



Heart Beat Newsletter

Zion United Methodist Church
In the heart of Whitehouse



March, 2020

Pastor Carol's Comments

Did you ever wonder how the scripture passages for worship are chosen? I generally use the ones listed for each week in the Revised Common Lectionary, a three-year schedule of readings that many Protestant churches use. Typically, there are four readings which vary each week. The ones for Ash Wednesday, which began our Lenten observance, are always the same, though. One of them is Psalm 51:1-17, which includes the prayer "Create in me a clean heart." "Clean hearts" are something we strive for during Lent, as we walk through Jesus' final days on earth and prepare to celebrate his resurrection. Prayer, fasting, and giving are three of the traditional "means of grace" that help us in our quest for clean hearts. This issue of "The Heart Beat" features many opportunities to observe a holy Lent. May you be blessed as we journey to the cross and on to resurrection!

Fasting for Lent

Fasting is a time-honored spiritual practice, but it's often misunderstood by many of today's Christians. Fasting is not eating food for a period of time. John Wesley urged Methodists to fast each week, from sundown on Thursday until 3:00 on Friday. Time that would normally be spent on eating is spent in prayer, and money that would be spent on that meal is set aside for the poor. Fasting is intended to help us recognize the physical hungers that can control us and the ways in which we've abused the gift of food. It makes space for focusing on spiritual things rather than physical things. Over time, people started giving up something pleasurable during Lent, like chocolate. This is called abstinence (from "abstaining"). People also started taking on some new practice rather than giving up something. These are both good things, but they aren't fasting.

If you decide to try fasting, the "Wesleyan Fast" is a good place to start. Fasting should never endanger your health, so if your health is affected by when and what you eat, adjust accordingly. Also, relationships always take precedence, so if sharing a meal with someone will interrupt your fast, simply choose another day. If you need more info about how and why to fast, feel free to contact Pastor Carol.

News Around Zion

Encounters With Jesus

The sermon series during Lent will invite us to walk along with Jesus as he encounters a variety of people from all walks of life with various needs and questions. As we observe these encounters with Jesus, we will be challenged to think about how we respond to people like the ones he met, or how we might even resemble them. These encounters will also form the basis of our discussions at our Thursday evening Bible Studies.

Mission Opportunities During Lent

The Mission Committee is offering two new opportunities for us to serve during Lent. One is the "Clean Heart" Campaign for Family House in Toledo. Family House is a shelter for homeless families. They are in dire need of household cleaning supplies and personal grooming items, so we will be collecting these items all through Lent. Items may be placed on the back pew. While we are working towards clean hearts during Lent, we will be helping homeless families to have clean bodies and a clean place to stay. Go to the Family House web site <http://www.familyhousetoledo.org/> to or the February issue of "The Heart Beat" on our web site to learn more.

The second opportunity will help erase the "unpaid lunch" fund in the Anthony Wayne School District. Paying off this debt gives students who can't pay for their lunches a clean slate. The AW Alumni Assn. is working to clear this account, and we will help them with a special offering on Communion Sundays. Your donation can be placed in the lunchboxes at the back of the sanctuary on Communion Sundays during Lent. As we are fed at Christ's table, we will be able to help feed hungry schoolchildren. (If you're fasting and saving *your* lunch money, this would be a perfect place for it!)

Food Pantry to Change Times

In order to make the Food Pantry available to more people, especially those who may be working but still need assistance and students who are helping to care for their families, our hours will be changing. Effective Tues., 4/7, the Pantry will be open from 4 – 6:30 p.m. Fellowship time will begin at 3:30. Set up will begin at 3. Days will remain unchanged: 1st and 3rd Tuesdays of each month.



News Around Zion (continued)

Midweek Bible Study During Lent

This year we will be joining with our friends at Hope UMC for our mid-week Lenten Bible Study. We will begin with a casual soup supper and follow it with a round-table discussion of the passages featured in the previous Sunday's worship service, led by Pastor Carol and Hope's Pastor Warren. Pastor Carol and Pastor Warren will preach on the same passages each week, so we will share a common starting point. No book required, but sign-up is requested so we know how many to plan for.

The evenings will all begin at 6:30 and alternate between churches. Annette Petree is heading up the suppers on our end, and she will be looking for soup makers and other help.

Laughter for Your Soul, Food for the Pantry

Theatre-for-the-World and the Waterville United Methodist Church will present the family-friendly comedy "A Little Piece of Heaven" on Fri., 3/20 and Sat., 3/21 @ 7:30 pm, and Sun., 3/22 @ 1:30 pm. It's the story of a little collectables shop where folks find things from their past that have been missing for a long time. There's no charge for admission, but donations of non-perishable food items at the door and a free will offering following each performance will help support our own Anthony Wayne Food Pantry and the AW Community Food Ministry in Waterville. Reservations are not required for the play.

TAP Fellowship Dinner

Our March TAP dinner will be Wednesday, March 18. It will feature hot chicken and pulled pork sandwiches, salad and dessert. To help, contact Pat Jones or sign up in the Narthex. Note – if school is cancelled due to weather, we will cancel this dinner also.

General Conference "Listening Posts"

Our General Conference will be held May 5-15 in Minneapolis. One petition that will be considered there is a proposal for dividing the UMC into two denominations. The "Protocol of Reconciliation and Grace Through Separation" has received widespread media attention. To make sure we all have correct information, the West Conference is hosting meetings on Sundays in March at various locations:

- 3/8: 2:00 pm Old Fort UMC; 4:30 pm Bowling Green First UMC
- 3/15: 2:00 pm Archbold UMC; 4:30 pm Perrysburg Grace UMC
- 3/22: 2:00 pm Napoleon Christ UMC; 4:30 pm Aldersgate UMC

Although sign-ups were requested by 3/1, call the District Office (419-897-9770) to see if you can attend. (Pastor Carol will be attending the 3/15 meeting at Perrysburg Grace.)

New on Our Web Site!

Do you need to check the church calendar and can't find your copy anywhere? Now you can see it on our web site! Just click on the calendar link to see the same calendar that's included with the bulletin each week (minus personal information like birthdays). **While you're there, check out the photo gallery!

Church Information

Pastor Carol Williams-Young
10926 Maumee St. P.O. Box 2457
Whitehouse OH 43571
(419) 877-5820

Worship at 10:25 a.m.
Sunday School at 9:00 a.m.

Zionwhitehouseumc@gmail.com
pastorcarol@bex.net

Find us on Facebook: whitehousezionumc

Website:
<http://www.zionumcwhitehouse.org>

Upcoming Events

- March 3 & 17** - Food Pantry, coffee and conversation at 9:30; food pick-up 10 a.m. to noon
- March 18** - TAP Fellowship Dinner at 5:00 p.m.
- March 5** (Thurs) - Lenten Supper and Bible Study at Zion (with Hope) at 6:30 p.m.
- March 12** (Thurs) - Lenten Supper and Bible Study at Hope (with Zion) at 6:30 p.m.
- March 19** (Thurs) - Lenten Supper and Bible Study at Zion (with Hope) at 6:30 p.m.
- March 26** (Thurs) - Lenten Supper and Bible Study at Hope (with Zion) at 6:30 p.m.
- April 1** (Wed) - Lenten Supper and Bible Study at Zion (with Hope) at 6:30 p.m.