

THE SUMC NEWSLETTER

March 2017

* YOUR PLACE FOR ALL THINGS SUMC *

LENT 2017

LENTEN BIBLE STUDY: *Our Adult Lenten Bible Study has begun! We are meeting weekly at 1:30 on Fridays. During our time together we are looking at the book The Son of God: The Life of Jesus in You by Rick Warren. It's accompanied by a video also created by Rick Warren. Our wonderful Pastor Clemons is leading the group. It's not too late to join us, stop by this Friday!*



SUMC LENTEN FOOD DRIVE:

DURING LENT, WE ARE HOLDING A FOOD DRIVE, PLEASE BRING ANY NON-PERISHABLE FOOD ITEMS YOU'D LIKE TO CONTRIBUTE AND PLACE THEM IN THE BOX LOCATED AT THE FRONT OF THE CHURCH. AFTER LENT ALL THE COLLECTED FOOD WILL GO DIRECTLY TO THE HOPELINK FOOD BANK.

SUMC NEWSLETTER PUZZLE

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WILDERNESS
TEMPTED
DEVIL
FASTED
FORTY
HUNGRY
STONES
LOAVES
ANGELS
FOOT
SATAN
WORSHIP



A WORD ON FASTING ...

Reverend Kristin Ellison-Oslin wanted to share these words about Lenten Fasting. Thank you, Kristin!

Why Fasting is Not a Diet

Fasting without prayer is at the center of most successful diets. You know what diets are; you plan your meals at the start of each week, keep a detailed food and exercise diary, eat 3 meals and 2 snacks daily, measure your portions, drink 64oz of water or unsweetened tea — all while keeping it under 1,400 calories.

Brother Lawrence' method of prayer without ceasing was to practice the presence of God. If he found that he was not actively loving God in whatever activity (often doing dishes) he would repent and begin intentional love.

The gentle return to loving God is important. Take this from someone who can be tough on herself. Lately I've been returning with a chorus of "I love you, Lord" and it has been sweetly helpful. Even if you don't trust what you are feeling is love, God honors the intention. As they say in addiction recovery, "Fake it until you make it." This is not actually fake, it is returning to the first intention.

God made it clear that a return to a loving relationship needs heartfelt action that includes our fasting and crying out to God in humility, hunger and repentance. (Joel 2:12)

In "Fasting and Prayer—Key to Power" Michael Fackerell notes: "Fasting is not magic, nor does it twist the arm of God. God wants to do many amazing things, but He looks for those willing to urgently make the corrections needed to come into line with him. God resists the proud, but gives grace to the humble. Successful fasting is also the fastest way to learn patience. It takes patience and endurance to fast, and we have a better opportunity to pass them, If we want to go far with God we would have to face these tests in anyway, but much later, and in a more time consuming and difficult way. We need to 'bite the bullet' and embrace the correction God wants to apply to our souls. Fasting gives you God's focus for your life. It is a major key to hearing God's voice (the other true worship—the two are related). We need focus from God more than anything. The world we live in is working overtime to distract us, to entice us, to win our hearts and minds, our focus and to determine our vision. Fasting cuts out the world so we can tune into God. If we are obedient to God, fasting will make us catalysts for revival and awakening."

There are many ways to fast. You will read in Scripture that some fasts included not drinking anything. Jesus fasted and spoke the Word of God to overcome Satan and begin his public ministry (see Matthew 4:1-10; Luke 4:1-14). Not the best example to follow because it is so dangerous. By its nature, fasting will burn lean muscle mass so keep moving to keep strong. Ketosis will develop which can lead to serious complications in people with diabetes. You can mitigate this with a liquid fast that keeps introducing juices to sustain blood sugar.

There is a vast tradition of fasting only certain parts of the day. Of course Lent is rife with single food or non-food fasts. I am giving up my right hand for Lent this year and have abstained from chocolate or alcohol previous years.

These options can rob the worshipper of the true blessing of depending on God. We so often use food for far more than sustenance. This is an opportunity to seek God for comfort.

I've found that fasting gets easier after the first day, which can be downright painful. Even then difficulty ebbs and returns. Sunday is a feast day even during Lent because it is the day of Resurrection. Saturday is the day of Sabbath - rest. A good foray into fasting may be 5 days beginning Monday and resting on Saturday. Leave the full return to regular eating until Sunday, meaning gently reintroduce food in a gradual manner.

Seek insight while you fast. While your body detoxifies your thinking will clear. Return to fasting regularly, God blesses this and our bodies love the routine. More on this in our Church Wellness Group.

The Good Neighbor Give-Away

On Saturday, May 20th from 9:00AM until 3:00PM a fun event called The Good Neighbor Give-Away will take place! The Committee for this event has been hard at work to plan this community event. This will not be a church garage sale, rather an opportunity to reflect on how the items we're holding on to can potentially be a blessing to someone else. Instead of charging for items, SUMC is inviting the neighborhood to participate in receiving something for free! Do you have any items that you feel could use a new home?

Please consider participating in this one-of-kind day!

Below please find the Good Neighbor Give-Away Mission/Vision Statement:

The GOOD NEIGHBOR GIVE-AWAY is an opportunity for the Shoreline United Methodist Church to engage in a neighborhood activity that reveals God's grace and provides an opportunity to recycle possessions, acknowledge the joy of sharing, build community and acknowledge the contentment of less. May the joy in reducing clutter be equal to the joy of receiving free treasures.

Rid Yourself of Clutter

"You will keep him in perfect peace, whose mind is stayed on You, because he trusts in You."

ISAIAH 26:3 NKJ

Sometimes we complicate our life by taking on things that God has not told us to do. We add stress, confusion, and clutter with the unnecessary things we take on and hold on to. We need to use our faith to let go of whatever clutters our mind and keeps us from peace.

Ask God to show you ways to simplify your life. Take an inventory today, and start throwing out whatever is filling your life with unproductive distractions. God wants you to enjoy your day, so get rid of whatever He shows you to give up.

Nursery Ministry



The Nursery Ministry is very excited to announce plans to update the existing nursery room! They have come up with a theme (Noah's Ark) and have lots of plans and goals to help the ministry serve the infants and children of our community. Next month on April 2nd after Service, they invite you to attend a meeting to introduce you to their ideas as well as answer questions and take suggestions. If you feel called to donate directly to the SUMC nursery project, please place your donation in an envelope marked "Nursery". Thank you so much!

Jesus said, "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." Matthew 19:14

Thank You

✝ Big thanks go out to **Nellie Ann, Janelle and Donna!**

✝ Recently these three wonderful women became a tornado of cleaning power! They stormed the nursery and sanitized all the furniture as well as the bathroom, removed items from the nursery room that they thought to be unsafe and ran all of the toys through a cleaning cycle in the dishwasher!

✝ Many thanks for all do, ladies. The nursery looks great and is a wonderful starting point for the new Nursery Ministry!

LOST AND FOUND

At the end of March, the clothing items that have not been claimed from our Lost and Found will be donated to the Shoreline PTA clothing bank, The Works. **The Works** clothing room provides high quality, clean, gently used children's and teen clothing to Shoreline School District families experiencing circumstances that make it challenging to clothe their children for school. This community resource is open Wednesday evenings from 6 PM to 8:30 PM.

This Month's Events

Sunday, March 12th

Daylight Savings Time!



Sunday, March 19th

Worship Committee Meeting

Thursday, March 16th

Church Council Mting



Thursday, March 23rd

SPRC Meeting

Friday, March 17th

Saint. Patrick's Day!



Sunday, March 26th

Missions Meeting



Tidbits and Reminders

PRAYERFUL UPDATE: Anu had a successful (three bypass) surgery. He is being moved out of ICU today. His vital signs are good. He is talking and joking. Both Neelam and Anu thank you for all your prayers and support. Keep praying!

Keep those **BOX TOPS FOR EDUCATION** labels and bring them with you to church. We will be donating them to our "adopted" school, Briarcrest Elementary. Also hold on to your spare change and bring that to church as well in order to contribute to the **COINS OF COMPASSION PROJECT**.