



# Spirit News

February 20, 2020

United Church of Christ of Seneca Valley  
An Open and Affirming Congregation  
13421 Clopper Road, Germantown, MD  
Phone: (301) 540-3449  
Email: [UCCSV@verizon.net](mailto:UCCSV@verizon.net)  
Website: [UCCSenecaValley.org](http://UCCSenecaValley.org)

## Prayer Requests

- Prayer for Jane Pennewell who has been hospitalized for pneumonia (Suzanne Schmidt).
- Prayer for families and friends of those who are dealing with memory loss.
- Ongoing Prayer for inspiration and motivation in Dave's job search; healing for Shelly's knee (recent fall) and family health concerns (Shelly Moore).
- Ongoing Prayer for Alexis Symanski. Recovering from a chemo during January and a radical mastectomy on 2.17.20. Alexis is a member of the Schmidt family (Suzanne Schmidt).
- Ongoing Prayer for Maggie's Dad. Continue to pray for my Dad who is recuperating well after his fall (Maggie).
- Ongoing Prayer for Dawn Oler, our dear friend, who is having surgery to remove a tumor. We pray it is benign and her recovery is easy (Terri & Dee Dee).
- Ongoing Prayer for Cheryl's grandmother who is in a coma; pray for Ben who is battling stomach cancer (Maggie).

**Ongoing Prayer Requests:** Please notify Nita at [uccsv@verizon.net](mailto:uccsv@verizon.net) should you wish to change your ongoing requests. Please note that ongoing prayer requests will be removed after one month. Feel free to resubmit your ongoing prayer requests.

## Havruta

Our adult bible discussion group on Sunday mornings at 9am is called Havruta, a Jewish term meaning that we seek to wrestle with God's word by studying, analyzing, and debating the text.

## This Sunday at UCCSV

We conclude our celebration of Black History Month by focusing on the hidden messages contained in many Negro Spirituals. Want to find out why there were hidden messages and what they were? Come join us for worship at 10am! The choir will sing one last spiritual and Holly will preach on the amazing stories of the messages behind many of our favorite worship songs, including Swing Low Sweet Chariot. Close out February and spend your Sunday morning with us, learning, connecting with God and each other, and finding beauty in music and song.

## February – Focus on Fruit

Please drop your donations of non-perishable fruit in the basket in the narthex to support the Germantown Help Food Bank.

## One Anothering Saturday, Feb. 22

One Anothering is an open and welcoming group for women interested in sharing food, laughter, love, and personal stories, using the bible as a springboard for meaningful conversation. We rotate gathering in people's homes and meet the 4th Saturday of the month from 10-11:30. Please contact Deb Anderson to get on the mailing list.

## Pulp Pilgrims Book Group

Save the Date: Feb. 23<sup>rd</sup>

The book for February will be *Unsheltered* by Barbara Kingsolver. It covers two stories in Vineland, NJ set about 140 years apart but definitely connected. The library has several hard copies and CD copies. Heidi Harmon will lead the discussion of the book.

## Ash Wednesday Worship

Join us for worship on Wednesday, February 26th at 7:30pm as we host a joint Ash Wednesday service with Trinity UMC and Open Door MCC. There will be worship stations, communion, and the receiving of ashes along with beautiful music and a warm, inclusive welcome for all. You are welcome here! Please join us!



## Looking for Love Lenten Theme

Lent begins Sunday, March 1st. Throughout the season of Lent we will focus on all the ways in which we look for love (acceptance, joy, peace, etc.) in the wrong places. If we're honest we can admit that we often look for wholeness and happiness (love) in places that offer only temporary "good feelings" and satisfaction. But scripture offers us many images of where love, grace, forgiveness, righteousness, healing, can REALLY be found. Lent is a wonderfully reflective time to re-assess where we are searching for meaning, for "redemption."

Together let's see if we can find love and in doing so prepare our hearts and lives for the truly good news of Easter.

## Lenten Soupers Start March 4th!

Come join us on Wednesdays during Lent for a simple soup dinner followed by a short video and discussion. Since our theme for Lent is "Looking for Love in All the Wrong Places" our videos will be focused on building healthy relationships (not just couple and love relationships, but family relationships and friendships as well), tending to your mental and emotional health, and living out your truth in the world. Please join us for one session or all the sessions. You can watch the videos ahead of time but we will also watch them together as a group. Each video will be paired with a scripture and will also be connected to the themes and issues we'll be wrestling with in worship.

**March 4th - "The Difference Between Healthy and Unhealthy Love"** by Katie Hood  
[https://www.ted.com/talks/katie\\_hood\\_the\\_difference\\_between\\_healthy\\_and\\_unhealthy\\_love?referrer=playlist-a\\_better\\_you&language=en#t-132625](https://www.ted.com/talks/katie_hood_the_difference_between_healthy_and_unhealthy_love?referrer=playlist-a_better_you&language=en#t-132625)

**March 11th - "How To Ask for Help"** by Heidi Grant  
[https://www.ted.com/talks/heidi\\_grant\\_how\\_to\\_ask\\_for\\_help\\_and\\_get\\_a\\_yes](https://www.ted.com/talks/heidi_grant_how_to_ask_for_help_and_get_a_yes)

**March 18th - "How to Build Your Confidence and Spark it in Others"** by Brittany Packnett  
[https://www.ted.com/talks/brittany\\_packnett\\_how\\_to\\_build\\_your\\_confidence\\_and\\_spark\\_it\\_in\\_others](https://www.ted.com/talks/brittany_packnett_how_to_build_your_confidence_and_spark_it_in_others)

**March 25th - "The Gift and Power of Emotional Courage" by Susan David**

[https://www.ted.com/talks](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage)

[/susan\\_david\\_the\\_gift\\_and\\_power\\_of\\_emotional\\_courage](https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage)

**April 1st - "The Danger of Silence" by Clint Smith**

[https://www.ted.com/talks/clint\\_smith\\_the\\_danger\\_of\\_silence](https://www.ted.com/talks/clint_smith_the_danger_of_silence) and **"Get Comfortable with Being Uncomfortable"** by Luvvie Ajayi

[https://www.ted.com/talks/luvvie\\_ajayi\\_get\\_comfortable\\_with\\_being\\_uncomfortable](https://www.ted.com/talks/luvvie_ajayi_get_comfortable_with_being_uncomfortable)

## **Women's Retreat Planning Meeting, March 15th**

It's time to plan a Women's Retreat! We have a number of women signed up to join us on our retreat weekend at the beginning of May. Now it's time to work out all the logistics and plan our activities. Join us after worship on Sunday, March 15th if you are interested in being a part of this process and contributing to this amazing weekend.

## **Bulletin Board Help Needed**

As you walk down the hallway between the Sanctuary and our Gathering Room you might notice that our bulletin boards are looking a little sad. They need some updating, new paper, and possibly some new organization. If you might be willing to spend a little time making our hallway bulletin boards look engaging for members and new visitors alike, please talk to Holly or email her at

[HollyRJackson@gmail.com](mailto:HollyRJackson@gmail.com). This is an easy job that does not require a huge time commitment and can be done after worship some Sunday or during the week as needed. We'd love your help and creativity!



## **Mark Your Calendars**

Join UCCSV friends and members as we make a part of Middlebrook Road beautiful. Trash grabbers, gloves, reflective vests, and trash/recycling bags provided.

When: Saturday, April 11  
Saturday, May 9  
Saturday, June 13  
Saturday, August 8  
Saturday, October 10  
Saturday, November 14

Where: Small fenced in parking lot of Seneca Valley High School off of Middlebrook Road (near the auditorium entrance)

Time: 9:00 am

Questions/RSVP: Jenny at [utzjhome@gmail.com](mailto:utzjhome@gmail.com)

Looking forward to spending a Saturday morning with everyone.

## **Calendar**

One Anothering Group (10am) – Feb. 22  
Pulp Pilgrims Books Group (11:15am) – Feb. 23  
PFLAG (2:30pm) – Feb. 23  
Church Council Meeting (7pm) – Feb. 24  
Ash Wednesday Service at UCCSV (7:30pm) – Feb. 26