

The Lamplighter

Emmanuel United Methodist Church

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

March 2019

www.EUMCBeltsville.com

Lent

Every year we find ourselves considering where we are in life. We access what is good and what is a challenge. We contemplate the things that we do that can be done better and struggle with making the changes that are necessary. We have an annual reminder on our religious calendar to do a self-check. We call it Lent.

We approach this season with questions, the main one being "Why do we Lent?" We Lent because we want to accept God's solution to a wholesome way of life and not our way. We need to substitute something more relevant for the sin that affects our relationship with God through Jesus the Christ, as led by the Holy Spirit. We need to substitute the things in life that keep us from being healthy vessels in mind, soul and body – the things that hinder us and cause us harm.



To Lent means we are coming to terms with what leads us astray and we are turning to the path that leads us to Christ. It reminds us to choose God, and not the temptations that are just as real today as they were in the Garden of Eden. Which means we shouldn't just give up something for Lent, we should give up something that we actually need to give up! We should go after something we want to change in our lives permanently. If we fail, then at least we went after something meaningful, and who knows, we may succeed next time. That is far better than succeeding at something that is not good for us simply because we didn't try.

Lent is a time of not just "letting go," but also a time to "take up." We pursue what God wants for us so that our ordinary life can be a witness, the life that others see that moves them to want to follow God. Lent is looking for what points to God.

~ ~ ~ Pastor Jalene Chase

"So we are ambassadors for Christ, since God is making His appeal through us"
2 Corinthians 5:20a

CLUSTER LENTEN SCHEDULE 2019

Date	Location	Preacher
March 6 Wednesday 7 pm	Ash Wednesday Cluster Service Community UMC 300 Brock Bridge Rd. Laurel, MD 20724	Rev. Dr. Sonia King
March 13 Wednesday 7 pm	Cluster Lenten Service St. Mark's UMC 601 Eighth St. Laurel, MD 20707	Rev. Dr. Cynthia Belt
March 20 Wednesday 7 pm	Cluster Lenten Service Queen's Chapel UMC 7410 Old Muirkirk Rd., Beltsville, MD 20705	Rev. Dr. Ramon McDonald
March 27 Wednesday 7 pm	Cluster Lenten Service Mt. Zion UMC 3592 Whiskey Bottom Rd. Laurel, MD. 20724	Rev. Dr. Jalene Chase
April 3 Wednesday 7 pm	Cluster Lenten Service First UMC 424 Main St., Laurel, MD 20707	Rev. William Butler
April 10 Wednesday 7 pm	Cluster Lenten Service Emmanuel UMC – Beltsville 11416 Cedar Lane Beltsville, MD 20705	Rev. Caprice Brown

THE POWER OF PRAYER

Shared by Margie Mock

Want to live seven years longer? Start praying. We're not joking here; seven years is the increase in lifespan you can expect if you nurture your soul and your health through prayer, faith and religious involvement, according to various studies. For one thing, research shows a strong connection between heart health and religious faith. In one study, people who went into open-heart surgery and reported feeling strength and comfort from their religion were three times more likely to survive the surgery than people with no such spiritual grounding. If there's a placebo effect at work here – if people get better because they believe they will – who's to argue with the benefits? Whether praying calms you, gives you hope, or helps you tend to your inner self, if you feel you're getting something out of it, it's time well spent.

Get in the habit of giving thanks. Before you get out of bed in the morning, prior to eating a meal, and when you are preparing to go to bed, take a moment to appreciate the things you might typically take for granted, such as having shelter, regular meals, clean water, clothes, and friends. And don't forget to be grateful for access to health insurance, top-rate medications, and the ability to improve your well-being with diet and exercise. Counting your blessings will make you more aware of how lucky you really are.

Become a regular at your house of worship. Researchers say that practicing your faith regularly can pay off not just emotionally but also physically. One survey found that people who did not attend church every week had a 21 percent greater chance of dying from circulatory diseases (which diabetes patients are particularly vulnerable to) than people who did. A study of stroke survivors revealed that the more religious the patient was, the less likely he was to have anxiety or depression, both of which can hinder recuperation. Researchers suspect that people who attend a place of worship regularly benefit from a stronger social network and receive more encouragement than people who don't regularly attend.

Also, say the "Serenity Prayer" often. It lowers your A1c!

Source: *759 Secrets for Beating Diabetes*, published by The Reader's Digest Association.



United
Methodist
Women

What's Happening in United Methodist Women

Have the urge to do some spring cleaning? Feeling choked by clutter? Do you have items that don't bring you joy? Now is the time to donate your once-treasured items to the UMW Rummage Sale, scheduled for April 6 from 10am until 1pm. Donations will be collected the week before the Rummage Sale. Needed: houseware items, jewelry, toys, books, decorative items — almost anything except clothing.

Too much to donate? You can rent your own table space and rake in some spending money of your own! Contact the church office to rent table space (301-937-7114).

Treasure hunters and bargain hunters are encouraged to attend! Shoppers also are needed!

Hungry? Bring your appetite for a yummy lunch of steamers and/or hot dogs, as well as bake sale goodies.

Like to feel needed? UMW could use your help to put up tables on Wednesday evening, April 3, 6:30 – 8pm. (**This also is the best time to drop off your donations.**) Help also is needed to set up and price items on Thursday, April 4th between 9am and 2pm and on Friday, April 5th between 10am and 1pm. We also could use some help the day of the Rummage Sale, April 6, either between 9:30am and 2pm as a sales associate or waitress, or between 2 – 4pm for clean-up and packing up donations at the end.

Many hands make light work, and we appreciate everyone who can lend us a hand!

Thank you for your help!

Debbie McNitt



A LOOK BACK

Shared by Lorna Marselas

Have you ever wondered about the history of Emmanuel's United Methodist Women? Well, I did, and I found a notebook put together by Doris Coe that has the history from 1886 to 1985. I would like to share it with you.

History of Missionary and Women's Society: The support of missionary work was part of the Sunday School and Epworth Leagues in the early church years, from 1886 — 1905. Quarterly Conference records show that a Missionary Society was organized in Beltsville in 1905. This was not a Women's Organization, and there was little enthusiasm for it because no mission church was located nearby. By 1906, records reported no Missionary Society except in the Sunday School and Epworth Leagues. The First Quarterly report, 1919-1920, showed a Women's Missionary Society consisting of 14 members from the Branchville and Beltsville churches. The Beltsville Aid and Women's Missionary Society was first mentioned in 1924.

Stay tuned for more history in next month's Lamplighter.

THE HISTORY OF LENT

Shared by Deaconess Jane Grays



Where does Lent come from, and how do we "do" Lent? The Lenten season developed as part of the historical Christian calendar and is typically celebrated by Catholics and some mainline Protestant churches that follow a liturgical calendar. Although its format has varied throughout the centuries and throughout different cultures, the basic concept remains the same: to open our hearts to God's refining grace through prayer, confession, fasting, and almsgiving as we anticipate Holy Week. Lent traditionally lasts forty days, modeled after Christ's forty-day fast in the desert, and ends on Good Friday. Lent officially begins with a reminder of our mortality on Ash Wednesday (which falls on March 6th this year).

A very important element of the Lenten season is becoming aware of not only the suffering and sacrifice of Christ, but also the suffering of others. Between now and Good Friday, choose one way you can increase your giving to those in need. It could be through extra financial offerings; donating goods you no longer need or use to charity; or increasing the amount of time you personally engage in a new spiritual practice, commitment to a ministry, or cause close to your heart.

Lent is a time when Christians separate from the world; when we find out our faith is not just a feel-good, self-help religion but one that answers the deepest questions of life and eternity. Those who journey through the Lenten season will enter the Easter season with an increased appreciation for who God is and what He has done for us. And the joy of Resurrection, as well as the promises of eternity, will not be soon forgotten.

WHAT IS MAUNDY THURSDAY?

Maundy Thursday is an alternate name for Holy Thursday. "Maundy" is a French/Anglo corruption of the Latin word *mandatum*, meaning "commandment."

Maundy (Holy) Thursday is the first of three days of solemn remembrance leading up to and including the Crucifixion. (The other two are Good Friday and Easter). Services can include foot washing and communion.

The scripture reference is John13:34: *A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another.*



Lenten Sign Language Activity

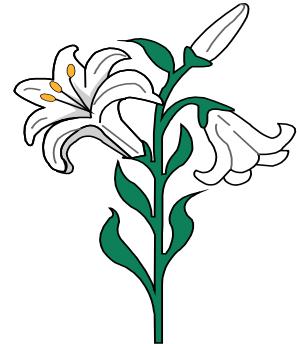


The Deaf Fellowship and the Worship Committee will present a special activity during the Lenten season. Each Sunday from March 10th until April 7th, at both the 9:00am and 11:15am services, you will have an opportunity to learn how to sign *The Lord's Prayer*. There will be an American Sign Language (ASL) demonstration where you'll receive a few words to sign. A printed visual will be included in the bulletin. With practice, you should be able to use ASL signs as you pray *The Lord's Prayer!*

EASTER FLOWER ORDER FORM

PLEASE CIRCLE THE COLOR YOU ARE ORDERING

- Lily (5-6 blooms).....\$12.00
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 25

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

IN MEMORY OF _____

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

IN HONOR OF _____

Total amount of order _____ Check Enclosed _____ Date Received _____

PLEASE MAKE CHECKS PAYABLE TO EUMC – EASTER FLOWERS

(Please check one) I will take my flowers home. (Not eligible for tax credit)

I will donate my flowers to the church.

Annual Pancake Supper

Emmanuel will host its annual Pre-Shrove Pancake Supper on Saturday, March 2nd at 5pm. Pre-Shrove pancake suppers are a tradition that dates back centuries. Typically, they are held on the Tuesday preceding Ash Wednesday, which is called Fat Tuesday. Emmanuel holds it on the Saturday preceding Ash Wednesday because we teach ESOL (English for Speakers of Other Languages) classes on Tuesday evenings.

The dinner will include all-you-can-eat pancakes and sausage. There also will be gluten-free pancakes for those who have an intolerance to gluten. Besides the meal, there will be games and activities for everyone. The cost is \$10 for adults and \$5 for children ages 4-12. Children 3 and under are free. You may buy tickets at the door on March 2nd.

For more information, visit our website at www.eumcbeltsville.com or call the office at 301.937.7114.



 **Emmanuel UMC**
Beltsville, Maryland

March 2, 2019

5-7pm

\$10 adults

\$5 children 4-12

Children under 4 eat free

PANCAKE SUPPER

All you can eat pancakes and sausage
(gluten free options will be available).

There will also be Mardi Gras Games and activities for
kids and adults. Wear your most colorful Mardi Gras
clothes!

Emmanuel is located at 11416 Cedar Lane,
Beltsville, MD, 20705.

301.937.7114

office@eumcbeltsville.com

www.eumcbeltsville.com

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**Saturday, April 6
10:00 AM – 1:00 PM**

**Household Goods,
Jewelry,
Pocketbooks,
Toys and Books**

**Rent A Table And Have
Your Own Yard Sale**

**Please Call 301-937-7114
For More Details**

**Light Breakfast Available
Starting At
9:30 AM**

**Steamers &
Steamer Dogs
Will Be Sold for Lunch**



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

MARCH IS



March is designated as Women's History Month in The United Methodist Church, a month in which churches are encouraged to recognize and celebrate the lives and contributions of women to their communities and The United Methodist Church.

In the United States, Women's History Month traces its beginnings back to the first International Women's Day in 1911. In 1978, the school district of Sonoma, California participated in Women's History Week, an event designed around the week of March 8 (International Women's Day). In July 1979, a fifteen-day conference about women's history was held at Sarah Lawrence College, chaired by historian Gerda Lerner and co-sponsored by Sarah Lawrence College, the Women's Action Alliance, and the Smithsonian Institution. When its participants learned about the success of the Sonoma County's Women's History Week celebration, they decided to initiate similar celebrations within their own organizations, communities, and school districts. They also agreed to support an effort to secure a National Women's History Week.

In February 1980, President Jimmy Carter issued a presidential proclamation declaring the week of March 8, 1980, as National Women's History Week. The proclamation stated, "From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung, and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength, and love of the women who built America were as vital as those of the men whose names we know so well. [Women's History] ... is an essential and indispensable heritage from which we can draw pride, comfort, courage, and long-range vision. I ask my fellow Americans to recognize this heritage with appropriate activities during National Women's History Week, March 2–8, 1980. I urge libraries, schools, and community organizations to focus their observances on the leaders who struggled for equality – Susan B. Anthony, Sojourner Truth, Lucy Stone, Lucretia Mott, Elizabeth Cady Stanton, Harriet Tubman, and Alice Paul....Understanding the true history of our country will help us to comprehend the need for full equality under the law for all our people."

In 1981, responding to the growing popularity of Women's History Week, Sen. Orrin Hatch (R-Utah) and Rep Barbara Mikulski (D-Maryland) co-sponsored the first Joint Congressional Resolution...which authorized and requested the President to proclaim the week beginning March 7, 1982 as "Women's History Week." Throughout the next several years, Congress continued to pass joint resolutions designating a week in March as Women's History Week. Schools across the country also began to have their own local celebrations of Women's History Week and even Women's History Month. By 1986, fourteen states had declared March as Women's History Month.

Submitted by: Jane Grays

She opens her hand to the poor and reaches out her hands to the needy. Proverbs 31:20

She opens her mouth with wisdom, and the teaching of kindness is on her tongue.

Proverbs 31:26

ALTAR FLOWERS

March 3 — Alice White
 March 10 — Kemi Oluwafemi
 March 17 — Kemi Oluwafemi
 March 24 —
 March 31 —



The FLOWER CHART is posted in the hallway next to the mailboxes at the end of the hall. The altar flowers are \$30. When you sign up, please fill out a Flower Request Form 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 BIRTHDAYS

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

**Emmanuel has Online Giving!**

And it's easy to use! Just go to our website — www.EUMCBeltsville.com — and follow the prompts to go to a secure Online Donation page hosted by Vanco Services, LLC.

If you prefer, you can scan this QR instead.

**IN MEMORIAM**

Christian love and sympathy to:

- The family of former member Flo Collins, who passed away recently.
- Hazel Newell and family, on the death of her cousin, Lori Challingsworth.
- The family of Debbie McPherson.

May the Holy Spirit comfort these families and all who are grieving, especially during this holy season.

**Watching your blood pressure?**

We have blood pressure monitoring at 11am and 12:15pm on the last Sunday of every month. Just stop by the Powell Parlor (inside the Sanctuary — ask an usher to point it out if you are not sure where it is located!).

**MARCH ANNIVERSARIES**

9. Kemi & Isaac Oluwafemi

BE A GREETER OR SCRIPTURE READER!

Help make Emmanuel a friendly, welcoming congregation! Share the Word of the Lord!

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!



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

Mark and Nina Conrad
 Mary Gallo
 Mr. & Mrs. Chuck Nemeth
 Willa Watson

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

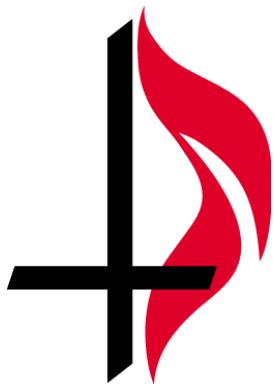
HAVE A SUGGESTION OR AN ARTICLE TO SHARE?

Email editor Bobbie Deegan at BobbieDeegan@aol.com, or phone her at [301-937-7070](tel:301-937-7070). Contributions are always welcome!

THE LAMPLIGHTER IS A TEAM EFFORT!

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 10am Faith Advisory Council Program 5pm Pancake Supper 5pm NA
3 9 & 11:15am Worship 10:15am Sunday School, Bible Study 12:30pm UMW Executive Meeting 12:45pm Chancel Choir	4	5 7pm ESOL	6 7:00 Ash Wednesday Service	7 7pm Bible Study	8	9 5pm NA
10 DAYLIGHT SAVINGS BEGINS 9 & 11:15am Worship Girl Scout Sunday 10:15am Sunday School, Bible Study 2nd Sunday Lunch 12:30 Youth Fellowship 12:45pm Chancel Choir	11 7pm Depression/Bipolar Support Group	12 10am Prayer Fellowship 7pm ESOL	13 7pm Trustees 7pm Cluster Lenten Service St. Mark's-Laurel	14 7pm Bible Study	15 11am Community Place Café	16 5pm NA
17 9 & 11:15am Worship 10:15am Sunday School, Bible Study 12:45pm Chancel Choir	18 12 Noon Ellen Hoover Circle	19 7pm Sisters in Spirit Circle 7pm ESOL	20 10am Susanna Wesley Circle 7pm Cluster Lenten Service—Queen's Chapel	21 7pm Bible Study	22	23 10am Food Distribution 5pm NA
24 9 & 11:15am Worship 10:15am Sunday School, Bible Study 12:30 Youth Fellowship 12:45pm Chancel Choir	25 7pm Depression/Bipolar Support Group	26 10am Prayer Fellowship 7pm ESOL	27 7pm Church Council 7pm Cluster Lenten Service-Mt. Zion	28 7pm Bible Study	29	30 5pm NA
31 9 & 11:15am Worship UMCOR Offering 10:15am Sunday School, Bible Study 12:45pm Chancel Choir 11am & 12:15pm Blood pressure monitoring						



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March Calendar

Address Service Requested

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