

The Lamplighter

Emmanuel United Methodist Church

March 2018

A Vibrant Multi-Cultural Church

Our Mission: To share the light of Christ with all people



Greetings!

We are going through Lent. On February 14th, the church had a joint Ash Wednesday service with the congregation of Queens Chapel UMC. We put ashes on our foreheads and started our 2018 Lenten journey. There are 40 days in Lent (the days from Ash

Wednesday to the Saturday before Easter, excluding the Sundays), which corresponds to the number of days that Jesus spent in the wilderness.

Traditionally, there are three spiritual practices during Lent: prayer, almsgiving, and fasting. Fasting primarily is the act of abstaining from some and/or all food and drink for a period of time. Buddhism, Hinduism, Islam, Judaism, and Christianity have the practice of fasting in common. Although they are different religions, their purposes in fasting are similar:

- To combat gluttony and impure thoughts, deeds and words, thereby developing purification of body and soul; and
- To seek a closer intimacy with God by showing self-mastery of spirit over body, abandoning physical pleasures.

In other words, the goal of fasting is to decrease desire and passion for the physical world, and attain spirituality by prayer and meditation.

Among the Biblical figures who fasted were Moses, David, and Paul. The United Methodist Church encourages fasting because our founders, John Wesley and Charles Wesley, observed fasting as part of the Holiness Movement in England.

In the Church context, fasting means eating one full meal and two small meals a day. Many Christians give up something during Lent. They may decide to give up a favorite food (e.g., chocolate), drink (e.g., alcohol) or activity (e.g., going to the movies or playing video games).

Spiritually speaking, fasting is an effort to free oneself from all kinds of daily distractions, such as excessive food, entertainment, and hunger for power. Distraction is all around us, so we are prone to fall prey to temptation. Therefore, fasting is a way of freeing ourselves from distractions.

Lent is a time of reflection, self-examination and preparation for the encounters that are to come. We take time to evaluate our lives as disciples of Jesus, examining our attitudes and actions and the areas of our lives that need transformation.

I started fasting at the beginning of 2018. It is one of my New Year's resolutions. I am eating just one full meal and two small meals a day. It is hard. I still have a very strong craving for food. I am still tempted whenever I see sandwiches, cookies, and chocolates. I know how difficult fasting is! Gradually, I have learned how to control my desire for food. In spite of the difficulties of fasting, I plan to keep fasting to walk with Jesus during Lent.

During this Lent, why don't we all give up something? I don't want you to fast for 40 days. But I encourage you to make a small sacrifice. For instance, you could fast on Good Friday. Giving up a little bit would be a good way to participate in the suffering of Jesus during Lent, if you are able. There are some people who should not fast: children, the ill, the elderly, and pregnant or nursing women.

Why don't we ask Jesus to come to us during Lent and fill our hearts? Let us be full of Holy Spirit. Amen.



Thank you to all who contributed to the Lenten Devotional booklet. May it be a blessing to all who read

the daily devotions. God Bless you during this period of reflection.

~ ~ ~ Kathy Mellott

Women's History Month

Women's History Month is observed in March. It pays tribute to the often-unrecognized women throughout history and their invaluable contributions to the arts, sciences, and society.

Women's History Month began as a Women's History Week, originally held the week of March 7, 1982. In 1987, Congress extended it to a full month of commemoration. The president declares the commemoration annually. Many countries, including the United States, also celebrate International Women's Day on March 8, which began in 1911.

Various government agencies pay tribute to the month each year, including the Library of Congress, the National Endowment of the Arts, the U.S. Holocaust Museum, and the National Park Service.

We celebrate all the women at Emmanuel for their years of service in the church, home, community, and various ministries. May God continue to bless them for all that they do!

~ ~ ~ Deaconess Jane Grays

Health and Wellness

I hope everyone has come through the winter well. Looking forward to spring? Don't let your guard down! It is still flu season and we still must be vigilant.



The number one defense against the flu is frequent hand washing. Be aware of handling things that others use, like elevator buttons, phones, TV remotes, door knobs, money. Wash your hands or use hand sanitizer often, and avoid putting your hands around your face. Use containers of sanitizer going in and out of stores, or carry your own.

For your convenience, containers of hand sanitizer have been placed around the church for your use. Look in the Narthex and on the small tables in the aisle before taking communion.

Don't forget to get your blood pressure checked the last Sunday of each month. I wish everyone good health and wellness.

~ ~ ~ Ilene Forsbacka

A man went to the pastor of his church and said, "I won't be attending church anymore."

Pastor said, "May I ask why?"

The man said, "I see people on their cell phones, texting and typing during the service. Some are gossiping, some just aren't living right, some are sleeping, some are staring at me - they are all just hypocrites."

The pastor was silent for a moment. Then he said, "Can I ask you to do something for me before you make your final decision?"

The man said, "Sure, what's that?"

The pastor said, "Take a glass of water and walk around the church two times. Don't let any water fall out of the glass."

The man said, "Yes, I can do that!" He got the glass of water and walked around the church two times. He came back and said proudly, "Done!"

The pastor asked him these questions: "Did you see anybody on their phone? Did you see anybody gossiping? Was anybody living wrong? Did you see anyone sleeping?"

The man answered, "I didn't see anything, because I was too focused on the glass so the water wouldn't spill out."

The pastor told him, "When you come to church, you should be just that focused on God, so that you don't fall. That's why Jesus said, 'Follow Me.' He did not say 'Follow them.'"

Don't let your relationship with God be determined by how others relate with God. Let it be determined by how focused you are on God.

DENNIS THE MENACE

H. KETCHAM

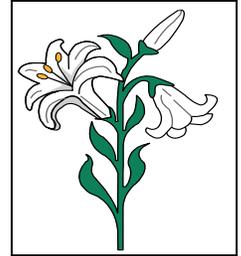


"DID THEY HAVTA BUY THE NEW TESTAMENT WHEN THE OLD TESTAMENT WORE OUT?"

EASTER FLOWER ORDER FORM

PLEASE CIRCLE COLOR YOU ARE ORDERING

- Lily (5-6 blooms).....\$12.50
- Daffodils (5-6 blooms).....\$11.50 (yellow)
- Hyacinths (3 blooms).....\$11.50 (white, pink, blue)
- Tulips (5-6 blooms).....\$11.50 (red, pink, yellow)



DEADLINE FOR ALL ORDERS IS MONDAY, MARCH 12

Please order _____ of _____ given by _____
 number name flower phone number

IN MEMORY OF _____

Please order _____ of _____ given by _____
 number name flower phone number

IN HONOR OF _____

Total amount of order _____ Check enclosed _____ Date Received _____

PLEASE MAKE CHECKS PAYABLE TO EUMC – EASTER FLOWERS

Little Known Black History Facts

ADHEMAR FERREIRA DA SILVA

(Brazilian, 1927-2001) Olympic athlete, Actor, Journalist

Adhemar Ferreira da Silva’s childhood dream was to become a soccer star, but the prospects of becoming a famous athlete were unlikely for a skinny boy born in Casa Verde, one of the poorest areas in Sao Paulo, Brazil. A determined da Silva overcame the odds and found his athletic niche, twice winning an Olympic gold medal in the triple jump.

Although he participated in the 1949 Olympics, da Silva finished out of medal range. But during the next two Olympic Games, the world would realize his superb talent. In the 1952 Helsinki Olympics, da Silva walked onto the track not expecting to break the world record, but he did — not once, but four times. He won his first gold medal by leaping 16.22 meters. When he was announced as the winner, the crowd honored him with a standing ovation, chanting: “da Silva, da Silva, da Silva.” After presentation of the gold medal to da Silva, the judge asked him to circle the field and acknowledge the public cheering in the bleachers. As he shook the outreached hands, da Silva was unknowingly performing the *first victory lap* — an act that has evolved into a commonly-performed celebratory ritual. Da Silva returned to the Olympic medal stand four years later in Melbourne after again winning gold in the triple jump — this time, jumping 16.56 meters.

In addition to sports, academic life was very important to da Silva. He earned degrees in law, public relations, physical education, and fine arts. He spoke six languages and spent several years in Nigeria as a cultural attaché to the Brazilian embassy. He also was a columnist for the daily newspaper, *Ultima Hora*, and worked as a television commentator for several Olympic games. In 1959, he won critical acclaim for his portrayal of Death in the award-winning Brazilian film, *Orfeu Negro*, known in English as *Black Orpheus*.

~ ~ Submitted by Jane Grays

United Methodist Women Happenings



March 17, 10 AM—1 PM: the Annual Rummage Sale. The money raised will help women and children in need.

PLEASE help with the Rummage Sale! We need everyone to help with this project. If you can help, please call Debbie McNitt at 301-937-4291. (Men are always welcome to help)!

Ways that you can help:

- Donate items for sale. Gently used items can be dropped off in the upstairs hallway beginning March 10th. Please mark them for the Rummage Sale.
- Donate items for the bake sale.
- Help set up and price items daytime or evening on March 15-16 (times TBA)
- Help serve breakfast/lunch.
- Clean up after the Sale and box remaining items for pick-up.

March 25th – Deadline for UMCOR Personal Hygiene Kits

The Circles are preparing Personal Hygiene Kits for UMCOR. For \$12, you too can prepare a kit that provides basic necessities for people who have been forced to leave their homes because of human conflict or natural disaster.

Hygiene kits also are used as learning tools in personal hygiene, literacy, nutrition, and cooking classes. See below for instructions on how to prepare a hygiene kit.

ASSEMBLING HYGIENE KITS

Hygiene Kit Value: \$12.00 per kit

Hygiene Kit Materials

- 1 hand towel**, 15 x 25 inches to 17 x 27 inches. Kitchen, cleaning, and microfiber towels not acceptable.
- 1 washcloth**
- 1 comb**. Comb needs to be sturdy and more than 6 inches long. No pocket combs or picks, please. Rattail combs and combs without handles are acceptable with a minimum of 6 inches of teeth.
- 1 metal nail file or nail clippers**. No emery boards, please.
- 1 bath-size soap**. 3 oz. or larger size only. No Ivory or Jergens soap, due to moisture content. Do not remove from original packaging.
- 1 toothbrush**. Adult size only. Do not remove from original packaging.
- 6 adhesive bandages**, ¾ inch to 1 inch size. Common household Band-Aids.
- 1 plastic bag**. One-gallon size, sealable bag only.

\$1.00 to purchase toothpaste—UMCOR is now purchasing toothpaste in bulk to be added to Hygiene Kits before shipping. This ensures that the product does not expire before the kits are sent.

Assembly Directions

Set the \$1.00 for toothpaste aside to be included in a separate envelope. Lay the hand towel out flat on a table. Lay the washcloth flat in the center of the hand towel. Place all remaining items on top of the washcloth. Fold over the sides of the hand towel to cover all of the items. Fold over one end of the hand towel so that it covers all of the items. Grasp the bundle of items tightly and roll over the remainder of the hand towel tightly. Place the tightly rolled bundle in the plastic bag. Remove as much air as possible and seal the bag.

Important Notes

- All items must be new.
- Do not wash any of the items, as washed items will be considered used.
- Please remove all packaging unless otherwise specified.

Emmanuel United Methodist Church
11416 Cedar Lane, Beltsville, MD 20705
301-937-7114
www.eumcbeltsville.com



Saturday, March 17 from
10:00 a.m. – 1:00 p.m.

Coffee and Muffins available
starting at 9:15 a.m.

Traditional Irish lunch will be
sold as well

Household Goods,
Jewelry, Pocketbooks,
Toys and Books



Rent A Table And Have
Your Own Yard Sale

Please Call 301-937-7114
For More Details



*Proceeds Benefit Women
and Children Through
Approved UMW Mission Programs*

ALTAR FLOWERS

April 1 — Kemi Oluwafemi
 April 8 — Bobbie Deegan
 April 15 —
 April 22 —
 April 29 —

The flower chart for 2018 is posted in the hallway next to the mailboxes at the end of the hall. Arrangements are \$30. Please fill out a Flower Request Form when you sign up and leave it in the office mailbox. **Indicate on the form whether you will take the flowers home or leave them for a shut-in.** (Flowers that you take home are not tax-deductible). Thank you.

MARCH ANNIVERSARIES

9. Isaac & Kemi Oluwafemi

MARCH BIRTHDAYS

1. Alice White
3. Ray Midkiff
7. Janet Carter, Dayo Hassan
10. Ian Kresge
11. Bryant Davis
12. Kemi Oluwufemi
17. Brendan McNealy
18. Nancy Cavallo, Stacy Graham, Pastor Jacob
19. Sallie Rhodes
21. Morgan Graham
22. Sue Young
24. Jennifer Kresge, Margie Mock
28. Dennis McGlynn
29. Dara Hassan
30. Mary Jane Kenyon
31. Stephanie Ladd

**IN MEMORIAM**

Christian love and sympathy to:

Rev. Dick Karpal on the death of his wife, Martha, on February 3rd;

The family of Ruth Cottman, who passed away on February 5th;

The family of Mary Nicholson, who passed away on February 6th;

Edith Marcus, Karen Hunter and family on the death of Edith's sister-in-law and Karen's aunt, Jessie Marcus, also on February 6th;

Pat Mellott and family on the death of his uncle, Reginald Wendell McKinley, on February 14th;

May the Holy Spirit comfort and sustain all of the families who are mourning the loss of a loved one, especially during the Lenten season.



GUESTS visiting Emmanuel on one or more Sundays in January included:

Mary Gallo
 Frank & Diana Wright

We welcome you to our church family! Please worship with us again soon.

BE A GREETER OR SCRIPTURE READER!

Help make Emmanuel a friendly and welcoming congregation! Share the Word of the Lord! **Greeters and Scripture Readers are needed for all services in February and the rest of the year!!**

To volunteer to cover one or more Sundays as a Greeter or Scripture Reader, please put your name on the sign-up sheet posted on the bulletin board in the hallway outside the Sanctuary.

No experience necessary — we will train!



To contact Lamplighter editor Bobbie Deegan with an article, suggestion, or story idea, please phone her at **301-937-7070** or email her at **BobbieDeegan@aol.com**. Contributions are always welcome!



MEMORIAL & COMMEMORATIVE BRICKS are still available for just \$100. See the poster in the hallway.

If interested, please fill out an order form and leave it in the offering plate or turn it in to the Church Office. "Your" brick will be added to the memorial square surrounding the Cross in the spring, when the weather is more favorable for bricklaying.

Questions? Please contact **Ted Ladd at 301-937-6796** or **TedLadd02@aol.com**.

March 2018

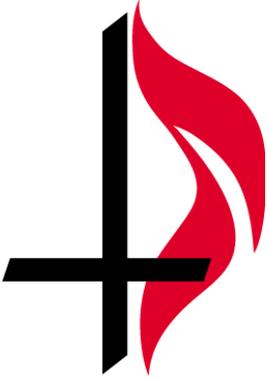
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 7 pm Bible Study	2	3 5 pm NA
4 9 & 11:15 am Worship Services 10:15 am Sunday School 12:30 pm UMW Executive Meeting 12:45 pm Chancel Choir	5	6 7 pm ESOL	7	8 7 pm Bible Study	9	10 5 pm NA
11 9 & 11:15 am Worship Services 10:15 am Sunday School 2 nd Sunday Lunch 12:30 pm Youth Fellowship 12:45 pm Chancel Choir	12 7 pm Trustees 7 pm Depression/ Bipolar Support Group	13 10 am Prayer Fellowship 7 pm ESOL	14	15 7 pm Bible Study	16 11 am Community Place Café	17 10 am RUMMAGE SALE 5 pm NA
18 9 & 11:15 am Worship Services 10:15 am Sunday School 5:00 pm Chancel Choir	19 12 Noon Ellen Hoover Circle 7 pm SPRC	20 7 pm Sisters In Spirit Circle 7 pm ESOL	21 10 am Susanna Wesley Circle	22 7 pm Bible Study	23 7 pm Food Prep	24 9 am Chancel Choir 10 am Food Distribution 5 pm NA
25 Palm Sunday 10 am Worship & Cantata	26 7 pm Depression/ Bipolar Support Group	27 10 am Prayer Fellowship 7 pm ESOL	28 7 pm Church Council	29 7 pm Maundy Thursday Service	30 6 am Prayer Vigil 7 pm Good Friday Service	31

Address Service Requested

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Web: www.emmanuelumcbeltsville.net

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