

Our mission is to make disciples of Jesus Christ for the transformation of the world.

## Soup for the Soul

It was another successful "Soup for the Soul Supper" as we served 125 friends and neighbors. As we spent the day preparing the soup, the day was enjoyed with everyone that came to the kitchen and dropped off something we needed to complete the meal. Fellowship was the highpoint of the day from the start of serving to the clean up at the end of the evening.

Thank you to everyone that contributed in any way, and to each individual that came that evening. Susan and I have been preparing the soup since 2004 and are turning it over to anyone who may be interested. We have had a lot of enjoyment doing it and offer you the opportunity to do the same.

> Thanks again, Susan & Marg

## "Feasting On The Word"

Sometimes the phrase "Give up something for Lent," is quoted. However, in the next four weeks, you are encouraged to "tithe" 2.4 hours per week for the last four weeks of the season. One hour would be given to the Monday evening Bible study, leaving about 90 minutes for study of the text and travel time to and from the study gathering. Time with God is so crucial to faithful living. These Bible studies are also times of preparation for Sunday morning worship. Below are the Bible texts for the Mondays indicated.

- March 5: Ephesians 2:1-10 (Jorita Banter, leader)
- March 12: Psalm 51:1-12 (Joe Haney, leader)
- March 19: Matthew 27:15-26 (Perry Spahr, leader)
- March 26: Colossians 3:1-14 (Jorita

Banter, leader)

This is a great way to become the children of God, sisters and brothers of Jesus, as we were created to be, loving others as God has loved us in Christ Jesus. Peace!

# SOS

SOS met at the church on February 8, 2018, with Brenda Conner as hostess and Allison Voght as co-hostess. There were nine in attendance.

The meeting was called to order by President Kodi Elliot giving devotions. She stated that love is in the air with Valentine's Day just around the corner. We should remember to show love to one another all year long. We also should show love to each other in small ways everyday. But most importantly, we need to tell God we love him by showing his love to others.

The minutes for the January meeting were read and approved.

The Treasurer's Report was given.

The lesson was given by Linda Howell on traveling. She compared the different aspects of planning to travel on vacation with planning our trip to Heaven, giving scripture references.

Card report was given by Corresponding Secretary Teresa Kriegbaum.

Joys and concerns were given by the members and prayer was led by Kodi.

Old business was discussed and a few new items were introduced under New Business.

The love offering was collected.

Prayer partners for the next month will be the third person to your right. Next meeting will be March 8 at the home of the hostess, Tamara Spahr, with Mariah Pfister as co-hostess. Tamara will also have the lesson.

The meeting was adjourned with the singing of our benediction.



I came across this little piece of advice from *Bulletin Digest* (February 12, 2016) and thought I'd share it with you.

The **five finger prayer** is a great way to teach someone to pray, or a good model for anyone to use to pray. Remember, James 5:13-16 teaches us to pray for one another.

First, your thumb is nearest you. Begin your prayers by praying for those closest to you.

Second, the next finger, is the pointing finger. Pray for those who teach, instruct and offer comfort. This can include teachers, doctors, and ministers. They need support and wisdom in pointing others in the right direction.

Third comes the tallest finger. It reminds us of our leaders. Pray for the president, leaders in business and industry, and administrators. These people shape our nation and guide the public in many different ways. They need God's guidance.

Fourth comes our ring finger. We could pray for marriages and families. We could also pray for those who are weak, because our ring finger is the weakest of the five. You cannot pray too much for those who are weak, in trouble or in pain.

**Fifth comes our little finger.** It is the smallest of the five. It should remind us of our place in relation to God and others. God's Word teaches us that, "the least *(Continued on page 3)* 

Our Vision: Sharing and experiencing the life-giving message of Jesus, to restore wholeness and build an intentional community of hope, relationship, and purpose for everyone.

## **UMCOR Sunday**

When disaster strikes around the globe—Haiti's 2010 earthquake or Ty-

phoon Haiyan in 2013—so many watching the drama unfold on our living room televisions feel entirely helpless. How could any one person make a difference in the wake of such wide-

spread devastation? As responders around the globe scramble to help survivors, the United Methodist Committee on Relief, UMCOR, is prepared to act.

## News From The Rock

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#### www.solidrockumc.com

#### **Worship Schedule**

Sunday School at 9:00 Worship at 10:00 at 485 Bennett Drive, Warren Church Phone: 375-3871

#### **Church Office**

Office Phone: 375-3873 Monday, Tuesday, Thursday, Friday 9:00 a.m. - 4:00 p.m. Wednesday 9:00 a.m. - Noon

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News deadline for the April newsletter: March 25

So don't be fooled by the word committee. Since 1940, when UMCOR's forerunner was established to meet the needs of those suffering overseas at the onset of

World War II, we've continued to respond to those in desperate need—today throughout more than eighty countries around the world. The response of UM-COR isn't something "they" do, it's something "we" do.

That's because your generous giving to UMCOR Sunday (formerly One Great Hour of Sharing) is what allows UMCOR to act as the arms and legs of Christ's church, moving toward the most vulnerable in their darkest days. Convinced that all people have God-given worth and dignity—without regard to race, religion or gender—together we are assisting those impacted by crisis or chronic need. Because you give, the United Methodist Church's compassionate response to human suffering continues today:

- When tornadoes ripped through Oklahoma, we responded
- When children in Zimbabwe lost parents to AIDS, we responded
- When a massive tsunami devastated lives in Japan, we responded

And when the next mass crisis occurs, we will be prepared to respond

UMCOR will be able to offer aid in Jesus' name to those who suffer because United Methodists give through UMCOR Sunday. In fact, it's your generous giving that allows us to respond when disaster strikes.

Not "they."

We.

Will you continue to give to UMCOR Sunday? Will you continue to meet the needs of the children, families and communities who've experienced devastation in the wake of disaster?

When we meet the needs of those who suffer we actually minister to Jesus, who said:

"I was hungry and you gave me food to eat. I was thirsty and you gave me a drink. I was a stranger and you welcomed me. I was naked and you gave me clothes to wear. I was sick and you took care of me. I was in prison and you visited me." (Mt. 25:35-36, CEB)

As we respond, we recognize Jesus in those who are reeling in the wake of disaster.

A bulletin insert on March 11 will provide details on how you can give to UM-COR through Solid Rock.

### January Financial Update

General Offerings	\$14,279
General Fund Expenses	
Mortgage Balance	

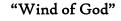
# God's mysterious ways

"God moves in a mysterious way, his wonders to perform." These oft-quoted words, from a hymn by English poet William Cowper, come with an unsubstantiated yet powerful back story.

Cowper, who struggled with depression, decided to commit suicide one night. He called a cab to go to the Thames River, planning to drown himself. Such dense fog arose that the driver got lost and finally stopped to let his passenger out. To Cowper's surprise, he was at his own door! He concluded that God had sent the fog to spare his life. The hymn he wrote in response continues:

> Ye fearful saints, fresh courage take; the clouds ye so much dread are big with mercy and shall break in blessings on your head. ...

His purposes will ripen fast, unfolding every hour. The bud may have a bitter taste, but sweet will be the flower.



Tiny breeze or mighty wind,

swirling round as God commands. Hats go flying. Branches bend. Little seeds spread through the lands.

God Almighty makes the wind; great big gusts can shape the sands.

Awesome is the power of God, when even wind obeys his plans.

-MaryAnn Sundby



#### (Continued from page 1)

shall be the greatest among you" (Matthew 23:11). Your pinkie should remind you to pray for yourself. By the time you have praved for the other four groups, your own needs will be put into proper perspective and you will be able to pray for yourself more effectively.

Are you praying?

See You Sunday, Pastor Paul

### **Food Pantry Needs**

- Oatmeal •
- Juice Packs
- Snack Crackers •
- . Macaroni & Cheese
- Jello Cups

through adult)

- Peanut Butter •
- Kleenex •
- Canned Peaches

Also needed: plastic bags, books and magazines (6 months

Please leave your items in the wooden boxes in the narthex.



## The United Methodist Lent Quiz

- 1. What does the term 'Lent.' which comes from 'lencten,' mean?
  - □ Sacrifice
  - □ Time
  - □ Spring
  - □ March Madness
- 2. How were ashes imposed in the early church?

□ The shape of a cross was drawn on the forehead.

□ Ashes were smeared across closed evelids.

Ashes were poured or sprinkled over the head.

3. Why do people give things up for Lent?

□ To follow the example of Jesus' 40day fast in the wilderness.

□ To help us focus on prayer and devotions.

- □ To give the acquired savings to the poor.
- □ All of the above.
- 4. What snack food has significance during Lent?
  - □ Chocolate
  - □ Pretzels
  - □ Popcorn
- □ All of the above.
- 5. Many people fast during Lent. How often did John Wesley fast?
  - □ Twice a week
  - □ Twice a month □ Twice a year
  - □ Rarely
  - □ He did not fast.
- 6. Why does Lent last 40 days?
- To represent the time Jesus spent in the wilderness, tempted by Satan. □ To recall the 40 days and nights the earth was flooded in the Old Testament. □ To remind us of the 40 years the Israelites wandered in the desert.
- 7. What do some United Methodists not sing at Lent?
  - □ Doxologies
  - □ Alleluia
  - □ "In the Garden"
  - □ The communion liturgy
- 8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion?
  - □ "Jesus Walked This Lonely Valley"
  - □ "Christ Beside Me"
  - □ "O Happy Day, That Fixed My Choice'
  - □ "Come and Find the Quiet Center"
- 9. True or false? Sundays are not counted in the 40 days of Lent. □ True
  - □ False
- 10. When early Methodists in America sat in a church on a mourner's bench, they would:
  - □ Repent their sins
  - Experience a new birth
  - □ Rededicate themselves to Jesus
  - □ All of the above

#### Answers

- 1. What does the term 'Lent.' which comes from 'lencten.' mean? The correct answer is spring.
- 2. How were ashes imposed in the early church? The correct answer is ashes were poured or sprinkled over the head.
- 3. Why do people give things up for Lent? The correct answer is all of the above.
- 4. What snack food has significance during Lent? The correct answer is pretzels.
- 5. Many people fast during Lent. How often did John Wesley fast? The correct answer is twice a week.

- 6. Why does Lent last 40 days? The correct answer is to represent the time Jesus spent in the wilderness, tempted by Satan.
- 7. What do some United Methodists not sing at Lent? The correct answer is Alleluia.
- 8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion? The correct answer is "Christ Beside Me."
- 9. True or false? Sundays are not counted in the 40 days of Lent. The correct answer is True.
- 10. When early Methodists in America sat in a church on a mourner's bench, they would... The correct answer is all of the above

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### Pretzels: Lent's official snack

At some United Methodist churches, the humble pretzel is a tasty sign of the arrival of Lent. A few. like Sumner United Methodist in Sumner, Wash., even set aside "Pretzel Sunday," typically on the Sunday before Lent.

"It comes out of a long history of the church, and some people are fascinated by that." said the Rev. Pamela Osborne, Sumner's pastor.

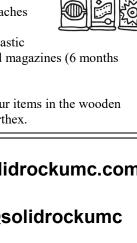


It's difficult to separate solid historical fact from legend, but "the pretzel indeed has its origins as an official food of Lent," according to the website CatholicEducation.org. The oldest known picture of a pretzel may be a manuscript, now housed in the Vatican, from the fifth century.

Tradition has it that the snack originated between the fifth and seventh centuries when an Italian monk fashioned leftover dough into the now familiar shape, mimicking arms crossed in prayer. (At that time, Christians praved with their arms crossed over their chests.) The three holes in the most common form of the pretzel may represent the Holy Trinity.

As the custom of baking pretzels for Lent spread, the Sunday before Lent became known as Pretzel Sunday. Pretzels were made on that day and eaten during the Lenten season. Since meat, eggs and dairy foods were forbidden during Lent, the simple pretzel, made with flour, salt and water, fit the bill. Pretzels are still an item of Lenten food in some parts of Europe and are sometimes distributed to the poor in cities.

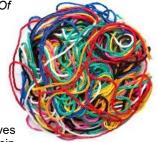
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### Rewoven

After Jen Hatmaker's dog shredded an heirloom baby blanket, she piled up the dirty yarn and asked her mother-in-law to somehow reassemble

the original. In Of Mess and Moxie (Nelson Books), Hatmaker explains how this is a picture of God's sovereign work. When our lives



are tattered by sin and suffering, God doesn't start from scratch or create a replica. Instead, he uses the original threads to reweave a stronger version and to restore beauty.

(Interestingly, when Joseph tells his brothers in Genesis 50:20 [ESV], "You meant evil against me, but God meant it for good," the word meant is Hebrew for wove.)

"Nothing bears a better witness than watching God resurrect someone's life," writes Hatmaker. "That is a God who folks want to know, a God worth his glory." Forgive those things we have done which have caused you sadness, and those things we should have done that would have brought you joy. In both we have failed ourselves, and you. Bring us back to

that place where our journey began, when we said that we would follow the way that you first trod. Lead us to the Cross and meet us there.

-faithandworship.com



