

Hello friends...hoping this note finds you all well and thawed out...

This Lent let us explore a biblical theology of food and eating. In Isaiah chapter 55, verses 1 and 3, we find these words...

WHAT S IN THIS MONTH S ISSUE

- Note from René
- Birthday's /Anniversary's
- Prayers Needed
- United Women in Faith
- What's Happening

Come, everyone who thirsts, come to the waters; and he who has no money, come, buy and eat, Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen diligently to me, and eat what is good, and delight yourselves in rich food.

Meals, meals and more meals. In the beginning, yes, there was light and a few other important things, but the first words of God to humans was an invitation to eat. In fact, the first conflict in the Bible is over a forbidden meal (remember the apple).

Jesus is all about food...he was a foodie for sure. His first miracle was in response to a catering crisis at a wedding. (The couple had run out of wine. And thanks to his mom he turned four hundred and fifty liters of water into the best wine the guests had ever tasted.) There is that little thing called the last supper (the last act of Jesus before his death is to share a meal with his disciples (one we celebrate still 2000 some years later).

And the final vision of the new world is of a massive, joyful meal...just a little

banquet with a few friends. The Bible begins and ends with food. If we read thru In Luke's Gospel alone, Jesus eats 10 meals – some with his family or friends, some with his disciples, some with religious leaders and Pharisees, and some with the outcasts of the day: tax collectors and sinners. How many lessons has Jesus taught while eating, or using meals as an opportunity to teach, or used food as examples...too many to count.

There is way too many lessons...there are only 5 Sundays in Lent. So here is what we will be doing.

FIRST SUNDAY OF LENT - Water

Genesis 9:3

3 Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

SECOND SUNDAY OF LENT - Water & Bread

John 6:35

35 Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

THIRD SUNDAY OF LENT – Water & Bread & Grapes John 15:4,5

4 Live in me, and I will live in you. A branch cannot produce any fruit by itself. It has to stay attached to the vine. In the same way, you cannot produce fruit unless you live in me.

5 "I am the vine. You are the branches. Those who live in me while I live in them will produce a lot of fruit. But you can't produce anything without me.

FOURTH SUNDAY OF LENT – Water & Bread & Grapes & Fish Luke 24:36-43

Jesus Appears to the Apostles

36 While they were talking about what had happened, Jesus stood among them. He said to them, "Peace be with you!" 37 They were terrified, and thought they were seeing a ghost.

38 He asked them, "Why are you afraid? Why do you have doubts? 39 Look at my hands and feet, and see that it's really me. Touch me, and see for yourselves. Ghosts don't have flesh and bones, but you can see that I do." 40 As he said this, he showed them his hands and feet.

41 The disciples were overcome with joy and amazement because this seemed too good to be true. Then Jesus asked them, "Do you have

anything to eat?" 42 They gave him a piece of broiled fish. 43 He took it and ate it while they watched him.

FIFTH SUNDAY OF LENT - Communion

Luke 22:19,20

The Lord's Supper

19 Then Jesus took bread and spoke a prayer of thanksgiving. He broke the bread, gave it to them, and said, "This is my body, which is given up for you. Do this to remember me."

20 When supper was over, he did the same with the cup. He said, "This cup that is poured out for you is the new promise[a] made with my blood."

It is our plan to worship this Lenten Season around one large table as the body of Christ...eating, sharing, praying and learning together. Come and join us.

Hope to see you all there, peace Pastor René

Caritas Challenge

Hygiene Products and Cleaning Products!

Tooth Brush, Tooth Paste, Soap, Razor, Shampoo,
Feminine pads, Mouth Wash, Q tips, Tissue, Windex,

Clorox, etc...







2nd—David Olsen

14th—Sindee Price

14th—June Nelson

30th—Joan Schuman

WHAT S HAPPENING IN MARCH

2nd, 9th, 16th, 23, & 30th—Worship @ 10:30

4th, 11th, 18th, & 25th—Prayer Group @ 10:30

Bible Study @ 11:00

6th, 13th, 20th, & 27th—Crafting Group from 9 to noon

3rd, 10th, 17th, & 24th—Parks & Rec

9th Church Council after Worship

27th Group—noon to 2 in Library



Hand of God to Touch

Peace on Earth

Our Church

All Caregivers

Our country

Neil - job issues

Airplane - crashes -fallout

Travel mercies -

Lance & Janet

All Drivers on the road

Continued Prayers

Dorothy

John

Lynn

Roxy

Hawk

Kelli

Jean

Granddaughter Brandy

All those suffering from cancer

Health and Healing

Jimmy

Care

Linda Stancil—fell

Prayers of Gratitude

For the Love and friendship given freely here



American History is fraught with contradictions, omissions and pain, worsened by elected officials who often chose to serve some of the people but not all. Presidents owned slaves, backed imperialism, supported segregation, remained silent during decades of Black lynchings, and trampled on the rights of Black Americans and those native to this land.

Black History is American History

But praise be to God there was progress and change. When thinking about U.S. Black history, there has always been African American women and men who made "noise." Resisting the racial oppression and vitriol and violence, while making contributions to the progress of a multiracial society.

Ida B. Wells (1862-1931) was a journalist, sociologist, and noted activist who fought against lynching and advocated for women's rights. Her words were lived out as she said, "Eternal vigilance is the price of liberty."

Marian Anderson (1897-1993), a world-renowned opera singer and advocate for justice, performed before 75,000 integrated crowds at the Lincoln Memorial after having been denied the opportunity to sing at the Washington, D.C. Constitution Hall. Reflecting on her experiences of discrimination she said, "Fear is a disease that eats away at logic and makes man inhuman."

Rev. Hiram Revels (1827-1901), born in North Carolina was a preacher in the African Methodist Episcopal Church, who fought in the Union Army and was the first Black person to serve in the U.S. Senate post-slavery. He left public office and became President of Alcorn State University. Revels believed that racism would plague the country, and change would be hard to sustain.

Change for justice, diversity, and inclusion has always required people of faith to make "noise," as the late congressman John Lewis would say, "get into good trouble."

All people who care about justice, diversity, and inclusion, should look to the example of Jesus, who crossed cultural and religious boundaries to share meals and visit with the ostracized. He healed on the sabbath, including Gentiles, Samaritans, tax collectors, and never failed to include women and children. Lest we forget his declaration "To proclaim freedom... and set the oppressed free." Luke 4:18 NIV



Every year United Women in Faith gather for a "Call to Prayer and Self-Denial Service." This year our offering will support economic development and microenterprise projects, vocational training, life skills and livelihood training internationally. Specifically, funds will support the work of United Methodist conference women's teams that design and lead projects that make a direct impact on improving the lives of their families and community members. Funds raised will also support the work of the conference women's desk coordinators and Regional Missionaries who partner in this work.

During this service we will hold hands with our sisters in Peru, learning about their history and work. In Isaiah 6:8 the scripture reads: "Then I heard the voice of the Lord saying, 'Whom shall I send? And who will go for us?' And I said, 'Here am I. Send me!'" Like the prophet Isaiah we respond with open hearts, ready spirits and open hands to answer the call to serve, give, and receive from our sisters in Peru and beyond. Even though these projects are small, they have a big impact. They feed families, send kids to school, and empower women to become leaders. Don't underestimate what they can do.

Methodist schools promoted education for girls in Peru. Official and unofficial education of women and girls continues to this day. Besides enabling schools, women and girls teach and learn handicraft skills, financial literacy, and small business skills from and with one another. This legacy includes development projects with training on business plans, accounting, marketing and sales strategies, and access to capital, among other actions.

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Come craft with us Every Thursday from 9am to noon. Bring your project and come enjoy a cup coffee and conversation.

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