



Meetings and Gatherings

- Breakfast and Baby Shower:** March 5, 9:30 AM
- Bible Study, “One Story That Leads to Jesus”:** Wednesdays, 7 PM at Murphysboro UMC.
- Children’s Church:** Every Sunday after Children’s Message in Worship
- Choir Rehearsal:** Mondays, 5:15 PM
- Church Council:** March 19, 12:45 PM
- Cub Scout Pinewood Derby:** March 4, 1:00 PM
- Finance Meeting:** March 19, Noon
- Hands of Hope Crafters:** Mondays at 6:30 PM
- Korean Sunday School Class:** Sundays at 9:30 AM
- Learning in Retirement:** March 15, 9:30 AM
- MaTT Club:** March 5 and 19 at 4 PM
- Missions Committee:** Sunday, March 5 after Worship
- Praise & Prayer Small Group:** Sundays at 9:30 AM
- Reality (Victory Dream Center Youth):** Wednesdays at 6:30 PM
- Staff Meeting:** March 7 and 21, 9:00 AM
- Toddlers and More Class:** Each Sunday during Children’s Church.
- UMCOR Sunday:** March 19
- United Methodist Men:** Saturday, March 11, 7:30 AM, Murphysboro UMC fellowship hall
- Women’s Bible Study:** Wednesdays at 9:30 AM
- Worship** every Sunday at 10:30 AM



News from Grace United Methodist Church
 Carbondale, Illinois 618-457-8785
 Web site: www.carbondalegrace.org
 E-mail: carbondalegraceinfo@gmail.com

Veronica McMichael: Pastor of Christian Education & Discipleship
 Michelle Parker-Clark: Pastor of Congregational Care
 Marty McMichael: Sr. Pastor

Greetings Grace Family,

Happy 2023! It seems like only yesterday we were celebrating Advent and now we find ourselves in the season of Lent. Lent was developed from Christian tradition and practice beginning in the early church. It is a period of fasting, prayer and penitence. Lent begins on Ash Wednesday and traditionally ends on Maundy Thursday, the night of the Last Supper, before the crucifixion of Christ on Good Friday. Lent is about 40 days in length to commemorate the 40 days of prayer and fasting that Jesus did in the wilderness when beginning his ministry (Matthew 4:1-11; Mark 1:12-13; Luke 4:1-13).

Jesus often withdrew to be alone with the father, Lent offers us this same opportunity to step out of our busyness and be alone with ourselves and God, to reflect and allow the Holy Spirit to deeply form us from within. We get permission to hit the pause button, making room for contemplative activities like thinking, meditating, quietness, praying and/or reflecting on the goodness of Jesus and what he is leading us to become and do.

Lent is a season of following Christ’s example from Luke 5:16, withdrawing to be by ourselves in quiet prayer and reflection and allowing the Holy Spirit to search our hearts and lead us to confession and repentance.

In psalm 46:1 God has promised that he is our refuge and strength, our present help in times of trouble and yet we neglect to “be still and let him guide us.

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(Pastor's Pen continued from page 1)

Jesus began his ministry in the wilderness with fasting and prayer and ended it alone with the Father in the Garden of Gethsemane the night before he was Crucified. We see from the very beginning of his ministry up until the end of his ministry Jesus was never out of rhythm in prayer, he would always find time to retreat and spend time with the father whether it be in the morning, mid-day or at night, he never became so inundated with the outside world, that he lost sight of the healing presence within him; so much so, he declares in John 5:19 he only does what he sees his father doing. Jesus was so in tuned with God the father that he became a reflection of God, He was indeed God's hands and feet.

So, what about us? Do we allow ourselves time to be still, reflect, to pray and meditate on God's word? To hear and consult God about our lives and the affairs of our community at large. Do we give ourselves the opportunity to recharge, reboot and refuel? Or will we be like the foolish Virgins who when the bridegroom showed up, they were out trying to find oil, because they allowed their lamps to run out, so they missed the bridegroom when he arrived (Matthew 25:1-13).

God forbid, we be like those foolish virgins; therefore, let us embrace this Lenten season with a Kingdom mindset, an attitude of growth, a willingness to repent and be challenged, to be humble and teachable. Surrendering our will, and seeking the mind of Christ in every aspect of our lives.

Blessings,

Pastor Veronica



Rev. Paul Prater passed way Sunday, February 12.
Rev. Prater pastored Grace UMC from 1984-1989.
Our deepest sympathy to Betty and family.

Our deepest sympathy to Paula and Steve Arthur
and family on the death of their son, Cecil Kenneth
"Kent" Atchison, on February 8.

March Birthdays

3/4 Jean Paratore
3/4 Timothy Park
3/5 Lily Morthland
3/9 Jooyoung Lee
3/14 Lea Kyoung An
3/14 Flossie Langin
3/16 Dylan Edwards
3/22 Sharon Ebersohl
3/23 Monty Smith
3/24 Gay Biggs
3/25 Bridget Vale
3/29 Tommy Adams
3/30 Jim Frailey
3/30 Myunghee Kim



Early April Birthdays

4/2 Paula Arthur
4/6 Cuty Jung
4/7 Jamal Kinchen

March Anniversaries

3/7 Ryan & Laura Morthland
3/10 Dave & Ellie Fisher
(civil ceremony, 56 yrs.)
3/15 Dave & Ellie Fisher
(church wedding, 56 yrs.)



*Join Us for
In-Person Worship or
Online*

Worship on Sundays 10:30AM

To watch the recorded service through Facebook video visit our website at <https://www.facebook.com/CarbondaleGraceUMC/>.

Grace Mission Statement

"Love God, love people, make disciples of Jesus Christ."

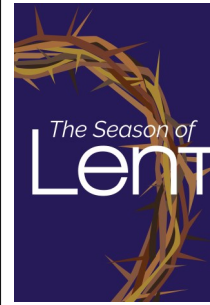


Jamal received a plaque from Grace Church; Jamal with Grace Choir on his last Sunday serving as piano accompanist.

Learning in Retirement

Adult Driver Assistance Systems will be the topic of the March 15 Southern Illinois Learning in Retirement (SILIR) meeting. Dale Ritzel, retired professor of Health Education and longtime Director of SIU's Safety Center, will be the speaker. The meeting, free and open to the public, will be held from 10:30-11:30am at the Grace United Methodist Church, 220 N. Tower Road. A social hour begins at 9:30am.

Please have articles for the April 2023 Grace Notes newsletter to the church office by **March 20.**



LENTEN SEASON

We are now in the season of Lent, the 40 days before Easter and its Holy Week days. Beginning on Ash Wednesday, which was February 22nd, we take time each day to reflect on the extremes that God has gone to claim us and free us through the suffering of Jesus as a human with us.

The church has devotions for Lent for each person/ family in the church who would like some guidance through this spiritual journey daily. **Devotional booklets** are available on the tables in the church mail hallway and outside the door to the sanctuary. Please take one home for your daily use! Call the church office if you cannot come to church, and a booklet will be mailed to you. There are various titles available, including some for families and some in large print. Children's Lenten calendars (open a door each day) and other materials for children are also available upon request.

During Lent you may also wish to set aside time to attend a small group to become closer to God and share the Spirit with others. Check the back of the newsletter for a list of small groups at Grace UMC!

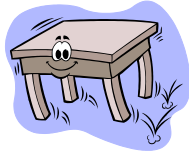


“What If: Questions Concerning Our Faith”

- March 5** “What If God’s Truth Don’t Work for You”
Mark 10:17-22
- March 12** “What If We Believed and Behaved As One”
Philippians 2:1-8
- March 19** “What If Prayer Really Works”
James 5:13-18
- March 26** “What If Sin Has Source & Remedy”
James 4:1-8a

MaTT Club

*a place for kids and adults to gather with friends,
old and new, at the table with Jesus*



After marking their map where today's story took place we brainstormed different "life storms". The children glued pieces to make a picture of Jesus in the boat, dealing with the storm, for their Binder Book. They wrote different stormy situations (divorce, sickness, death, natural disaster...) and ways to handle fear in those situations on the sail in their picture. For craft the children carved soap boats.

On February 19 we heard several stories about Jesus healing people including a man with leprosy, a paraplegic, and Jesus' friend Lazarus who had died. We started with some activities to help the children experience having a handicap.

After marking their maps we discussed what we can do to help people who are sick or injured to feel better. They wrote their ideas around a band aide on their Binder Book page.

During craft time the children used band aides and gauze to make butterflies on a get-well card. The cards will be sent to church family to let them know we are thinking of them.

Thank you Merit and Bo, and Amy for snacks in February. [Happy February birthday to](#) Daone and Dasia, and Keegan. Thank you Kierra, Merit, and Amy for helping in February.

In March we'll hear "I'm somebody special and Jesus loves me", and hear about a giant picnic. Happy March birthday to Timothy and Ms Flossie.



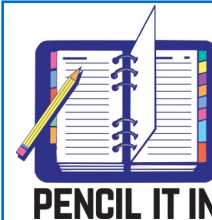
**Remember to turn your clocks ahead
1 hour on Sunday, March 12.**



UMCOR Sunday.. also known as "One Great Hour of Sharing" is March 19

For all of you who give to UMCOR for disaster relief, hopefully you know that every dollar is spent for that purpose, nothing is used for administrative costs. Of course there are administrative costs, so ONCE A YEAR, we ask for contributions to cover those costs. March 19 is the Sunday set aside this year for support. Hopefully you can assist in continuing to make this mission happen. Thank you in advance for your support.

Joyce Fligor, Mission Chair



SAVE THE DATE

Women's Prayer Luncheon

**Saturday, May 6
9:30 a.m.**

Grace United Methodist Church

All ladies of Grace UMC, Murphysboro UMC,
Carterville UMC & Cedar Grove UMC
are invited.

Tickets will be sold in advance
for this catered meal.