

ST MARK'S UNITED METHODIST CHURCH



NEWSLETTER ♦ MARCH 2019 ♦ VOL. 17, NO. 3



My St. Mark's Family,

Believe it or not, the season of Lent is almost upon us. Winter will (hopefully) draw to a close in March, and our thoughts can turn to Spring and preparing for Easter!

We have several opportunities to mark the beginning of the Lenten season.

- Shrove Tuesday Pancake Dinner, March 5th, 5:30-7 pm
- Ash Wednesday Worship, 11 am, March 6th (with imposition of Ashes)
- Community Ash Wednesday Worship, 7 pm, March 6th at Church of Transfiguration (with imposition of Ashes)

For Worship during Lent, we are going to be walking through the Gospel of John and the book "6 Decisions That Will Change Your Life." If you are looking to deepen your faith this Lent, I'd like to invite you to join one of our small groups to read the book together. You are welcome at:

- 10 am Sundays, with both our Adult Sunday School classes
- 7 pm, Tuesday evenings, led by Pastor Justin
- 9:30 am, Wednesdays, led by Peggy Lootens

If you can't make it to a small group, but would like to read along, let the office know and we'll order you a book. I'm looking forward to a meaningful Lenten season, as we grow together toward the joy of Easter morning!

Strength and Wisdom,
Pastor Justin

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LAITY

CORNER

March, 2019

Dear friends, we do indeed live in troubled times! Where is our hope? According to Max Lucado, we can find an Unshakable Hope by building our lives on the unbreakable promises of God! Max suggests we turn to a great and precious promise in Hebrews 6:19-20,

"We have this hope as an anchor for the soul, firm and secure.

It enters the inner sanctuary behind the curtain, where our forerunner, Jesus, has entered on our behalf."

The inner sanctuary in the temple, behind the curtain is where God dwells in the Holy of Holies! In other words, the anchor for our souls is set in the very throne room of God!! We can imagine that anchor attached to God's throne itself, never to break free, but to hold fast through all storms!

Think of all those storms: failure, betrayal, sickness, disappointment, fear, anger, death, anxiety . . . none of them can take our hope, because none of them can take our Jesus.

Max encourages each of us to search the scriptures and find the promises that address our own needs.

Write them down, hang onto them, hide them in our hearts as precious pearls so when the Enemy comes with his lies of doubt and fear we can answer with God's truth. Satan will be quickly silenced. He has no reply for God's truth.

The second verse of that great hymn "Standing on the Promises" says,

*"Standing on the promises that cannot fail,
When the howling storms of doubt and fear
assail,*

*By the living word of God I shall prevail,
Standing on the promises of God"*

Hang on! Since His promises are unbreakable, our hope will be unshakable. The winds will still blow, the storms will still come, but in the end we will still be standing.

In Christ,
Peggy Lootens, Lay Leader



AMERICAN RED CROSS

You Can Save a Life!

The Red Cross is always in need of blood, but now the need is critical. Stop by St. Mark's blood drive team's bulletin board located across from the church secretary's office to see how you can help. You can sign up to donate blood, volunteer your time at the drive, make baked goods, use your social media skill, or donate prizes. You can do as much as you like!

St. Mark's first Blood Drive for 2019
Saturday, March 2, 2019
10 am - 2 pm

For any questions please contact Susan or Don Ditzler at 540-977-2675.

"God is not unjust, he will not forget your work and the love you have shown him as you have helped his people and continue to help them."

—Hebrews 6:10

FINANCE CORNER

Thank you everyone, as we continue to pay down the debt on the Family Life Center. As of the end of February, our mortgage balance is approximately \$765,000. Our "Sharing the Mission" capital campaign draws to a close at the end of this year. The Finance team will be asking for feedback soon as to the best way to continue retiring the debt in the coming years. More soon!

WOMEN'S BIBLE STUDY

Are you a woman who dares to say "yes" to the dreams that are stirring in your heart? In the study, "She Dreams", author Tiffany Bluhm encourages you to discover and follow your God-given dreams through the biblical study of Moses. It took Moses a lifetime to live out his dream.

It is not too late for you to embark on this adventure with other women who are searching to fulfill their God-given dreams as well. We meet in the fellowship hall each Thursday at 9 am. Please let Susan Wagner know you plan to attend. You can email her at: susanbwagner59@gmail.com.

TAME NEWS

Looking for a new way to serve Christ? Join the TAME Ministry Team. TAME stands for “**T**hat **A**ll **M**ay **E**at”. Join the team to help plan events to support the hungry in our community, state and world. If you would like to be a part of the planning team, contact Emily Morris emilydmorris@aol.com or Susan Wagner susanbwagner59@gmail.com.

So far in 2019 TAME has raised \$1,060.00 towards our goal to serve the hungry in our community, state and world. Thank you to all who supported the “Taste of Winter” and the “Souper Bowl”. A special thanks to all of you who donated food for the two events.

During Lent, the children of our church will be sponsoring a mission project for TAME. They will decorate and distribute change cans for you to put your offering in. TAME encourages you to skip just one meal a week during Lent and put the money that you would have spent on that meal in the offering can. Return them the Sunday after Easter, April 28th. You will be asked to sign your name by the number on the sign out sheet that is on your can when you pick up your can. Look for the cans beginning on Sunday, March 17th.

GRIEFSHARE

GriefShare is a small support group offering hope and encouragement for those who have lost someone they love through death. St. Mark’s UMC is currently holding another cycle of classes which began on Thursday, February 28th and will run through May 30th, 2019. There are two sessions each week at 10:00 am and 6:30 pm.

GriefShare is open to anyone in the community, and since each class will cover a different topic, you are welcome to begin on any Thursday. Because participants may miss some class sessions, all are invited to return for another cycle of classes at any time. Sharing this journey of grief with others can be very helpful.

For more information you may call the church office (540-992-3030), Peggy Lootens (276-759-1485), and check out the website at www.griefshare.org.

SCRAPBOOK FELLOWSHIP

The March Scrapbook Fellowship will be on Thursday, March 21st from 11:00-2:00 in the Fellowship Hall. Come join us if you are a veteran scrapper or if you are just getting started. Members will be on hand to help you get started if you are new at scrapbooking. Bring your own lunch. For more information, contact Susan Wagner at susanbwagner59@gmail.com

5TH SUNDAY FELLOWSHIP!!

Please join us for our 5th Sunday Fellowship Event on Sunday, **March 31st** after the 11:00 Worship Service in the Family Life Center. Please plan to bring a dish to share for our Potluck Lunch. Drinks and paper products will be provided by the church. After lunch, we will be assembling Easter baskets for our Shepherding Ministry and our Meals-on-Wheels recipients!

We will be collecting donations to fill those Easter baskets during the month of March. The following NEW items are needed for the Easter baskets: 36 tubes of Chapstick, 36 travel-size tubes/bottles of lotion, 36 pocket-size packs of tissues, 36 nail files/emery boards, PAPER Easter grass, rolls of colored cellophane. Please take a card on the bulletin board in the Narthex with the item(s) you would like to donate. Please return your donation(s) to the basket under the bulletin board by Sunday, March 24th! Thank you for your help with this mission project!!



A ladies support group for 5th grade and up with a focus on self, service and encouragement. We will be partnering with Carrington Place Memory Care and Botetourt Resource Center in 2019. You are welcomed to take part in, OUR

HOMETOWN on April 6 as we give back through the residents of Botetourt. Please RSVP to Becky Gay at reach2sky14@gmail.com for details on how you can serve.



The St. Marks Methodist Men will meet Monday March 11 @ 6 pm in the sanctuary. We will begin with devotions and a business meeting at 6 pm.

Then at 7 pm we will be joined by Mark Kuepfer who will show slides and talk about the 10 years he spent with his family as missionaries in Kenya before returning to fit back into society here.



**HAPPY BIRTHDAY
UNITED METHODIST
WOMEN
150 YEARS OLD !!**

At our February meeting we celebrated UMW's Special Birthday with a program on the dedication and foresight of our foremothers and our continuing history in responding to God's call to serve in missions.

Since our humble beginning in 1869 and for 150 years, United Methodist Women has evolved to become the LARGEST women's faith-based service and advocacy organization, underwriting programs that provide life-changing opportunities for women, children and youth around the world.

Following the program, we celebrated with cake, refreshments and of course treat bags to take home. We also invited the United Methodist Men to join us for refreshments.

MARCH MEETING – March 11 – 6 pm

In March, we will have our devotions and business meeting at 6 pm in the fellowship hall. At 7 pm, we will join the United Methodist Men in the sanctuary for an informative program by Mark Kuepfer who, along with his family, served as a missionary in Kenya for 10 years.

United Methodist Women is open to all women of the church. Please join us.

WE NEED YOUR EMAIL ADDRESS

We have some exciting stuff going on at St. Mark's! But we'll need your help! A small committee of dedicated members of St. Mark's is putting together a survey about your experience of church! If you call St. Mark's home that committee wants your input! In order to give us your input we need your e-mail address. If we do not have your e-mail address please con-

sider giving it to us so we can include you as we continue to write the story of God's work with the saints of St. Mark's! Please e-mail Pastor Justin (justinwhite@vaumc.org) if you do not already receive any e-mails from St. Mark's.

SAFETALK

Suicide alertness for everyone

Most people with thoughts of suicide do not truly want to die, but are struggling with the pain in their lives.

The simple, but effective TALK steps are: Tell, Ask, Listen and Keep Safe. The training will include hands-on skills practice and development.

safeTALK is a 3-hour alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

This is a FREE Training!

There are two trainings to choose from:

Monday, March 4, 5:30-8:30 pm

@ The Buchanan Library

OR

Wednesday, March 13, 9 am-12 noon

@ St. Mark's United Methodist Church

To register, please contact: Sheila Lythgoe at slythgoe@brbh.org or 540-982-1427 ext. 123

JOIN US FOR JOYFUL JOURNEYS DURING 2019

March 28 - Wohlfhart House Dinner Theater

matinee, *Back to the 50's*. Leave the church at 10 am and return by 6:30

pm. \$74.00 includes bus, musical, meal, and driver's tip.

June 6-17- Alaska Cruise and Land

Tour. See prices and details on the bulletin board across from the choir room.

Sept. 25-27- Ride the Rails in West Vir-

ginia. \$496 per person (based on double occupancy). Includes 2 nights lodging, 2 breakfasts, 1 lunch, 2 dinners, including an evening of entertainment, 2 trains in 1 day, Seneca Caverns, Blackwater Falls State Park, motorcoach transportation, taxes, meal gratuities, and driver's tip.

November 14- A Wohlfhart Christmas. \$74 includes bus, musical, meal, driver's tip. Leave the church at 10 am and return by 6:30 pm.

(Continued on page 5)

December 5-6 - Christmas in NY City. \$447 per person (based on double occupancy). Includes: 1 night's lodging, 1 breakfast, 1 dinner, Radio City Music Hall Christmas Spectacular featuring the Rockettes, 911 Museum both inside and outside, a behind the scenes tour of Radio City Music Hall, Rockefeller Center where you will see the decorated Christmas Tree, motorcoach transportation, taxes and meal gratuities, and driver's tip.

Complete details of all trips, registration forms, and sign up sheets are on the bulletin board across from the choir room. When signing up

your CELL PHONE NUMBER IS REQUIRED OR YOUR HOME PHONE IF YOU DO NOT HAVE A CELL PHONE. A \$25 deposit (non-refundable unless someone can be found to take your place or there is a waiting list) is REQUIRED when you sign up or your place is not saved. The \$25 is part of the trip cost and is not extra.

Contact Julia Greer at 540-330-7933 if you have any questions. These trips are an outreach ministry of St. Mark's and everyone is welcome whether or not they are a member.

◆ CHILDREN'S MINISTRIES ◆ CHILDREN'S MINISTRIES ◆

CHILDREN'S AND FAMILY MINISTRIES

Down at the Pond



FROGS and Tadpoles are looking forward to "Missions in March"! We will meet on March 10th and 24th from 5 to 7 pm. The FROGs and Tadpoles will also sing at the **9:15 Ecclesia Worship Service on Sunday, March 3rd.** Please note

that there is no Children's Worship that day so that the children may participate with their church family in Holy Communion.

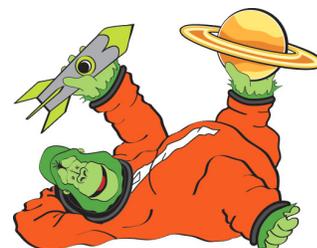
For "Missions in March", the children will be decorating collection boxes that will be available for pick-up by church members during Lent starting March 17th. Church members are encouraged to forgo one meal a week during Lent and collect the amount of those meals in the cans and return them to the church to benefit T.A.M.E by the Sunday after Easter, April 28th. Also, the FROGs and Tadpoles will be making heated rice bags, Easter cards and filling Easter eggs with candy to be used to fill Easter baskets for our Shepherding Ministry and our Meals-on-Wheels recipients, during our 5th Sunday Fellowship event on Sunday, March 31st!



Looking Ahead to Vacation Bible School

All children ages 3 through rising 5th graders are invited to Cokesbury's Galactic Blast Vacation Bible School program this summer! Rising Sixth and rising Seventh graders are invited to be a part of our Service Squad during VBS. Vacation Bible School and Service Squad will be held Monday, July 15th through Friday, July 19th from 9 am – 12 noon. Registration will begin later this spring.

Vacation Bible School can have a powerful and positive effect on a child! Every summer we are blessed with many children who come from outside of our church community! VBS is truly an outreach ministry, as well as a ministry to our St. Mark's children. Adult and youth volunteers are needed to staff our VBS this summer. **We particularly need people interested in working on decorations in April and May!** If you are interested in helping or learning more, please contact Lee Ann Critz at 992-3030 or leeanncritz@yahoo.com. Don't miss being a part of all the excitement and sharing the good news with a child!



YOUTH EVENTS AND NEWS:

March will be a busy and exciting month for us as we will be fundraising, participating in retreats, and participating in our normal youth schedule as well. We begin the month with the annual Roanoke District Retreat.

March 1-3 Wesley Weekend District Youth Retreat \$20 per person. We will depart the church on March the 1st at 5 pm and return on the 3rd at approximately 12:30 pm. We will not have youth this evening after the youth retreat! Catch up on homework after a weekend of fun, fellowship and worship!

March 5th is our Shrove Tuesday Pancake Dinner from 5:30 to 7 pm. Youth and parent volunteers please come afterschool to set up and begin cooking. Please let me know if you would like to volunteer, donate or come out and support these hard working youth to fundraise their summer mission trip!

March 10th We will have Sunday School at 10 am and Youth 5 to 7 pm. Come on out as we will be discussing Lent and having fun, food, and games!



March 16 at 9 am there is an optional Mission Opportunity, Paul Bunyan Day @ Alta Mons. They will have projects such as cleaning up campsites, chopping wood, washing cabin mattresses, cleaning gutters just to name a few. Lunch will be provided as a thank you.

March 17th we will have a joint fundraiser with the Costa Rica Mission Trip team! We will be having a potato bar after the 11 am service in the Family Life Center. There will be no Youth this evening after the fundraiser!

March 24th We will have Sunday School at 10 am. We will also have youth 5 to 7 pm. Come out and join the fun as we prepare for Easter!

March 31st We will have Sunday School at 10 am and Youth from 5 to 7 pm. We will continue to study lent!

Reminder we have our Mission trip coming up

June 16th through 21st in Indy IN. If you are interested in going, or have not paid your deposit, please talk to me, Erin, or Justin.

Thank you for your constant support and love of these wonderful young people! If you want to volunteer or are Youth age 6th -12th grade please email me at Shipyardyouth@gmail.com. We would love to have you!



Happy Birthday and Happy Anniversary to all who Celebrate This Month!

Newsletter Deadline is the 20th of each month
Bulletin Deadline: Thurs. 9 AM

St. Mark's United Methodist Church
19 Cedar Ridge Drive Daleville, VA 24083

Phone: 540-992-3030

Website: www.stmarksmethodist.com

E-mail: Rev. Dr. Justin White: justinwhite@vaumc.org
Becky Arthur: stmarksumcdaleville@gmail.com
Lee Ann Critz: leeanncritz@yahoo.com
Erin Huddleston: StMarksErinH@gmail.com
Michele Richardson: stmarksmusicminister@gmail.com
Kelly Berry: ShipyardYouth@gmail.com

March 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					¹ Wesley Weekend District Youth Retreat (depart @ 5 pm)	² Red Cross Blood Drive 10 am-2 pm
³ Worship 8:30 & 11 am Worship: Ecclesia 9:15 am (Children Sing @ 9:15) Sunday Classes 10 am Girl Power Bowling 2 pm NO Youth Group <i>Transfiguration</i>	⁴ NarAnon 6:30 pm Worship Band 7 pm AA/AI Anon 8-9 pm	⁵ Diner's Club 10:30 am Women's Hope AA 5:30 pm Shrove Tuesday Pancake Dinner 5:30-7 pm Cub Scouts 5:30 pm Scouts BSA 7 pm God 101 7 pm	⁶ Ash Wednesday Service 11 am Adult Fellowship Luncheon 11:30 am Chancel Choir 7 pm Community Ash Wednesday Service 7 pm @ The Church of the Transfiguration AA Meeting 8-9 pm <i>Ash Wednesday</i>	⁷ Women's Daytime Bible Study 9 am GriefShare 10 am Thousand Thursday's 10-11:30 am Women's Hope AA 5:30 pm GriefShare 6:30 pm Financial Peace University 6:30 pm Ladies' Bible Study 7 pm	⁸	⁹ Lay Servant Training 10 am-6 pm
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March 2019



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