



# FEBRUARY 2026

Randall by the River: A United Methodist Community

## UPCOMING EVENTS

**Feb 1:** Worship at 9 am; Connect Youth at 5:30 pm

**Feb 8:** Worship at 9 am

**Feb 15:** Worship at 9 am; Connect Youth at 5:30 pm; Decorating the sanctuary for Lent

**Feb 18:** Ash Wednesday service at Cedar Grove UMC at 6:30 pm

**Feb 22:** Worship at 9 am; Connect Youth at 5:30 pm

**Feb 24:** Line dancing in the Branch from 5-6 pm

**Mar 1:** Worship at 9 am; Connect Youth at 5:30 pm

**Mar 7:** Water Color Greeting Card Bridge Event at 10 am in the Branch

**Mar 8:** Worship at 9 am; Connect Youth at 5:30 pm

## A WORD FROM THE PASTOR

On February 15th, I will begin my leave from Randall as I prepare to welcome and spend time with our new baby. I am deeply grateful for your prayers, encouragement, and support during this season of anticipation and preparation.

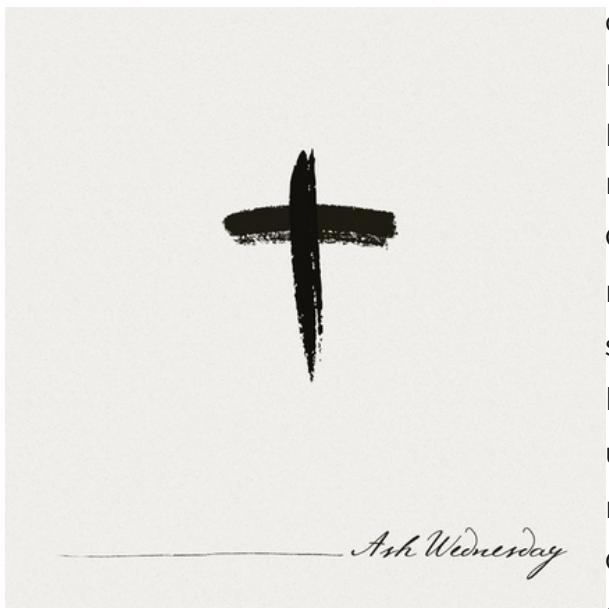
While I am away, the ministry and mission of our church will continue to thrive. I invite you to remain meaningfully engaged in the life of our community through worship, fellowship, outreach, and service. God continues to call us to faithfulness and discipleship in every season, even when your pastor is away. We have many great events and speakers planned while I am away.

Josh and I are so thankful for your continued prayers, and we look forward with joy to rejoining you in May. Thank you for walking with us in love and grace during this special time. If you need anything in this season, please contact Beth Hinson to be directed to the appropriate support!

Grace and peace,

Pastor Hanna (9803562705)

## ASH WEDNESDAY



Lent begins on February 18th! The first day of Lent is marked by Ash Wednesday. It is a special day in the church where we pause to remember our humanity, our need for God's grace, and the depth of Christ's love for us. On this day, we receive ashes on our foreheads in the shape of a cross as a sign of repentance, humility, and hope. This symbol reminds us that "we are dust, and to dust we shall return," and yet we are deeply loved by God. There will be a service at Cedar Grove UMC at 6:30 to receive your ashes.

Ash Wednesday begins a 40-day journey of prayer, reflection, and spiritual renewal as we prepare our hearts for Easter. Throughout Lent, we are invited to slow down, draw closer to God, and examine our lives with honesty and grace. It is a season of letting go of what distracts us from God and taking up practices that help us grow in faith, compassion, and love.

We invite you to join us for worship and spiritual opportunities during this sacred season. Whether through prayer, worship, service, or personal reflection, may this Lent be a meaningful time of renewal and deeper connection with Christ. Let us walk this journey together, trusting that God is at work in us, leading us toward new life and resurrection hope.

## LINE DANCING AT RANDALL



On January 27, a group of 9 individuals gathered to move their bodies and have some fun! These women learned two line dances and had a lot of laughs. The class is beginner friendly and taught by two talented instructors: Beverly Little and Leslie Hanna. The group will meet again on February 24<sup>th</sup> at 5 pm in the Branch. Come out and join, even if you weren't able to attend the first class!

## BRIDGE EVENT: WATERCOLOR GREETING-CARDS

On March 7<sup>th</sup> at 10 am, Carleen Hynes will lead a watercolor class. In the class you will learn how to create beautiful greeting cards with watercolor designs. This class is \$10 a person to cover the cost of supplies. More information will be forthcoming but if you know you would like to join, go ahead and let Carleen Hynes know or email the church email at [randallbytheriver@gmail.com](mailto:randallbytheriver@gmail.com)



## ANNUAL CRUISE-IN AT RANDALL BY THE RIVER

Our Annual Cruise-In at Randall by the River has been moved to April 11<sup>th</sup> at the church! This event needs your help to make it successful. If you are willing to help on the planning team, please contact Teresa Still to get involved. This event is a great opportunity to reach out to our community, raise funds for the church, and have fun!



## GOOD NEIGHBOR FOOD PANTRY

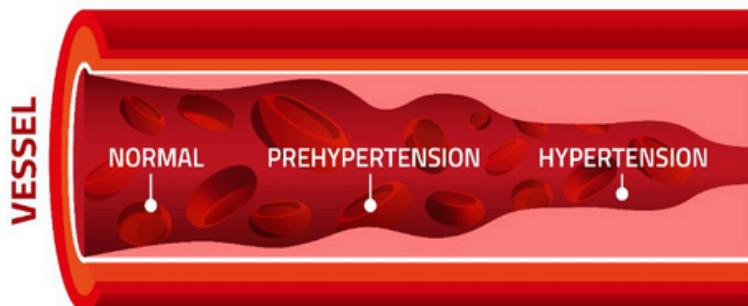


This is a call to action! Many of you are aware of our good neighbor food pantry, located close to the sidewalk by the Branch. This food pantry has become a source of assistance for many in our community. We invite you to consider picking up an extra item or two of non-perishable groceries to stock this food pantry when you are at the supermarket. If we all do a little bit, we can keep this pantry stocked for our neighbors in need!

# What is Blood Pressure?

- Arteries carry blood from your heart to other parts of your body.
- Blood pressure is the pressure of blood pushing against the walls of your arteries.
- The top number (systolic) measures the pressure your blood is pushing against your artery walls when the heart beats.
- The bottom number (diastolic) measures the pressure your blood is pushing against your artery walls while the heart muscle rests between beats.

**SYSTOLIC PRESSURE** → Is measured between when the heart contracts



**DIASTOLIC PRESSURE** → Is measured between beats when the heart relaxes

## Blood Pressure

Blood Pressure is the pressure exerted by circulating blood upon the walls of blood vessels.

## Did You Know?

### Before measuring blood pressure

- You should wait 30 minutes after smoking, drinking caffeinated beverages, alcohol or exercise before taking your blood pressure.
- Validate your home blood pressure cuff with your primary care provider.
- Empty your bladder.
- Sit quietly for more than 5 mins and do not talk

### During blood pressure measurement

- Sit upright with back supported, feet on floor, legs uncrossed.
- Rest your arm comfortably on a flat surface at heart level.
- Wrap the cuff on your bare skin above the bend of your elbow, not over clothing.
- Stay relaxed and do not talk.
- Take at least 2 readings, 1 minute apart.



**Atrium Health**