

SPRING 2018

The MESSENGER

Calendar

A publication of St. Paul United Methodist Church

SUNDAY SCHEDULE:

- 9:15 am Adult Bible Study
- 10:30 am Worship Service
- 11:00 am Children's Sunday School

MARCH

- 2 World Day of Prayer -10:30 am
CLV – Krug Chapel
- 7 Food Bank Open 5:30 – 7:00 pm
Trustees 7 pm; A.A. & Al-Anon
7:30 pm
- 8 Choir Practice 7:30 pm
- 11 New Members Class 11:45 am
- 13 Ad Council Meeting 7:00 pm
- 14 Food Bank Open 5:30-7:30 pm
A.A. & Al-Anon 7:30 pm
- 15 Choir Practice 7:30 pm
- 17 Girl Scouts Pinewood Derby
12-5 pm
- 18 Women's Circle 11:45 am
- 20 UMW at Sharon Blaney's home
1pm
- 21 Monthly Community Meal 5:00
– 6:45 pm; Food Bank open 5:30
– 7pm; A.A. & Al-Anon 7:30 pm
- 22 Choir Practice 7:30 pm
- 24 Christian Men's Fellowship 8:00
am Buttersburg Inn; Cards for
Encouragement 10am – 12 pm
- 25 Rev. Edgardo Rivera,
Superintendent of the Frederick
District, speaking at 10:30 am
Service at St. Paul UMC
- 28 Food Bank open 5:30 – 7:00 pm;
A.A. & Al-Anon 7:30 pm
- 29 Soup & Bread Supper 6:00 pm at
Saint James UMC with Maundy
Thursday Community Service
following
- 30 Good Friday Fish and Chicken Fry
at NW Fire Hall 2 – 7pm
- 30 Tenebrae Service at St. Paul 7 pm
- 31 Lions Club Egg Hunt 12 pm

Dear Brothers and Sisters in Christ,

The season of Lent is upon us! The next forty days not counting Sundays, are a time of looking at our lives with the reality that this life doesn't last forever. We need to prepare ourselves to be ready at all times. We do not know the hour, the time or the place that our journey here may end. This sounds like a lot of gloom and doom, but it is a spiritual warning to be prepared.

Despite popular beliefs, Lent is not a gloomy, suffering season. It is a time to make peace with one's self and God. As we do spring house cleaning, we also need to do some spiritual house cleaning. The exercise of cleaning can be quite liberating! When we work on spring house cleaning we often use special tools or cleaning agents to aid in the process. In spiritual house cleaning we do the same thing, they are called spiritual disciplines. These inward disciplines help us to break old ingrained behavior habits that keep us from walking closer with our God and Savior. They free us for joy and abundance so that we are ready to dance with our Lord!

We often deceive ourselves by believing that we can make changes in our selves, as though we have the power. It is our belief in our own will power that often gets us into trouble. Anyone of us has tried to alter our patterned behavior without success. Changes that we need to make in order to follow Christ more closely are changes that should be divinely inspired. Spiritual Disciplines will help us to discern what transformation is needed. The beauty of it is that we do not have to do it alone the spirit will help us if we ask.

Richard J. Foster has a wonderful book called, *Celebration of Discipline: The Path to Spiritual Growth*. Foster describes a variety of disciplines giving both their history as well as practical usage for today's Christians. His book has become a best seller on the subject. Foster lists disciplines in three different categories such as:

(continued on page 2)

FREE MONTHLY COMMUNITY DINNERS:

3rd Wednesdays of the month (March 21 and April 18), 5-6:45pm

March's menu is cabbage casserole, ham, scalloped potatoes and applesauce.

April's menu is Chicken ala King, Biscuits, creamy salad and fruit salad.

The meal is free and anyone in New Windsor or Union Bridge is welcome to attend.

www.stpaulnewwindsor.com



United Methodist Women

UMW will meet on Tuesday, March 20 at 1:00 pm at the home of Sharon Blaney.

UMW Spring Tea: The April Tea will be at the Old Farm House Tea Room on April 17, 2018 at 12:00 p.m. The cost is \$13.00. Reservations and payment are due by April 8, 2018.

St. Paul Women's Circle

Join us for the "Sisters in Faith" Spring Retreat, featuring speaker Gwen Smith, speaking on "I Want It All": Sat, April 14 at Montgomery UMC - Cost is \$40 and includes breakfast and lunch. Register online at <http://www.sistersinfaithministries.org/events>. Registration begins at 8am and the program is from 9am-3:30pm. We will be leaving from the church at 7:45 am. Please let Sena know if you are planning on meeting at the church to carpool. You really don't want to miss this!

Also, be sure to join us for meetings on the 3rd Sundays of each month, immediately following the worship service. (March 18 and April 15)

New Members Class

A New Members Class will be held on Sunday, March 11 following the worship service. The St. Paul UNC new member's class is for those who are interested in knowing more of what St. Paul's UMC is all about. This class is designed to briefly inform you about our church and all the many opportunities you have to grow in your Christian walk here at St. Paul's UMC. A light lunch will be served. Please contact the church office if you are interested in attending.

Christian Men's Fellowship

All men are welcome to join us for fellowship on the 4th Saturday of each month (March 24 & April 28) 8am at The Buttersburg Inn.

BIRTHDAYS:

March 4 – Larry Thompson
 March 4 – Robert Wilhelm
 March 11 – Marian Goettee
 March 14 – Mel Gress
 March 28 – Kristen Gable
 March 31 – Howard Moretz
 April 1 - Ian Wilhelm
 April 4 – Gary Brown
 April 9 - Mary Jeanne Coles
 April 10 – Darrell Kontz
 April 11 - Ruby Bollinger
 April 12 - Sarah Lowman
 April 16 – Joanna Perryman
 April 19 – Myrtle Billings
 April 19 – Doris Brown
 April 26 – Ken Bowen
 April 28 - Gloria Eaves

(continued from page 1)

The Inward Disciplines: meditation, prayer, fasting, and study

The Outward Disciplines: simplicity, solitude, submission and service

The Corporate Disciplines: confession, worship, guidance, and celebration

Foster warns us:

When the Disciplines degenerate into law, they are used to manipulate and control people. We take explicit commands and use them to imprison others. Such a deterioration of the Spiritual Disciplines results in pride and fear. Pride takes over because we come to believe that we are the right kind of people. Fear takes over because we dread losing control. If we are to progress in the spiritual walk so that the Disciplines are a blessing and not a curse, we must come to the place in our lives where we can lay down the everlasting burden of always needing to manage others. This drive, more than any single thing, will lead us to turn the Spiritual Disciplines into laws. once we have made a law, we have an "externalism" by which we judge who is measuring up and who is not. Without laws the Disciplines are primarily an internal work, and it is impossible to control and internal work.

As we use this time to look at our lives, reflect on its meaning and purpose as it pertains to God's purpose for us, the practice of spiritual disciplines aid us into becoming better instruments of God's love, grace and service to God's people. By practicing the disciplines that the spirit guides you to use, you may be transformed not only for the season but continued use of disciplines aids us in transformation throughout our lives. These are tools to experience God's grace on a much more frequent and deeper. Let us make ourselves open to God's spirit moving toward Christian perfection to the glory of God!

In Christ's love,
 Pastor Shari McCourt

New Windsor Food Ministries

The New Windsor Food Bank's mission is to provide basic food items to families or individuals in the New Windsor and Union Bridge area who are in need.

Our food bank is open every Wednesday evening from 5:30 until 7:00 pm with the exception of the week of the carnival in New Windsor, certain holidays and in the event of snow emergencies.

The bank also provides a free community meal on the third Wednesday of each month starting in September and running through May. This meal is open to our usual weekly guests, members of our church and anyone else in the communities who wish to attend. These meals are a great place to practice good Christian fellowship, meet new people and receive a delicious meal. In 2017 the average attendance at our meals was 80 guests with many of these taking carry outs to others in their family or friends unable to attend.

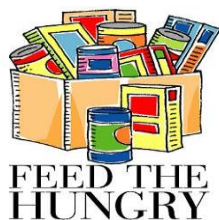
Our numbers for the year show that we served 768 families. The families were made up of 1192 adults and 814 children. The month with the lowest number of guests was June. November had the highest number attending. The week before Thanksgiving we had 32 families as our guest and on that day, we held our annual Thanksgiving meal and distributed 25 turkeys to those attending. Thanks to the New Windsor Lion's Club for providing the turkeys.

Our food bank consists of 6 teams that alternate weeks working at the bank and several other men and women who put on the community meal. In addition, these folks work three times a year and provide a meal for the Loaves and Fishes meal held in Westminster.

As you can see this is not a cheap undertaking at all. We are able to continue with the bank because of the generous financial gifts from our congregation and many fundraisers put on by our church. In addition, we often receive gifts of cash and food items from several other churches in the area. We save money through our partnership with the Maryland Food Bank located in Baltimore and the Westminster Rescue Mission. They provide us with items at a cheaper price and in most cases no cost at all. Another way of keeping our cost down is the Mayor on the Square event held by Neal Roop that raises lots of food items and cash. We want to THANK EVERYONE for any and all donations they have made to our Bank.

Finally I want to thank all the members of the committee for their help each week and with the free meals. It is a lot of work and it takes all of us to make it happen. I would like to encourage anyone reading this report to consider joining our team. There are many things that we can use help with, such as helping stock shelves, help pick up food, join a team and work the food bank one Wednesday evening every couple weeks. If you are interested in joining, call me at 410-596-1697. It was a great year and we are looking forward to having another in 2018.

Thanks,
Dale Lowman



Calendar

APRIL

- 1 Easter Sunrise Service TBA breakfast at St. Paul UMC 8:30 am; Easter Worship Service 10:30 am
- 4 Food Bank open 5:30 – 7:00 pm; A.A. & Al-Anon 7:30 pm
- 5 Choir Practice 7:30 pm
- 10 Ad Council Meeting 7pm
- 11 Food Bank open 5:30 – 7:00 pm; A.A. & Al-Anon 7:30 pm
- 12 Choir Practice 7:30 pm
- 14 Sisters in Faith Event at Montgomery UMC 9am – 3pm
- 15 Women's Circle 11:45 am
- 17 UMW Spring Tea 12 pm
- 18 Friends of John Wesley 1:00 pm at CLV; Monthly Community Meal 5:00 pm – 6:45 pm; Food Bank 5:30 – 7pm; A.A. & Al-Amon 7:30 Pm
- 19 Choir Practice 7:30 pm
- 25 Food Bank open 5:30 – 7pm A.A. & Al-Amon 7:30 pm
- 28 Christian Men's Fellowship at Buttersburg Inn 8 am Cards for Encouragement 10 am – 2pm
- 29 Frederick District Lay Speaker Commissioning at St. Paul UMC 1pm

SISTERS IN FAITH EVENT

DATE AND TIME

Sat, April 14, 2018
9:00 AM – 3:00 PM

LOCATION

Montgomery United Methodist Church
28325 Kemptown Road
Damascus, MD 20872

REGISTRATION

www.sistersinfaithministries.org
COST \$40.00

