

United Methodist Church of Monroe

Messenger

March 2016

"Brothers and sisters, become imitators of me and watch those who live this way—you can use us as models." Philippians 3:17



We are now in the midst of the Lenten season. I pray that the journey has been meaningful to you thus far and that you are growing deeper in your relationship with Christ. Paul suggests we do this by Following the Leader. I loved playing that as a child, and enjoyed being both the leader and the follower. As a follower, I always wondered what the leader might do next and enjoyed watching closely for any changes and then tried

to imitate him or her as best as I could.

It occurred to me that there is no reason to stop playing this game even though I am now an adult. In fact, it is critical that I do it even more closely, with one caveat—that the one I'm following is *our* leader, Christ. We must remember the words that Paul wrote, that in all that we do we should be imitating Jesus. Forgiving, loving, healing, serving, comforting, praying, anointing...the list could go on with all the examples that have been set forth by Jesus for us. And, just like the game, we are never quite sure what our leader might do next so we need to be closely focused as we follow.

I encourage you to especially pay attention to the walk that Jesus trod during Holy Week. We will have a service each night during that week so that we not only fully appreciate what Jesus went through but that we learn how to be a more dedicated disciple.

What would it mean for us to live our daily lives not just imitating, but truly embodying the call to love and serve and to completely dedicate our lives to God?

I look forward to continuing this journey with you as we anticipate the day of resurrection!

Pastor Martha

Holy Week services: March 21 - March 25 at 7:00 pm

Communion will be served on Thursday, March 24 & there will be a special Good Friday Service on March 25

Easter Sunday service will be on Sunday, March 27, at 10:00 am. at UCMC

An Easter Sunday Sunrise Service will be held on Sunday, March 27, at Great Hollow Lake (accessible via the Purdy Hill entrance) at 6:30 am followed by refreshments at the pavilion

All are invited to bring something to share

Health Notes by Carin Florin, Parish Nurse:

What Is Cholesterol?

To understand high blood cholesterol, it helps to learn about cholesterol. Cholesterol is a waxy, fat-like substance that's found in all cells of the body.

Your body needs some cholesterol to make hormones, vitamin D, and substances that help you digest foods. Your body makes all the cholesterol it needs. However, cholesterol also is found in some of the foods you eat.

Cholesterol travels through your bloodstream in small packages called lipoproteins. These packages are made of fat (lipid) on the inside and proteins on the outside.

Two kinds of lipoproteins carry cholesterol throughout your body: low-density lipoproteins (LDL) and high-density lipoproteins (HDL). Having healthy levels of both types of lipoproteins is important.

LDL cholesterol sometimes is called "bad" cholesterol. A high LDL level leads to a buildup of cholesterol in your arteries. (Arteries are blood vessels that carry blood from your heart to your body.)

HDL cholesterol sometimes is called "good" cholesterol. This is because it carries cholesterol from other parts of your body back to your liver. Your liver removes the cholesterol from your body.

What Is High Blood Cholesterol?

High blood cholesterol is a condition in which you have too much cholesterol in your blood. By itself, the condition usually has no signs or symptoms. Thus, many people don't know that their cholesterol levels are too high.

People who have high blood cholesterol have a greater chance of getting coronary heart disease, also called coronary artery disease.

The higher the level of LDL cholesterol in your blood, the GREATER your chance is of getting heart disease. The higher the level of HDL cholesterol in your blood, the LOWER your chance is of getting heart disease.

Coronary heart disease is a condition in which plaque builds up inside the coronary (heart) arteries. Plaque is made up of cholesterol, fat, calcium, and other substances found in the blood. When plaque builds up in the arteries, the condition is called atherosclerosis.

Atherosclerosis

Over time, plaque hardens and narrows your coronary arteries. This limits the flow of oxygen-rich blood to the heart. Eventually, an area of plaque can rupture (break open). This causes a blood clot to form on the surface of the plaque. If the clot becomes large enough, it can mostly or completely block blood flow through a coronary artery.

I am available anytime you're in need or have questions; feel free to call or email:

- Cell 203-450-7441
- Email carinflorin@hotmail.com

The new men's group - "Friday Guys" - has taken a few more weeks to get organized. Our first gathering will be on Friday, March 11, at 12 noon at the church. This will give everyone a chance to hear about, learn about, and plan to attend if they would like. Questions? Contact Bill Florin at billflorin@yahoo.com or by phone at [203-268-8539](tel:203-268-8539). Thank you!

A Little Tid-Bit from Vivian:

On Sunday Feb. 21, while at coffee hour there was an announcement from Dave York that there would be a meeting. I decided that I would join the group to see what it would be about. I was impressed and very much interested. There were seven of us and we tried to decide what we would talk about in future meetings. I asked, "What shall we call this group?" – perhaps just call us, "Discussion Group?"

Some of the topics we mentioned we were interested in talking about were immigration, food – produce and animals, social principles, population and media issues.

Towards the end of the meeting a question was asked, "Where are we going?" That will probably be discussed at the next meeting. We're hoping to meet again on the third Sunday in March. That would be March 20th after coffee hour. It would be great to have more people join us.



Please submit additions and corrections to the birthday and anniversary list to the office at 203-268-8395. We don't want to miss anyone! Thanks!



3/1 Steven Moore
3/1 Stephen Wallace
3/2 Daniel Florin
3/2 Griffin Reynolds
3/4 Brenda Pantalone
3/12 Patti Early
3/23 Cindy Krom
3/25 Leah Brantley
3/29 Patricia Hornak

3/8 Betsy and Carl Sword
3/20 Dotti and Lee Hossler



Sign up today to host a coffee hour as a way to ...support fellowship...commemorate a special event...make some new friends...share your favorite cookies...celebrate Spring...All the basics (plates, cups, napkins, utensils, sugar) are supplied--including the coffee and instructions on how to make it. The host makes the coffee, heats the tea water and supplies the creamer...of course, no one will object if you want to put out juice and a few cookies. The sign-up sheet is posted outside the sanctuary or email the church office to book your date.

Family Game Night is **March 19, 2016 from 6 – 8 pm.** Bring your favorite game and a snack to share. Join us for lots of fun and fellowship!



Easter Egg Hunt:

We are still in need of nut-free, individually wrapped candy for the March 19th Easter Egg Hunt. The donation bin is located in the fellowship hall. Due to an overwhelming response to the Egg Hunt we have exceeded our capacity and are accepting names for a waitlist. We will notify families on the waitlist as to whether spots open up for the event by no later than Wednesday, March 16. Thank you for your help spreading the word to family, friends, neighbors and co-workers!



Congratulations to Marilyn for celebrating 18 years as our organist. We thank her for sharing her gift of music with us!

Please join us for a Lenten Movie Night on Tuesday, March 15 at 7:00 pm

The Fourth Wise Man is based on Henry Van Dyke's classic ***The Story of the Other Wise Man***. A gripping story of one man's unstoppable search for the true meaning of life. A Magi named Artaban and his faithful servant Orantes search for the Messiah for 33 years, only to miss Him at every turn until Easter Sunday.

There will be refreshments served and a discussion at the conclusion of the movie. All are welcome!

Location: UMC Monroe Sanctuary



ALL youth in grades 6-8 are welcomed in our Youth Group for an opportunity to spend time with old friends, meet new friends and have fun in our faith journey.

Our March 13th meeting will be attending the Sound Tigers game.

All Youth are welcome to volunteer at the Easter Egg Hunt on March 19th. Almost as much fun is had hiding the eggs as finding them! Registration is required. Please register on our website at www.umcmonroe.org.

We are *not* meeting on March 27th, Easter



Thanks to everyone who helped with this year's SouperBowl of Caring. We raised over \$500 which will be donated to the Monroe Pantry and King's Pantry in Bridgeport.



Celebration of Boy Scout Sunday on February 14th

Worry
doesn't prevent

it prevents
Joy!

Prayer Concerns

Gail Mas' family on passing of nephew A.J.
Darcy Dalgard-friend of Sandi Hagopian-recovery from breast cancer surgery
Anita's brother-George Stabler- hospice
Millie Chase-hospice & her caregiver Lucy
Michelle Lambert's-mother-in-law Irene-ICU
Patti Early's co-worker-Anna-Stage 2 breast cancer
Dotti Hossler's sister-Loretta-biopsy for a mass
Whitmore family of Sandy Hook-loss of 8 year old
Lane family-grieving loss
From Quintin-Mark Gilbertie & family-for healing, hope, medical support & God's grace (Mark w/long-term medical issues, parents hospitalized, wife laid off)
Marilyn Jones' niece Vicky-cancer of the tongue
Michelle Lambert's brother- Michael-depression
Darlene Dobler-Palin's friend-Donna- surgery for breast cancer
Sister Mary Bernard-complications from knee surgery
Audrey-kidney failure
Cari Harris-procedure on 3/10
Edna Turner-healing
Anita's granddaughter-Danielle
Barbara & husband Charles-difficult pregnancy
Charles Davidson
Robert Ellis-co-worker of Claudia Wallace-Stage 4 Cancer
Linda Patterson-cancer
Charlotte
Lauren- struggling with addiction-and her mother, Linda
Merryjane-lung cancer
Amanda-peace & healing
Greg-Gail Mas' nephew-cancer
Dolores Ovesny
Cindy-cancer
Donald Austrian-kidney cancer
Christine Stewart - friend of Marsha Cohn-cancer
Evelyn Sweetnam- hospice care

Jeff York
Pat Reeves- colon cancer
Michael Hossler-continued healing
Paul Lesko's friend-Sultan-liver cancer & wife Nancy
Dotti Hossler's brother-stroke
Linda Summa-Turner's daughter -cancer
Theresa-friend of Yorks-cancer
Dave York's cousin Richard-cancer
Olivia-Juvenile Diabetes
Sue Simmons' friend- Debbie- MS
Jimmy - Bobbie Grant's friend's son
Lynn Abbott's grandson- Brady
Fromm's friend-Radovan Frzop
From Lydia: Hayley Annino-friend of Kathryn-leukemia
Anna- friend of Sue Simmons-colon cancer York's daughter-in-law-Lori
Jodi Kles -Sheryl's cousin - living w/rare form of cancer
Unemployed
First responders, firemen, policemen – especially police
who have been victims of violence Unemployed
First responders, firemen, policemen – especially police
who have been victims of violence
Persons dealing w/serious medical issues, drug addiction
Caregivers
Guidance for world leaders
Covenant to Care children, foster children
Those who do not have anyone to pray for them
Those who are persecuted for their faith
Christians in harm's way
Those going through personal turmoil & facing financial concerns
Military personnel
Bringing an end to the drug epidemic & deaths

If you would like to add a person to our prayer list, or to receive a weekly copy of the joys and concerns email prayerrequest@umcmornoe.org, call the office or leave your request in the collection plate. Names will remain on the prayer list for 3 weeks. If you would like your name or that of a relative or friend to stay on the list longer, please contact the office.

Monthly Mini Missions:

Pancake mix always cheers up the kids. March right up to the wagon and donate some pancake mix and syrup too



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|--|---|--|--|
| 28 8:45am - CP: Choir Practice 10am - Guest Speaker: Jane 10am - SS: Sunday School 10am - Worship Service 2pm - Emmaus Reunion @ 2pm - Girl Scout-Lego @ 3pm - CNF: Confirmation 4pm - YG: Youth Group 5pm - Two Planks: Spelling | 29 10:30am - FC: Friendship 7:30pm - MFL: My Fair | 1 11:30am - MM: Missions | 2 | 3 10am - BS: Bible Study: 6:30pm - Cub Scout Den | 4 8pm - Two Planks: Spelling | 5 1pm - Service of 2pm - YC: CANCELLED - 8pm - Two Planks: Spelling |
| 6 Communion Sunday 8:45am - CP: Choir Practice 10am - Girl Scout Sunday 10am - SS: Sunday School 10am - Worship Service 11:30am - SPR Meeting @ 2pm - Girl Scout-Lego @ 2:45pm - CNF: 5pm - Two Planks: Spelling | 7 | 8 7:15pm - CC: Church | 9 | 10 10am - BS: Bible Study: 6:30pm - Cub Scout Den | 11 12pm - MSG: Men's Study | 12 9:30am - CNF: Confirmation |
| 13 8:45am - CP: Choir Practice 10am - SS: Sunday School 10am - Worship Service 3pm - CNF: Confirmation 5pm - Sound Tigers Game | 14 10:30am - FC: Friendship 7:30pm - MFL: My Fair | 15 Newsletter Deadline 7pm - Condo Meeting (Hills) 7pm - Lenten Movie Night: | 16 7:30pm - Great Oak Farm @ | 17 10am - BS: Bible Study: 6:30pm - Cub Scout Den | 18 12pm - MSG: Men's Study | 19 9am - Easter Egg Hunt 6pm - FGN: Family Game |
| 20 8:45am - CP: Choir Practice 10am - Palm Sunday 10am - SS: Sunday School 3pm - CNF: Confirmation | 21 7pm - Holy Week Services | 22 7pm - Holy Week Services | 23 6:30pm - Girl Scout- 7pm - Holy Week Services | 24 7pm - Maundy Thursday | 25 12pm - MSG: Men's Study 7pm - Good Friday Service | 26 |
| 27 Walk to Jerusalem ends 6:30am - Easter Sunday 8:45am - CP: Choir Practice 10am - SS: Sunday School 10am - Worship Service | 28 10:30am - FC: Friendship 7:30pm - MFL: My Fair | 29 | 30 4:45pm - CNF: | 31 | 1 12pm - MSG: Men's Study | 2 2pm - YC: Youth Craft |