

News From The Rock

March 2019



Solid Rock United Methodist Church • Warren, Indiana

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

United Methodist Women

The United Methodist Women will meet at Heritage Pointe in the Calico Room on Thursday, March 7, 2019 at 9:30 a.m. The program will be honoring United Methodist Women's 150 years birthday of changing the lives of women, children and youth, not only in the United States, but also in 110 countries. Guests are welcomed.



"Feasting on the Word" Bible Studies

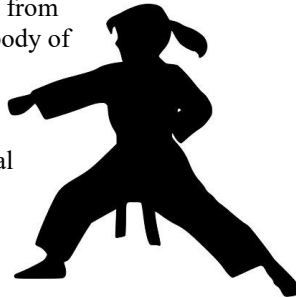
With the beginning of the Lenten season coming on March 6, you are encouraged to take on the discipline of Bible study. Each Monday evening (weather permitting) a group will gather in the Solid Rock kitchen at 7:00 p.m. to study the text to be used by Pastor Paul the following Sunday. Each passage is designed to aid us in our knowing Jesus and our followership a bit better. Below is the list for our March studies.

- March 4: Psalm 139:1-18, 23-24 (Jorita Banter, leader)
- March 11: Luke 13:34-35 (Perry Spahr, leader)
- March 18: Isaiah 55:1-9 (Joe Haney, leader)
- March 25: Psalm 32:1-11 (Jorita Banter, leader)

Bring your Bible and an open spirit to God's leading for your life and the life of Solid Rock people!

Christian Martial Arts Ministry

A Christian martial arts class is now being offered at Solid Rock each Monday evening from 6:00-7:00. Instructor Rodney Howard, a Van Buren resident, is a 5th Degree Black Belt in the United States Chung Do Kwon Assistance and a 5th Degree Black Belt from the governing body of Taekwondo in Korea. He has been offering Christian martial arts classes in Marion and Upland for several years.



Classes begin with pledges to the U.S. flag and the Christian flag, then prayer. There are warm-ups, then basic techniques such as low blocks, high punches, and front kicks. Those are followed by forms, or Katas, and then self-defense moves. Class concludes with a time of very controlled sparring, and a closing Bible verse study and prayer.

Students from ages six to sixty may join at any time. Winter is the perfect time to begin because the cold weather makes it hard to exercise. Taekwondo is an excellent way to exercise and have fun learning new skills.

Classes are open, so you are welcome to come and observe before you join. Rodney looks forward to seeing you on Monday evenings at 6:00!

January Financial Update

General Offerings	\$14,444
General Fund Expenses	\$18,678
Mortgage Balance	\$12,341



Can You Forgive and Then Forget?

Forgiveness isn't something that you do for the sake of the person who wronged you. It is something you do for yourself. I don't forgive people because they deserve it, or earn it, or even ask for it. I forgive them for a very selfish reason.

The main purpose of forgiveness is to free yourself from the burden of the pain inflicted on you. Bitterness is a cancer that'll destroy you and your relationships. As a pastor of a church, I've witnessed this root of bitterness defile so many things that a person holds dear. I knew a woman that held so much pain and bitterness against a person that she had literally made herself sick and physically weak. If she could forgive the person that had wronged her, she'd be able to release the burden of that pain and the bitterness.

The truly tragic thing about a grudge is that it hurts you more than the person you hold it against. In many cases, the other person is unaware of your grudge, or the depth of your grudge, or even of the fact that they may have hurt you. So your anger, bitterness, and pain are only hurting you. It is only destroying your own spirit.

Christians are supposed to be big on forgiveness. I should know. But even they miss the main purpose of forgiveness. It isn't to pretend that the wrong done to you is okay. It's not so that you can give some offender a pass on his wrong, or to pretend you weren't hurt or angry. It isn't even to demonstrate how holy and righteous you are. It is to release that anger, to release the

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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.

Solid Rock Small Group Opportunities

SUNDAY SMALL GROUPS (Sunday School)

Children's Classes

- PEBBLES (Nursery)
 - Ages 0-4
- LITTLE ROCKS/ROCK FOUNDATIONS
 - Preschool-Grade 4
- ROCK SOLID YOUTH
 - Grades 5-12

Adult Classes

- FIRM FOUNDATION
 - Currently studying *The Way: Walk-*

News From The Rock

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Solid Rock United Methodist Church

P.O. Box 322

Warren, Indiana 46792

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 24

ing in the Footsteps of Jesus, by
Adam Hamilton

- FRIENDS IN FAITH
- REAL LIFE
 - Currently studying The Bible Project series.

WEEKLY BIBLE STUDY

- FEASTING ON THE WORD
 - Meets on Monday evenings at 7:00 in the church kitchen

SEASONAL SMALL GROUPS Winter 2019 Groups

- THE PRODIGAL GOD
 - Online Group
- IN HIS IMAGE
 - Tuesdays, 9:30-11:00 at Heritage Pointe
- SOME FOLKS FEEL THE RAIN ... OTHER JUST GET WET (Two Groups)
 - Wednesdays, 10:00-11:00 at Solid Rock
 - Thursdays, 6:30-7:30 at Solid Rock

For more information on small groups, call the church office, 375-3873.

Thank You!

Thank you, Solid Rock, for all the love and support over the years. I especially want to thank you for all the financial help you've provided for me. It's been a blessing to not only get through college debt free, but knowing I have the support of my church family behind me is very encouraging. I will continue with my schooling this semester and hopefully will be able to graduate somewhere in the fall. I would not have been able to make it this far without your help.

Rob Bolinger

What is Lent and why does it last forty days?

Lent is a season of forty days, not counting Sundays, which begins on Ash Wednesday and ends on Holy Saturday. Lent comes from the Anglo Saxon word *lencten*, which means "spring." The forty days represents the time Jesus spent in the wilderness, enduring the temptation of Satan and preparing to begin his ministry.

Lent is a time of repentance, fasting and



preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. Today, Christians focus on their relationship with God, often choosing to give up something or to volunteer and give of themselves for others.

Sundays in Lent are not counted in the forty days because each Sunday represents a "mini-Easter" and the reverent spirit of Lent is tempered with joyful anticipation of the Resurrection.

Lent 2019 begins on Ash Wednesday, March 6, and concludes on Saturday, April 20.

—umc.com

To God you shall return

The traditional Ash Wednesday words "Remember that you are dust and to dust you shall return" might seem depressing. But in our often death-denying culture, some might find it refreshing to hear the



frank statement that we can do nothing to save ourselves, physically or spiritually — that, no matter how we try to avoid sin, we can't untangle

ourselves from self-interest. How liberating, then, to know we don't have to! God loves us as we are and sent Jesus to break sin's power over us.

A pastor described Ash Wednesday as the point you can pinch in the middle of a long piece of ribbon, such that when you lift it high, the two ends — one symbolizing our baptism and the other, our funeral — meet and touch. We come from dust and will return to dust, but we also come from God and will return to God. Ash Wednesday reminds us that we're always safe in God's love.

I surrender!

Everybody eventually surrenders to something or someone. If not to God, you will surrender to the opinions or expectations of others, to money, to resentment, to fear or to your own pride, lusts or ego. You were designed to worship God — and if you fail to worship him, you will create other things (idols) to give your life to.

You are free to choose what you surrender to, but you are not free from the consequences of that choice. E. Stanley Jones said, "If you don't surrender to Christ, you surrender to chaos."

—Rick Warren, *The Purpose-Driven Life*

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burden of the pain that you carry around.

Jesus told Peter to forgive people until it became instinctual or habitual. He, being the Son of God, had much more clarity in this than we do. But the example suffices to demonstrate that unless we forgive, we have a human tendency to carry a grudge, to carry bitterness, to carry the burden of pain. This burden crushes you, not the person who hurt you.

Forgive people. Do it for yourself so you can function in life, see clearer, and not have to live with the painful burden of bitterness.

Don't look at the other person to determine if they are worthy of your forgiveness. It's not an issue of worthiness or even of relevance. It is about you releasing anger, pain, and bitterness.

Carrying such a burden will affect your marriage, your friendships, your family, and every other relationship you possess. Your revenge plotting twists your mind more than it makes the person who hurt you suffer.

Let it go—for your own sake.

See You Sunday
Paul

A Prayer of Blessing for St. Patrick's Day

"For the Lord God is a sun and shield; the Lord bestows favor and honor; no good thing does He withhold from those who walk uprightly." Ps. 84:11

In 433 A.D., history tells us that St. Patrick was praying for God's divine protection in his work and ministry in Ireland while facing powerful enemies. He wrote this prayer called St. Patrick's Breastplate, which is still widely known and recited today.



*Christ with me,
Christ before me,
Christ behind me,
Christ in me ...*

God soon opened the door for him to share Christ with the Irish King Laoghaire and his subjects, and allowed him to be a part of bringing them out of paganism's dark hold to the saving power of Jesus

Christ. St. Patrick was a man who knew much about darkness, hardship, and enemy territory. He had spent years in slavery after being kidnapped by pirates at age 16. And it was in those years that he later tells how he learned about the mighty power of God's presence and prayer.

The life of St. Patrick is such an example to us still today, that even in the darkest of times, God's Sovereignty shines over His people. He can't help but to come to our aid. He can't help but to bless us and let His favor surround our lives. Because He's a good and loving God. And nothing escapes His notice. He watches over all, and we can trust that our lives and circumstances are held securely in His hands.

—Debbie McDaniel, crosswalk.com

Do you know your hymns?

Dentist's Hymn: "Crown Him with Many Crowns"

Weatherman's Hymn: "There Shall be Showers of Blessings"

Contractor's Hymn: "The Church's One Foundation"

Tailor's Hymn:
"Holy, Holy,
Holy"

Golfer's Hymn:
"There's a
Green Hill Far
Away"

Politician's Hymn:
"Standing on
the Promises!"

Optometrist's Hymn: "Open My Eyes that I Might See"

IRS Agent's Hymn: "I Surrender All"

Gossip's Hymn: "Pass it On"

Electrician's Hymn: "Send the Light"

Shopper's Hymn: "Sweet Bye and Bye"

Realtor's Hymn: "I've Got a Mansion, Just Over the Hilltop"

Massage Therapist's Hymn: "He Touched Me"

And, for those who speed on the highway:
55 mph: "God Will Take Care of You"
75 mph: "Nearer My God to Thee"
85 mph: "This World is Not My Home"
95 mph: "Lord, I'm Coming Home"
100 mph: "Precious Memories"

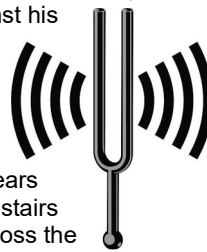
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The comfort of our middle-C God

During college, while living in a boarding house, author Lloyd Douglas befriended a retiree. The man, a homebound former mu-

sic teacher, shared a morning ritual with Douglas, who would walk down to the man's floor, open his door and ask, "What's the good news?"

Every day the man responded by tapping a tuning fork against his wheelchair and saying, "That's middle C. It was middle C yesterday. It will be middle C tomorrow. It will be middle C a thousand years from now. The tenor upstairs sings flat, the piano across the hall is out of tune, but, my friend, that is middle C!"



If middle C's pitch value isn't exactly 261.63 Hz, then your piano needs to be tuned. How comforting that dependability is for musicians — and their listeners.

Like middle C, God is steadfast and reliable. In this fast-paced world, praise God for the good news he declares to us: "I the LORD do not change" (Malachi 3:6).

Faith journey

A family was heading on vacation: two little ones were nestled in car seats; the van was packed. As Dad locked the house and Mom secured the garage, an adult neighbor the kids knew walked up and spoke through an open window. "Where are you going?" The kids shrugged. "Well, what road are you taking?" the friend asked with a knowing smile.



Of course, they had no idea. "Do you know where you'll eat today, or where you'll spend the night?" Blank stares. Then the friend asked, "Who are you traveling with?" The children broke into grins and shouted, "Mommy and Daddy!"

On the journey of faith, we don't know precisely where we're headed or how all our needs will be met. But we know who we're traveling with: our loving God who is fully aware of the twists and turns ahead; the loving Parent who promises to care for us wherever we go.

"You don't know how to pray? Put yourself in the presence of God, and as soon as you have said, 'Lord, I don't know how to pray!' you can be sure you have already begun." —St. Josemaria Escriva

"Seek a relationship when you pray, not answers. You won't always find answers, but you will always find Jesus." —Father Mike Schmitz



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"Don't worry. I'm a church pastor. First little problem, and they'll find me."

A Simple Irish Prayer

May God give you...
For every storm, a rainbow,
For every tear, a smile,
For every care, a promise,
And a blessing in each
trial.



For every problem life sends,
A faithful friend to share,
For every sigh, a sweet song,
And an answer for each prayer.

March 2019

