

Photo by Harry Collins

THE MESSENGER

HOPE UNITED METHODIST CHURCH

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Lenten Season 2021

From the Pastor:

Dear Church Family,

And so...Lent begins! Lent is a word that originally meant "to lengthen" and it directly refers to the lengthening of daylight hours as springtime approaches. I like that! But I especially like the idea that we celebrate more light, more insight, more 'heart understanding' as we prepare to celebrate the resurrection of our Lord and the life it means for us and for all. In these Lenten days we will have several opportunities to experience a time of reflection and a time of renewal.

- 1) I invite our congregations into a 40 day period of prayer. I will supply some suggestions for each day of prayer, but I encourage you to pray right now about how you will focus on lifting to our gracious God your prayers for healing – of our nation, our world, of yourself. These have been days of unease and not a little anxiety as we continue to experience this pandemic and the changes around us....so, let us commit to being a people of prayer!
- 2) Make a commitment to worship faithfully each week. The podcast messages will highlight a Lenten theme on renewing our Spiritual Disciplines. This same theme will come through on Sunday ZOOM Worship at 10:30 a.m. Please take the opportunity for personal devotion with the Podcast as a guide and then join us as we unite with this theme called: "Purple Theory". Why this name? The color for Lent is purple...and theory (one definition at least) is...a system of ideas intended to explain something. We are looking into those healthful, faithful habits that help us stay on track in this season of preparation. I hope you will journey with us in study and encouragement during Lent.

- 3) A new Tuesday evening Study will begin on Feb. 23 and run for 8 weeks. It is entitled "Character Matters" and we will take a look into Proverbs at the things the Lord does not like and consider how we may better honor God. It will be very insightful. Please join us each Tuesday starting Feb. 23 at 7 p.m.



Finally, I hope to "see" you as Lent begins on **Ash Wednesday, February 17 at 7:30 on ZOOM** for a very special time of reflection and worship. I look forward to our Lenten journey together!
 Blessings to All, Pastor Mary Jane

SUNDAY SCHOOL: ZOOM meeting - "Sunday School" for our children and youth of all ages.

There are video stories, songs, crafts and fun. Classes are for preschool, elementary, & youth. Time: **Every week on Sunday at 4:30 PM** Eastern Time (US and Canada)

The Link to Join Zoom Sunday School Meeting

<https://us02web.zoom.us/j/85642915933?pwd=Ulk0aFJEcWJYQINoWmV5NlhHdnM1UT09>

Meeting ID: 856 4291 5933

Passcode: 538708

Dial: +1 646 558 8656 US (New York)



Choose your foods wisely from the World's Healthiest Foods

There are 6 criteria for a food to make the list of world's healthiest foods.

1. Most nutrient dense. They have the essential nutrients for health (such as vitamins, minerals, fiber, essential fatty acids) for the least number of calories.
2. Whole foods. Not highly processed, and no synthetic, artificial, or irradiated ingredients.
3. Familiar foods. Fruits, vegetables, whole grains, nuts, seeds, lean meats, fish, herbs, and spices that are familiar to most people.
4. Readily available. People can find the foods easily at local markets.
5. Affordable. When in season locally, most people can afford the price.
6. Taste good. Healthiest foods are some of the world's best tasting foods.

Examples of the more than 130 world's healthiest foods: asparagus, avocados, beets, bell peppers, broccoli, brussels sprouts, carrots, cauliflower, cucumbers, eggplant, garlic, green beans, mushrooms, peas, spinach, sweet potatoes, tomatoes, yams, apples, bananas, blueberries, cantaloupe, grapes, grapefruit, oranges, strawberries, watermelon, eggs, beans, lentils, almonds, pecans, walnuts, barley, brown rice, corn, cinnamon, ginger, oregano, parsley, thyme, green tea, and limited amounts of low-fat cheese, milk, yogurt, chicken, and turkey.

WORSHIP THEMES FOR SUNDAYS in LENT

Dial: 646-558-8656 Meeting ID – 816 7211 3179
for **Sunday** Services Here is the zoom link: <https://us02web.zoom.us/j/81672113179>

February 17 – Ash Wednesday ZOOM Worship, 7:30 p.m. **Self Examination** (*link, page 8*)

February 21 – “Purple Theory” series on Spiritual Disciplines begins:
Prayer – Romans 8:26-27

February 28 – “Purple Theory” **Scripture** – Psalm 1:1-3

March 7 - Holy Communion, “Purple Theory”
Fasting – Matthew 6:16-18 – Pastor Brenda brings the message.

March 14 – “Purple Theory” **Confession** - 1 John 1:5-9

March 21 - “Purple Theory” **Worship** - 1 Corinthians 10:31-33

March 28 (Palm/Passion Sunday) - “Purple Theory” **Silence** - Mark 14: 26-41

BLANKET MONTH:

Union is joining with Hope this year in the observance of Blanket Sunday, which begins on February 14 and continues for a month. The idea is: “Blanket the World with Love!” Church World Service encourages us to think of others and realize the impact a simple blanket can make on the spirit of our neighbors in diverse situations of need throughout the world. Members of our churches are invited to send in their checks or cash offerings marked separately from their regular offering, noting the offering is for Blanket Sunday. Let’s do our part to provide warmth, comfort, encouragement, and hope to people facing difficult situations.



We miss you - please attend ZOOM Worship

Dear Church Family, Our need to offer virtual worship and not gather at the church has gone on much longer than ever imagined. Many of you are not joining us on Sunday mornings and we truly miss you! Please consider joining us in Worship each week. If you are having trouble “zooming” or calling in, please let me know and we will help. It is vital that we worship together and we would love to “see” you! All are in our prayers, Pastor Mary Jane

From Pastor Brenda at Union...

Valentine's Day, February 14, can be a day of love or dread because of its emphasis on roses, chocolates, candlelight, etc. However, it can also simply be about taking special care to show your love and appreciation for the people who are special to you. Many great religious thinkers and spiritual texts have offered lots of thoughts on the power of love, from the Hebrew Bible to the New Testament, Lao Tzu to Mother Teresa.

I found online a few quotes of the most loving wisdom.

“Place me like a seal over your heart, like a seal on your arm; for love is as strong as death, its jealousy unyielding as the grave. It burns like a blazing fire, like a mighty flame.” **Solomon 8:6**

“Smile at each other, smile at your wife, smile at your husband, smile at your children, smile at each other-it doesn't matter who it is-and that will help you to grow up in greater love for each other.” **Mother Teresa**

“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes always perseveres.” **1 Corinthians 13: 4-8**

“Being deeply loved by someone gives you strength, while loving someone deeply gives you courage.” **Loa Tzu**

I wish you all a VERY Happy Valentine's Day! XOXO





Readings and Prayer Starters

(Please note: These are just prayer starters based on the scripture. Offer the prayers of your heart to your gracious Lord as we take this Lenten journey together.)

Self-examination February 17-20

Ash Wednesday – Psalm 51:6-12
Thursday – Job 6:24-25a
Friday – Psalm 139:23-24
Saturday – Matthew 7:1-5

Create in me a clean heart, O God.
Help me to be open and honest in confessing my sins.
Search me, O God, and know my heart.
Let me not judge, Lord; help me to see clearly.

Week 1: Prayer February 21-27

Sunday – Romans 8:26-27
Monday – Psalm 103
Tuesday – Matthew 6:7-13
Wednesday – Psalm 150
Thursday – Matthew 26:36-46
Friday – James 5:13-18
Saturday – Mark 9:14-27

Help us, Lord, to be faithful in prayer; guide us.
May my whole being bless you, Lord, and not forget...
Forgive me, Lord, and help me to forgive others.
May I live, Lord, in a way that brings you praise.
Lord Jesus, help us to watch with you; help us to be faithful.
We pray for those who are sick that they may be restored.
Jesus, remove what is unclean in me and make me whole.

Week 2: Scripture February 28 – March 6

Sunday – Psalm 1:1-3
Monday – Hebrews 4:11-13

Lord, help me to be rooted in you and your Word of life.
May your Word, Lord, give me insight for faithful living.

Tuesday – Colossians 3:1-17
Wednesday – Luke 10:38-42
Thursday – James 1:19-25
Friday – Acts 17:1-12
Saturday – Proverbs 24:30-34

It is my prayer, Lord, that whatever I do or say honors You.
Help your people and your church to choose 'the better part'.
Lord, help me to be quick to listen and slow to speak.
Jesus, help us to be bold to stand up and speak up for your truth.
Give me strength, Lord, that I may be faithful and productive.

Week 3: Fasting March 7-13

Sunday – Matthew 6:16-18
Monday – Isaiah 58:1-7
Tuesday – Daniel 10:1-14
Wednesday – Nehemiah 1:4-11
Thursday – Esther 4:12-17
Friday – Acts 13:1-3
Saturday – Joel 2:12-17

I fast not to be seen by the world but to grow closer to You.
Point me to justice and service so I may honor you, Lord.
Let me not be afraid, Lord. I humble myself before you.
We come with prayer and fasting, confessing sin, seeking...
Lord, you have prepared me for such a time as this!
You have set us apart for service, Lord and for pray for help.
May your people, your church, return to you with all our hearts.



Week 4: Confession March 14-20

Sunday – 1 John 1:5-9
Monday – Psalm 51:1-4
Tuesday – Matthew 5:21-24
Wednesday – Mark 1:1-5
Thursday – James 5:13-16
Friday – Proverbs 28:13
Saturday – Hosea 14:1-7

Cleanse me, O Lord, from all that does not honor You.
Have mercy on me, O God, according to your faithful love.
Lord, help me to make things right with my brother and sister.
I need your strength, God, to change my heart and life.
Restore us to physical and spiritual health, O Lord.
Have mercy on me, O Lord, for I have sinned.
We offer our hearts, Lord. Heal us of our faithlessness.

Week 5: Worship March 21-27

Sunday – 1 Corinthians 10:31-33
Monday – John 4:19-24
Tuesday – John 6:52-58
Wednesday – Revelation 5:6-14
Thursday – Isaiah 6:1-8
Friday – Psalm 96
Saturday – Psalm 148

Whatever I do today, Lord, I do for your honor and glory.
We worship you, dear Lord, in spirit and in truth.
Nourish us, O Lord, with the bread sent down from heaven.
Blessing, honor, power, and glory belong to the Lamb of God.
I honor you, I worship you; Lord, send me!
We praise you, Lord, for you establish justice.
We join all of the people in praising you, Lord!

Week 6 (Holy Week): Silence March 28 – April 3

Sunday – Mark 14:26-41
Monday – Ecclesiastes 3:7-8
Tuesday – Proverbs 17:27-28
Wednesday – Proverbs 19:20-21
Maundy Thursday – Psalm 62:5-7
Good Friday – Exodus 3:4-5
Saturday – Lamentations 3:25-26

Draw us apart, Lord, for a time of prayer; speak to us, Lord.
Help me to recognize when it is time to keep silent, Lord.
Help me to listen, Lord, before I speak.
You know the way, Lord; help me to listen and be informed.
God, I find rest in you, for you are my refuge.
Dear God, remind us that we are standing on holy ground.
We wait in silence for your deliverance, Lord God.

Week 7 (First Week of Easter): Gratitude April 4-10

Sunday – Luke 24:1-12; 52-53
Monday – Psalm 118:1-6, 29
Tuesday – 2 Corinthians 1:12-16
Wednesday – 1 Thessalonians 5:16-18
Thursday – Psalm 103:1-5
Friday – Philippians 4:4-6
Saturday – Philippians 4:12-13

We are overwhelmed with joy; we lift to you great praise!
You are for us, Lord, and we give you thanks.
We rely on your grace, O God, and give thanks for one another.
Help us to rejoice always, pray, and give thanks through it all.
Thank you for healing us, forgiving us, and giving us life!
As we bring our petitions to you, Lord, we also offer praise.
I can do all things through you, Lord. Thank you for strength!



Al Evans
Randy Burbage
Gregg Downs
Ann Manzi
Par and Mike Cutillo
Ronald Cherwinski Family
Rishi Harrisersad
Doris Peabody
Those ill with coronavirus
Our at-home members
Our church and world...

WEDNESDAY MORNING STUDY



Wednesday morning, 10:30 a.m. study: "Simon Peter", a resource from Adam Hamilton. Please join us!
Here is the link: **10:30 a.m. Wednesdays**

Join Zoom Meeting for **Bible Study:**
<https://zoom.us/j/968476497?pwd=cEVwUWhtUUFJwOE9KQIYzaJtWVJkQT09>

Dial by phone: 1 646 558 8656 US
Meeting ID: 968 476 497
Password: 211461



Happy Birthday to the following people with February and March birthdays:

Evelyn Guest	02/01
Betsy Reiley	02/06
Nathan Grob	02/06
Lily Stango	02/07
Jackie Engler	02/08
Sarah Sneddon	02/13
Brian Grob	02/15
Gloria Downs	02/17
Nancy Redman	02/28
Karalyn McKelvey	02/28
Grace Rinehimer	03/02
Emma Wojnovich	03/08
Alex Merrell	03/10
Cynthia Popow	03/10
Jackie Martin	03/11
Lisa Osborne	03/11
Amelia Wojnovich	03/11
Donovan Rousch	03/11
Erica Oslak	03/11
John Emmett	03/14
Dorothy Wolfe	03/26
Tom Reisch, Jr.	03/27



THE
FORTY
DAYS
of LENT

BIBLE STUDY: There is a very meaningful Study offered by Ann Eves at 2 p.m. each Friday. It's a wonderful study and discussion group Call Ann or Pastor MJ for the link if this study and timing works for you!

We hope that you can join us!



NEW TUESDAY EVENING STUDY



A new Tuesday evening Study will begin on **February 23** and run for 8 weeks. It is entitled "Character Matters" and we will take a look into Proverbs at the things the Lord does not like and consider how we may better honor God. It will be very insightful. Please join us each Tuesday starting Feb. 23

Here is the link: **Tuesdays at 7 p.m.**

Join Zoom Meeting

<https://us02web.zoom.us/j/85342885989?pwd=ejdLQXR3SEZ6U0lkbn3NOaFlyUGE3UT09>

Meeting ID: 853 4288 5989

Passcode: 602157

+1 646 558 8656 US



HOPE FOOD BANK: Feb. 20, 1-3 p.m.

THANK YOU to all who provide support through food donations and monetary support for this wonderful ministry that serves others so faithfully.

Thank you to Coordinator Sally Kiner and all of her volunteers.

The March FOOD BANK day is also on the 20th – March 20 – 1-3 p.m.

Reminder:

Please mark your calendar for Wednesday, Feb. 17. It will be Ash Wednesday! Please join us for this special Worship time on ZOOM as we begin our Lenten journey. We would love to welcome you to this special worship time! **7:30 p.m.**



Topic: Ash Wednesday Worship

Time: Feb 17, 2021 07:30

<https://us02web.zoom.us/j/89150124020?pwd=aDlCL3M5TkpJMDFRcEFPeIl3eW1OQT09>

Meeting ID: 891 5012 4020

Passcode: 060567 Dial 646-558-8656