



# Heart Beat Newsletter

## Zion United Methodist Church



*In the Heart of Whitehouse*

FEBRUARY, 2018

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### **Pastor Carol's Comments:**

This year, February 14 features a somewhat odd combination: Valentine's Day and Ash Wednesday. But maybe it's not so odd, really. Did you know that the word "love" and its variations appear more than 1000 times in the NRS version of the Bible? That's a lot of love!

Ash Wednesday is the beginning of Lent—the forty days (not including Sundays) before Easter. It is a time of reflecting on the love God has for us and the ways in which we express our love for God. During the quiet Ash Wednesday service, ashes are used to draw a cross on our foreheads to remind us that we are created from the earth, and that one day we will all return to it. We remember that God so loved the world that Jesus died on the cross so we could live, free from the power of sin. Then we share in Communion—food for the spiritual journey we take during Lent, as we journey toward Easter and the celebration of Jesus' resurrection. All of this points to the great love God has for each of us, unworthy as we are.

During the weeks of Lent, we will have a special Bible study (appropriate for newcomers and old hands alike), Sunday morning worship services focusing on the theme "From the Heart," and all the special Holy Week services in the days just before Easter. Whether you are a member of Zion UMC, another church, or no church, you are invited to be part of the Lenten journey here at Zion.

**Psalm 121:1-3** I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber.

### **News around Zion:**

The **Electronics Recycling Day** on Jan. 20 went very well, with over 100 people utilizing the service.

The **Mission Committee** is very active at this time of year. The food pantry serves around 35 families each time it's open. Come and see us in action from 10 to noon.

Pastor Carol and five church leaders attended the district **leadership development day** on Jan. 27. The keynote speaker inspired us to begin a powerful prayer initiative to get in touch with God's plan for our lives and our church. The teaching sessions covered a large variety of topics. It was an inspiring and challenging day.

**Emmaus Walk** is a weekend retreat that “seeks to inspire, challenge and equip leaders for Christian action in their homes, places of work, and communities.” There are Walks scheduled for April and May at Widewater Retreat Center. If you seek spiritual renewal, please see Pastor Carol about this.

**Lent** Plan now to attend our Ash Wednesday service, with imposition of ashes, on Wednesday, February 14, at 7:00 p.m.

**Thursday night Bible Study with Pastor Carol:** There will be a Lenten Bible Study at 7:00 p.m. which starts Feb. 22 and ends March 22, using this study:

Give Up Something Bad for Lent by James W. Moore

During the 40 days of Lent many people give up things they love. But what about going deeper and banishing bad habits such as envy, jealousy, apathy, gossip, and negative thinking - for good? In this study, Scripture verses, personal readings, reflection questions, and prayers empower you to make positive personal changes - once and for all!

Our book pre-order has already been placed, but you can order your own book from places like Cokesbury, Christian Book, Amazon, etc. (Pastor Carol likes ABEbooks.com for good used copies.)

### Upcoming Events:

February 6 and 20, 2018 – Food Pantry from 10 to noon

February 7, 14, 21, and 28 – TAP from 3:30 to 4:45 p.m.

February 14, 2018 – Sisters in the Lord Bible Study 9:30 a.m. at Lou Rupp’s home

February 14, 2018 – Ash Wednesday Service at 7:00 p.m.



February 15, 2018 – **Ham Loaf Dinner (fundraiser)** 4:30 to 7:00 p.m. \$8.50 for adults, \$3.00 for children 10 and under. Home-made ham loaf, salad, mashed potatoes, vegetables, dessert and beverage included in the price. Take-out available.

February 21, 2018 – TAP fellowship dinner at 5:00 p.m. Join us for soup, hot dogs, vegetable trays, and dessert at this **Free** dinner .

February 22, 2018 to March 22, 2018 – Bible Study every Thursday night at 7:00 p.m.

March 21, 2018 – TAP fellowship dinner at 5:00 p.m.

March 29, 2018 – Holy (Maundy) Thursday worship service with communion, 7:00 p.m.

March 30, 2018 – Good Friday Tenebrae Service at 7:00 p.m. A “Service of Shadows.”

April 1, 2018 – Easter Sunday Celebration worship service 10:25 a.m. Join us at 7:00 a.m. for a Sunrise Service with breakfast following.

