worship 11am
 Dorset UMC Worship 10:00am
 Leon UMC Worship 10am
 Richmond UMC Worship 11am
 Williamsfield UMC Worship 10am
 Rev. Ric Harvel 440-789-9434
 Jason Hockran 440-862-0470
 Rev. John Germaine 440-428-1079
 Pat Fischer 440-858-5207
 Pat Seger 330-974-3000



SMALL GROUPS

GROW

- ♦ Take a class
- ♦ Join a small group
- ♦ Join Right Now Media and study at home
- ♦ Listen to Andover UMC worship services online or watch on YouTube
(Visit our worship page at: www.andoverfirstumc.org)
- ♦ Find a good book to read that will challenge and encourage you on your Journey
- ♦ Attend a retreat or conference
- ♦ Read your Bible
- ♦ Take a spiritual retreat day
- ♦ Journal
- ♦ Take a class on prayer or join our Prayer Team



Financial Peace University

@ Andover UMC
Grow Night Wednesdays @ 6:30pm

Join us as we grow and journey together
on our walk with God

**Grow
Night
Wednesdays**

GROWING TOGETHER WITH GOD

BEIT SPIRIT IN THE FUTURE ARE KNOWLEDGE OF THIS LIFE ARE GAINING BIBLE COURSE
TO HIM IN THE GLORY WITH HIM AND TO THE DAY OF ETERNITY.



JESUS GIRLS

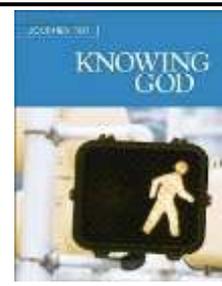
Jesus Girls
Small Group Study
Thursdays 10:15am
@ Andover UMC
Middle Classroom
The Book of First Peter



— let's —
CONNECT



Journey 101 - Knowing God
Online Small Group
Contact Pastor Jason
for details & to get connected



No Wonder They
Crucified Him

Lenten Worship Series & Small Groups

No Wonder They Crucified Him

March 10th - Get Off the Fence
March 17th - Complete the Circle of Grace and Works
March 24th - Patrol Your Pleasures
March 31st - Check Your Bags



rightnow MEDIA



The Netflix of
Christian Bible Study™

GET YOUR FREE ACCOUNT by sending a request email to:
pastor@andoverfirstumc.org or receptionist@andoverfirstumc.org
from your personal email address.

You will receive an invitation to create an account.

RIGHTNOW MEDIA IS "NETFLIX FOR THE CHURCH"



Early Response Team (ERT) Recertification Training Course

Saturday, February 23, 2019 from 9:00am-1:30pm

@ Andover UMC

Register @ <https://ertrecertandover.eventbrite.com>

by Feb. 20, 2019

Mail in forms are available in the gathering space

Liberia Annual Conference UMC

Liberia Partners Summit 2019 – April 4th & 5th, Garfield UMC, Cleveland, OH

We look forward with the hope that you will join us this spring for the 2019 Liberia Partners Summit.

Whether this is your first time participating in the Liberia Summit or you have been a part of Liberia Summits in Michigan or North Carolina, you are most welcome in Cleveland!

Why come to the 2019 Summit?

- ◆ Reconnect with our Liberian friends who will be present . . .
 - Meet new people who partner in Liberia . . .
- Get updates on the ministry priorities of the Liberia Annual Conference from Liberian presenters...
 - Discover new ministry opportunities in Liberia

◆
Your participation in this gathering of global partners with Liberia will help us better coordinate and maximize our mutual efforts in evangelization, education, health care, agriculture, leadership growth and economic opportunity in Liberia.

Invite Info. & Agenda

<https://godlovesyoulovegod.files.wordpress.com/2019/01/2019-registration-cover-letter-invite-final.pdf>

Registration:

<https://www.eventbrite.com/e/liberia-partners-summit-2019-tickets-54976309622>

Contact Pastor Jason for more info. or if you have questions



Peace I leave with you; my peace I give you.
I do not give to you as the world gives.
Do not let your hearts be troubled
and do not be afraid.
John 14:27



PEACE Youth Bible Study
2nd & 4th Sundays @ 7pm
Feb. 10th - May 26th
@ Andover UMC
See Pastor Jason for details



New Members:

1/20/19 - Jeff and Emily Compan

1/20/19 - Julie Swiger

1/27/19 - Randy Fee

1/27/19 - Tasia Frederick (joined and baptized)

2/3/19 - Chris and Kelly Bonds

Children's Ministry News



Tweens Movie Night
Sun., Feb. 17th @ 5pm
All are welcome,
bring a friend and a blanket!
Movie snacks are provided.



It's time to apply for Summer Camp! Enroll Now!
Forms and info. are available in the church office or online at:
<http://www.eocsummercamps.org>
Camperships are available.



Children's Bell Choir

Practice - Sun., Feb. 3rd

Performance - Sun., Feb. 10th
during 9:30 worship service

Typically rehearse on the 1st Sun. of the
month & perform on the 2nd Sun.

All children age 3 & up are welcome as
long as they know their colors.

See Carol Loveland if interested.



Youth Group

7th-10th Grade

Contact a Leader for more information
or to get involved with these events!

Youth Group: Pastor Jason Hockran

Tweens: Mark & Alicen Limestoll

Tweens

4th-6th Grade

Feb. 10th - Bible Study - PEACE - 7pm

Feb. 22nd - Free Dinner Helpers
2:30-7pm

Feb. 24th - Bible Study - PEACE - 7pm



Feb. 10th - **Valentine's Dinner**

Helpers - 5pm

Feb. 17th - Movie Night - 5pm



Children's Church & Nursery

Join us as we continue on our
Deep Blue Adventure!

<p>Winter Unit 3: Family Wisdom</p>	<p>February 3rd Families Remember God Deuteronomy 6:4-9</p>
<p>Bible Verse:</p> <p>Love the Lord your God with all your heart, all your being, and all your strength.</p> <p>Deuteronomy 6:4-9</p>	<p>February 10th Family Traditions Daniel 1:1-21</p>
	<p>February 17th A Family's Faith Acts 16:1-5; 2 Timothy 1:5-7</p>
	<p>February 24th Family Proverbs Proverbs 10:1;17:17</p>

Be with God
Love God and neighbor
Understand yourself
as a child of God
Explore faith and the Bible



Check out deepbluekids.com and follow us on
social media (@deepbluekids)
to connect with other leaders,
download additional content,
and stay up to date on all the Deep Blue news.



Download the Deep Blue App today!

It's free!



WARM UP WITH A BOWL OF HOMEMADE SOUP THIS WINTER!

Wednesdays @ Andover UMC Fellowship Hall



February 13, 2019
February 27, 2019
March 13, 2019
March 27, 2019



11 am-1 pm or sold out
\$4.00 includes crackers and dessert



SOUPS:
Stuffed Pepper, Ham-Cabbage-Potato,
Chicken Noodle, Broccoli Cheese,
Sausage Tortellini , Potato & Chili



Surprise Soup Each Week



Give us a call to place your order
440-293-6290 Extension 104
We Deliver!!





Parish Nurse Nook



February is National Children's Dental Health Month

The American Dental Association (ADA) sponsors this month-long national health observance.

The campaign slogan this year is **"Brush and clean in between to build a healthy smile."**

Seeing so many young families with young children, toddlers, and babies in our congregation I felt that this information was great to share. Please take time to read just one of their articles included below addressing the importance of *mouth guards!*

Mouth guards: Sports equipment that protects the smile

It's easy to take some things for granted until they're suddenly gone. Have you ever thought about how it would feel if you lost one or two of your front teeth? You'd probably avoid smiling. It would be uncomfortable talking with someone face-to-face. It wouldn't be easy pronouncing certain words. And how about eating an apple? Until your teeth are gone, you might not miss them.

Each year, thousands of teens get hurt on the playing field, the basketball court, or while skateboarding, biking or during other activities. Blows to the face in nearly every sport can injure your teeth, lips, cheeks and tongue.

A properly fitted mouth guard, or mouth protector, is an important piece of athletic gear that can protect your teeth and smile. You may have seen them used in contact sports, such as football, boxing, and ice hockey.

However, you don't have to be on the football field to benefit from a mouth guard. New findings in sports dentistry show that even in non-contact sports such as gymnastics, rollerblading, and field hockey, mouth guards help protect teeth. Many experts recommend that a mouth guard be worn for any recreational activity that poses a risk of injury to the mouth.

There are three types of mouth guards: The ready-made, or stock, mouth guard; the mouth- formed —**boil** and bite mouth guard; and the custom-made mouth guard made by your dentist. All three mouth guards provide protection but vary in comfort and cost.

The most effective mouth guard should have several features: It should be resilient, tear-resistant and comfortable. It should fit properly, be durable and easy to clean, and not restrict your speech or breathing.

Generally, a mouth guard covers only the upper teeth, but in some cases the dentist will instead make a mouth guard for the lower teeth. Your dentist can suggest the right mouth guard for you.

Here are some suggestions for taking good care of your mouth guard:

Before and after each use, rinse it with cold water or with an antiseptic mouth rinse. You can clean it with toothpaste and a toothbrush, too.

When it's not used, place your mouth guard in a firm, perforated container. This permits air circulation and helps prevent damage.

Avoid high temperatures, such as hot water, hot surfaces or direct sunlight, which can distort the mouth guard.

Check it for tears, holes and poor fit. A mouth guard that's torn or in bad shape can irritate your mouth and lessen the amount of protection it provides.

Have regular dental checkups and bring your mouth guard along so the dentist can make sure it's still in good condition.

Don't take your teeth for granted. Protect your smile with a mouth guard.



Sent with a prayer to:

ADDRESS SERVICE REQUESTED

First United Methodist Church of Andover
181 South Main St
P.O. Box 207
Andover, OH 44003

Free Dinner Friday February 22nd @ 5:30pm

Andover UMC Fellowship Hall



Invite a friend!

Come and enjoy a delicious dinner with us!



Fighting
hunger.
Delivering
hope.

Food Pantry February 8th 10am-Noon

Located at Andover UMC
Open to all of those in need in
the PV School District

Community Center

Housed in the Old Fellowship Hall.
Lunch is served at noon for a donation.
Tuesday, Wednesday & Thursdays

From 9-3 pm

Stop in to see what
is available.



Cleveland Foodbank Distribution February 22nd 10am-Noon

Located at Andover UMC
Open to all of those in need in
Ashtabula County