

Mequon United
Methodist Church
11011 North Oriole Lane
Mequon, WI 53092
262-242-4770
www.mequonumc.org

+

the Spire

March 2018



**Please join together at MUMC
as we move through the season of Lent
toward the joy of Easter.**

- ◆ **Lenten workshop for everyone** — March 11, 4:00 PM
 - ◆ **Lenten Bible Study** — March 7, 14, & 21 at 7:00 PM
 - ◆ **Celebrate and support UMCOR** — March 11
 - ◆ **Serve at the mealsite** — March 22 & 29
 - ◆ **Join the handbell choir**
 - ◆ **Join with us at a prayer breakfast**
 - ◆ **Volunteer at Sonlight**
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Holy Week Services

- ◆ **Palm/Passion Sunday** – March 25 — 9:30 AM
 - ◆ **Maunder Thursday** – March 29 — 7:00 PM
 - ◆ **Good Friday service** — March 30 — 7:00 PM
 - ◆ **Easter Alleluia Worship** — April 1 — 9:30 AM
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At one time or another we all regret something. You may regret something you said, or that you didn't say something. You may regret that you stayed too late, or that you went too early. You may regret that you won something, or that you lost. But in all your life, you'll never regret being kind.

Pastor Tim's Message

FAITH
HOPE
& LOVE

As you sit down to read this article, Easter is right around the corner. This joyful day where we come together to celebrate and journey once again to the empty tomb and beyond.

This journey where we are touched and transformed through the joy of being known. So, I invite you to think about a tough time in your life and what got you through? What made all the difference? For many of us, it is having people around us who know us. Not just on the surface, but deep down they know us, care about us, and love us. Even when we might not feel it or we might take it for granted, the fact that someone cares can make all the difference.

The following is a story someone shared with me recently.

It was a normal busy morning, about 8:30 a.m. when George, an elderly gentleman, well into his 80's, arrived at the hospital to have some stitches removed from his thumb. George told me he was in a hurry as he had an appointment at 9:15. Since I had some time and he was so anxious to not miss his appointment I told him I would take care of his wound.

While removing sutures, I asked him if he had another doctor's appointment since he was in such a hurry. George told me no, but that he needed to go to the nursing home to eat breakfast with his wife.

As we talked, I asked if she would be upset if he was a little late. He told me she suffered from Alzheimer's disease and that she hadn't recognized him for quite some time now. I was surprised, and asked him, "And you still go every morning, even though she doesn't know who you are?"

He smiled and patted my hand and said, "She doesn't know me, but I still know who she is."

I had to hold back tears as George left, I had goose bumps on my arm, and thought, "That is the kind of love I want in my life."

It is this love of our risen Savior, who knows us deeply and intimately, that we have in our lives as people of faith and why we come to celebrate on Easter morning. No matter where we are in life. No matter if we feel it or think it is there, we are known by a love greater than us that will never let us go. And that is what give us hope and sees us through. As we approach this Easter season, let us with joy proclaim:

Because he lives, we are known and forever loved with an endless hope
Because he lives, we can face tomorrow
Because he lives, our faith has meaning and our service power
Because he lives, we are forgiven and freed
Because he lives, all fear is gone.
Because he lives, the worst thing is never the last thing
Because he lives, we know he holds the future, and life is worth the living just because he lives

In God's Love
Pastor Tim



Lent activities and Holy Week worship at MUMC

Lenten Bible Study —

"The Way: Walking in the Footsteps of Jesus" —
March 7, 14, 21 at 7:00 PM

Lenten Family Workshop —

"Step by Step" — March 11 at 4:00 PM

Palm/Passion Sunday – March 25 — 9:30 AM

Maunder Thursday – March 29 — 7:00 PM
Last Supper remembrance in Fellowship Hall

Good Friday service — March 30 — 7:00 PM

Easter Alleluia Worship with the Sanctuary choir —
April 1 — 9:30 AM

Lenten Family Workshop

"STEP BY STEP"

**Sunday, March 11
4:00 PM**

❖ **Note date change!**

Join us as we learn about Lent through a hands-on workshop. We will learn about Jesus' path to the cross through music, games and art, as well as sharing a simple meal together. We will be crafting stepping stones for the playground and a pathway to the parsonage.

This workshop is designed for people of ALL ages, and families are invited to experience this together. You do not have to have children to attend!

Experience this important event in our understanding of Lent in a new way – Sunday, March 11, at 4:00 PM.

Helpers and cooks needed! Our meal will be a simple one of soup, fruit or salad, and dessert. If you can provide any of these items, or help with set-up, serving or clean-up, please let Audra know. Thank you!



"THE WAY:

WALKING IN THE FOOTSTEPS OF JESUS"

Begins March 7

Wednesday's at 7:00 p.m.

Class Dates: March 7, March 14, March 21

– an invitation from Pastor Tim –

As we journey through Lent, I invite you to this study where we will walk with Jesus from his baptism to the temptations to the heart of his ministry. We will follow along to gain new insights on the parables he taught, the people he loved, and the enemies he made as we follow him to Jerusalem during his final week. Through the video component of this study, we will see and experience the actual places where Jesus walked, taught, and healed. I hope you will come for this inspiring study as we journey to the cross and beyond.



**Calling all
BELL PLAYERS!**

Ellen Shuler is preparing players for April 29! Anyone interested in being a part of this handbell choir, please talk to Ellen. (shulers4@sbcglobal.net)

UMCOR Sunday — March 11

On Sunday, March 11, our congregation will join thousands of others across the United States by participating in a United Methodist special UMCOR Sunday offering. Together, we will help fund the critical disaster-relief efforts of the United Methodist Committee on Relief.

For more than 75 years, UMCOR has provided disaster relief, often long after others have left the scene. UMCOR has aided refugees and confronted the crippling challenges of world hunger and poverty. However, UMCOR simply cannot do it without us.

Unlike other benevolent causes, UMCOR receives no funds from the regular United Methodist Church budget. Our generous gifts on this special Sunday help cover the agency's administrative costs so UMCOR can continue to guarantee that 100 percent of all other donations go toward specific relief projects. The examples are many — helping rebuild after hurricanes Harvey, Irma and Maria in the U.S.; offering assistance after mudslides in Sierra Leone; and continuing to help survivors of floods and other natural disasters that happened before 2017.

UMCOR Sunday allows The United Methodist Church to respond when disaster strikes. Think of UMCOR as our "Go Team" who can be present when help is needed.

***Our support is critical.
Let's be there for those in need.***



TWO mealsites in March

March 22 and 29

Sign up to help or bring food for one or both!

On these dates, MUMC serves the meal and brings some food items for the meal. Servers leave MUMC by carpool at 4:15 PM, returning by 6:30 PM.

Food donations include desserts and fresh fruit. Desserts can be brownies, bar cookies, cakes, etc. Fresh fruit is any kind that you can hold in your hand (apples, bananas, clementines, pears, etc.)

Sign up sheets are on the Outreach bulletin board inside the church front door. Sign up to serve or to bring food. Food items should be placed in the parlor by 4:00 PM on mealsite day.



Do you wear your name tag? Please do!

MUMC has some new faces and some visitors who would feel more comfortable if they could know names. And some of us "old" faces admit to forgetting names now and then! Therefore, this is a plea for everyone to wear your name tag on Sunday morning. If your name tag is missing or broken, please contact the church office (262-242-4770).



COME TO A PRAYER BREAKFAST!



Women's Prayer Breakfast

Wednesday, March 7
Wednesday, April 4

Men's Prayer Breakfast

Thursday, March 1
Thursday, April 5

All ages are invited to gather at 7:00 AM for a simple breakfast, Bible study, and prayer. We conclude our time together with open Communion. Our breakfast lasts only an hour, so it is the perfect way to start your day and begin the month.

What are you doing at 7:00 AM?

One day a month, can you take just an hour to gather and be led by Pastor Tim as we share prayer, a short devotional, and communion?

- Women gather first Wednesdays.
- Men gather first Thursdays.
- Each group shares a simple meal.
- The women eat a healthy homemade meal.
- The men don't! (think McDonalds plus donuts!)

Lunch Bunch — meets every Tuesday

Bible Study – 11:00 AM

Lunch – 12:00 noon



The Lunch Bunch is continuing with our study called *Romans: The Letter that Changed the World*. Through our video and discussions we will look at the culture and history that led to Paul writing this transforming letter to the small group of Christians in the city of Rome. As we discuss Paul's time we are able to make connections with our own and let this letter come alive for us today. Please come and join us for this interesting study and take part in our lively discussions. After our study we join in a simple lunch with some delicious homemade soup as well as some great fellowship.

Come join us for a time to feed our bodies and our souls - you are welcome anytime, every time!

Holy Week Services at MUMC

Maundy Thursday Service

March 29 – 7:00 PM

Maundy Thursday is the name given to the day on which Jesus celebrated the Passover meal with his disciples. Two important events are the focus of this day.

First, Jesus celebrated and instituted the Lord's Supper, also called Communion. Second, Jesus washed the disciples' feet as an act of humility and service, thereby setting an example that we should love and serve one another in humility.

The word "Maundy" is derived from the Latin word *mandatum* for "command." On this night we remember the command Jesus gave to his disciples that they should be known by their love and service to one another and the world.

You are invited to come for this special worship service in fellowship hall as we gather around candle lit tables to remember another night long ago where Jesus gathered with his disciples to show them just how much God loves us all.

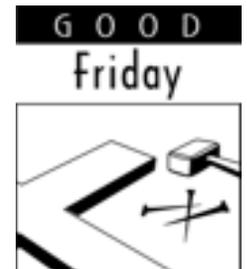


Good Friday Service

March 30 - 7:00 PM

In 1940, during World War II, a young Roman Catholic monk named brother Roger came to a small town in Nazi occupied France called Taize. Brother Roger had a dream of creating a place that would bridge the gap of hate and intolerance that had led to the current world war ravaging the world around him. He came to Taize to create a place of solace and refuge for escaping Jews, orphaned children, and any others seeking peace and safety. Along with his sister Genevieve, they welcomed, cared for, and prayed with those who came to their small community. After a brief time away, while he and his sister fled the German army, brother Roger came back in 1949 to Taize to officially form the community of women and men who were committed to founding a refuge of peace devoted to finding a deeper connection to God through prayer.

Within this community brother Roger developed what has become known as Taize worship. This style of worship uses scripture and other readings along with meditative music and reflective periods of silence to allow God to speak and touch ones heart. Pastor Tim invites you to an opportunity to experience Taize worship on Good Friday, March 30th at 7:00 PM. For this year, our special music will be provided by our Sanctuary Choir. Pastor Tim hopes you will take advantage of this opportunity to hear the message of the cross in a new way as we connect to God in prayer.



Reflections reads about a neighborhood murder and the effect on the teenage witness

The Reflections book group will meet Thursday, March 8 at 7:00 PM in the Parlor. Our discussion book is *The Hate U Give*, by Angie Thomas. From goodreads.com . . .

Sixteen-year-old Starr Carter moves between two worlds: the poor neighborhood where she lives and the fancy suburban prep school she attends. The uneasy balance between these worlds is shattered when Starr witnesses the fatal shooting of her childhood best friend Khalil at the hands of a police officer. Khalil was unarmed.

Soon afterward, his death is a national headline. Some are calling him a thug, maybe even a drug dealer and a gangbanger. Protesters are taking to the streets in Khalil's name. Some cops and the local drug lord try to intimidate Starr and her family. What everyone wants to know is: what *really* went down that night? And the only person alive who can answer that is Starr.

Reflections is a women's book group that meets monthly for discussion and fellowship.

Please remember to bring paper product donations for Advocates to the meeting. Contact Barb Henneck at bhenneck@wi.rr.com for more information about the group or for details about suggested items for Advocates.

Looking ahead . . .

Our April discussion book will be *Ars Botanica: A Field Guide to Loss*, by Tim Taranto. We hope to Skype with author during our meeting.



Get a Jumpstart on VBS!

What and when?

(1) Vacation Bible School

- For children preschool through 5th grade
- "Shipwrecked — rescued by Jesus" is this year's theme
- June 18–22, 2018 — 9:00 AM to noon
- Music, Bible adventures, games and more

(2) Kaleidoscope Arts Camp:

- For elementary-aged children
- June 18-22, 2018 — noon-3:30 PM
- Lunch plus arts and hands-on activities
- Nature, music, nature center field trip

What can YOU do now?

- Begin thinking of kids to attend and friends to invite
- Adults and youth — plans are underway now. Please sign up to help in any area of activities as leaders or worker bees!
- Contact Audra or Peg at 262-242-4770 or mumckidstuff@gmail.com

* * Sonlight needs your help * *

(1) Volunteer to help with the little ones

(2) Summer School teacher — paid position

Sonlight Child Development Center is MUMC's largest ministry. It serves over 50 children ages infant through 9, including before / after school programs. It also offers a summer program for school-age children. Please consider if you or someone you know would be interested in either of these tasks to help at Sonlight. Share these announcements.

(1) Sonlight needs your time for some tender caring!

Sonlight has opportunities in the Infant and Toddler Rooms for caring individuals to help the teachers during the day for short periods of time, usually in the mornings. But, we would welcome anytime and/or day(s) you would be available. There is no strict schedule.

To boost a little . . . our Infant and Toddler Rooms are very popular and in-demand because we provide great care! Therefore, we have a lot of little ones to take care of. So, the teachers could use help with the children from time to time, such as playing with them, reading to them, just watching them, or simply help straighten the classroom.

No experience needed, just a love for children.

Stop by Sonlight or call Sue or Marie at 262-242-4771 to learn more about this opportunity.



(2) The 2018 Summer School Program at Sonlight Child Development Center is looking for a teacher

What is the Summer School Program? Sonlight offers a summer program for the older siblings of children currently enrolled in Sonlight and/or children previously enrolled in Sonlight. It makes it easier for the families to bring their children to one location when school is not in session during the summer. We keep the students busy with lots of activities such as, arts, crafts, cooking, field trips, etc. Our past programs have been very successful and lots of fun. The group size is small with approximately 5-10 children from 6 to 9 years of age.



What are the requirements for a teacher?

Responsibilities include planning activities for the students, Monday – Friday from 8:00 AM to 4:00 PM. This summer program lasts for approximately 12 weeks from June thru August. Credentials include a teaching certification in Early Childhood and other training, such as CPR, to meet some of the requirements of our daycare license. We offer field trips so you must be insurable with a safe driving record and valid driver's license.

If you love working with great kids with lots of energy, this could be the job for you. It is a paid position with some flexibility. Please contact Sue Lyon at 262-242-4771 for more information.

***** Coming in April *****
GREEN SUNDAY ... EARTH DAY
April 22

Green Sunday at MUMC – April 22, 2018

Earth Day is an annual event created to celebrate the planet’s environment and raise public awareness about pollution. The day, April 22, is observed worldwide. The idea for Earth Day was proposed by then-Senator Gaylord Nelson of Wisconsin.

The first Earth Day was in 1970. Sen. Nelson, after seeing the damage done by a 1969 massive oil spill in Santa Barbara, California, was inspired to organize a national “teach-in” that focused on educating the public about the environment.

“Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values,” according to a history of Earth Day by the Earth Day Network, which was founded by the event’s organizers to promote environmental citizenship and action year-round.

Started as a grassroots movement, Earth Day created public support for the creation of the Environmental Protection Agency (EPA) and contributed to the passage of the Clean Air Act, the Water Quality Improvement Act, the Endangered Species Act and several other environmental laws.

In 1995, President Bill Clinton awarded Nelson the Presidential Medal of Freedom for being the founder of Earth Day. This is the highest honor given to civilians in the United States.

You are Invited ...

The Green Team invites you to join us on Green Sunday, April 22, 2018, as we remember that it is our responsibility to take care of the earth.

God is calling us to take care of this place we call home. What can we do? How can a few people make a difference? How can we work together to Save the Earth?

During the Worship Service on Green Sunday, the Green Team will present information about the MUMC Community Garden Project. Individual plots will be located at the west end of the parking area. Details and garden instructions will be available on April 22nd.

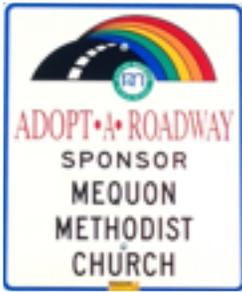
The Green Team will also announce a program to introduce and encourage everyone to support renewable energy sources. You’ll want to attend hear this timely information and to find out how you can get involved.

The Green Team is involved in everything “green” (almost) including: energy saving ideas, recycling, composting, reusable water

bottles, cloth shopping bags, energy efficient lights and nature study.



“God is calling us to live differently. The challenges we face are imminent. Green Team provides vision, inspiration, and practical tools to help you build your faith while inhabiting a creation that is at risk.”



SAVE THE DATE!

Road Clean-up — Sunday, April 22

MUMC has become steward for a small part of God's earth here in Mequon. Twice a year, in the spring and fall, MUMC cleans up two sections of assigned roadways. Plans are being put together now for our spring clean-up. It will happen in the afternoon on Sunday, April 22 (Earth Day). Anyone can participate. Children will be assigned an off-road area. Watch for details on when to sign up, where we will meet, etc.

Day by day

Let every dawn of morning be to you as the beginning of life, and every setting sun be to you as its close. Then let every one of these short lives leave its sure record of some kindly thing done for others, some goodly strength or knowledge gained for yourself.

—John Ruskin



Women Poets of Beloved Hymns

by Elna Hickson

As we discovered when we researched Christmas songs and hymns, there are stories and inspirations that go unnoticed unless brought to our attention. Since the reaction was so positive, we decided to look into some of our favorite hymns and have a similar service of hymn songs on March 18.

This "teaser" focuses on hymns with lyrics written by Women Poets.

More Love to Thee -

Elizabeth Payson Prentiss was writing both prose and poetry as a young child and was a contributor to the *Youth's Companion*, a magazine "of high spiritual and literary standards" at the age of sixteen. During the 1850's she lost two of her children — while grieving, her meditations centered on the story of Jacob in the Old Testament and how God served him in his time of need. Looking for that experience for her self, she wrote all four stanzas in one evening. Being a very private person, it was not until 1869 that the poem was shared, and put to music in 1870.

Lord, Speak to Me, 1872 -

Frances Ridley Havergal, born in 1836, was the daughter of an Anglican clergyman, also a hymn writer. By the age of 3 she was reading, memorizing the Bible at 5, and at 7 she was writing poems. Though her mother died when Frances was 9 the spiritual guidance she had been given led her to become a "deeply spiritual writer of hymns and devotional books" including this beloved hymn written in 1872, originally called "A Worker's Prayer," for the use of lay helpers in the church.

Have Thine Own Way, Lord, 1902 -

Written by Adelaide Pollard after attending a prayer meeting and hearing an elderly woman pray, "It really doesn't matter what you do with me, Lord, just have your way with

our lives." At the time she was discouraged and distressed. This simple prayer touched her and led her to read Jeremiah 18, 3 and 4 (the story of the potter) and before sleeping that night, she wrote all four verses as we sing them today. The hymn was put to music in 1907.

Just As I Am, 1835 -

Written by Charlotte Elliott in 1835 — long after a time in 1822 when, embittered by a disabling health condition, she railed against God. Visiting her family, a Swiss minister offered her the following path to regain her faith — "...you would give yourself to God just as you are now, with your fightings and fears, hates and loves, pride and shame." Charlotte followed that path and when her brother, Rev. Henry Elliott, needed help with his fundraiser, she wrote this poem as an invitation to raise funds to benefit St. Margaret's Hall, a school for the children of poor clergymen. The poem followed Charlotte's guiding Biblical verse, John 6:37, "...he who comes to Me I will by no means cast out"



Hymns and Stories

Take My Life and Let It Be, 1873 -

Frances R. Havergal. Frances was a devout Christian and singer who performed both secular and sacred concerts. She was 36 when she received a small book entitled "All for Jesus" which highlighted to her that as devout as she was she did not give total dedication in all manners to Christ and offered new challenges. Shortly thereafter, while leading an extended gathering of mixed believers, she successfully brought all to Christ. So excited and unable to sleep that night, she penned the hymn that has become a favorite consecration hymn. In time, reflecting on the words that she had written, Frances gave up secular concerts and donated all her jewelry but one brooch to the Church Missionary Society — surely following her own total faith commitment.

Music Notes

Music in worship:

March 4 – Joyful Noise Choir and Sanctuary Choir
March 11 – Youth Choir
March 18 – Hymns and Stories
March 25, Palm Sunday —

Children Processional and Sanctuary Choir
Maundy Thursday, March 29 – Rick and Michelle
Good Friday, March 30 – Sanctuary Choir
April 1, EASTER – Sanctuary Choir
April 8 – Marcia Schwager



Quattro Horns Concert at MUMC

On Thursday, March 15, from 7:00-8:00 PM, the Quattro Horns will perform new selections from their repertoire. Included are Holst's "Jupiter" from "The Planets," accompanied on the sanctuary organ by Elna Hickson, "The Entertainer" by Scott Joplin, featured in the movie "The Sting", and the premier of "Trails of Sedona" by QH's own H. Robert Dittmer.

A reception follows.

All are welcome. Free admission.



The DASH Diet

[Information shared by the MUMC Parish Nurse Team]

In the February "Spire" Parish Nurse article, one of the strategies recommended to lower your high blood pressure was to start following the DASH diet. DASH stands for Dietary Approaches to Stop Hypertension. The diet is simple:

- Eat more fruits, vegetables, and low-fat dairy foods
- Cut back on foods that are high in saturated fat, cholesterol and trans fats.
- Eat more whole-grain foods, fish, poultry, and nuts
- Limit sodium (salt), sweets, sugary drinks, and red meats

In research studies, people who were on the DASH diet lowered their blood pressure within two weeks.

Starting the DASH Diet

The DASH diet calls for a certain number of servings daily from various food groups. The number of servings you require may vary, depending on how many calories you need per day.

You can make gradual changes. For instance, start by limiting yourself to 2,400 milligrams of sodium per day (about 1 teaspoon). Then, once your body has adjusted to the diet, cut back to 1,500 milligrams of sodium per day (about 2/3 teaspoon). These amounts include all sodium eaten,

including sodium in food products as well as in what you cook with or add at the table.

DASH Diet Tips

- Add a serving of vegetables at lunch and at dinner.
- Add a serving of fruit to your meals or as a snack. Canned and dried fruits are easy to use, but check that they don't have added sugar.
- Use only half your typical serving of butter, margarine, or salad dressing, and use low-fat or fat-free condiments.
- Drink low-fat or skim dairy products any time you would normally use full-fat or cream.
- Limit meat to 6 ounces a day. Make some meals vegetarian.
- Add more vegetables and dry beans to your diet.
- Instead of snacking on chips or sweets, eat unsalted pretzels or nuts, raisins, low-fat and fat-free yogurt, frozen yogurt, unsalted plain popcorn with no butter, and raw vegetables.
- Read food labels to choose products that are lower in sodium.



Staying on the DASH Diet – The DASH diet suggests eating:

Food	Servings	Serving Size
Grains	7-8 daily servings	1 slice of bread, 1/2 cup cooked rice, pasta or cereal
Vegetables and dry beans	4-5 daily servings	1 cup raw leafy greens, 1/2 cup cut-up vegetables or cooked beans or peas, 1/4 cup vegetable juice
Fruits	4-5 daily servings	1 medium whole fruit, 1/2 cup cut-up fruit, 1/4 cup fruit juice or dried fruit
Low-fat or fat-free dairy	2-3 daily servings	1 cup milk or yogurt, 1.5 oz cheese
Meat, poultry and fish	2 or less daily servings	3 oz cooked meet or poultry, 1 egg or 2 egg whites
Nuts and seeds	4-5 servings per week	1 tbs. peanut butter, 2 Tbsp or 1/2 oz nuts or seeds
Fats and oils	2-3 daily servings	1 Tbsp oil, margarine, mayonnaise or salad oil
Sweets	Limit to less than 5 servings per week	1/2 cup ice milk, sherbet or frozen yogurt, 3 graham crackers, 1 slice cake with no frosting, 2 small cookies with no frosting, 5 vanilla wafers.

Along with the DASH diet, other lifestyle changes can help lower your blood pressure. They include staying at a healthy weight, exercising, and not smoking.

Reminder - Your Parish Nurse Team offers blood pressure checks on the first Sunday of most months. Please see your primary care provider or a Parish Nurse Team member with any questions you may have about your blood pressure.

Source: 2017 WebMD, LLC



Prepare ye the way of the Lord!

Buy Spring flowers now for Easter, April 1!

Spring plants are available.

Order now to fill the sanctuary.

Then enjoy them at home after Easter worship services.

Order by March 18.

Name: _____

Email: _____ **Phone number** _____

Plant — large pots	Price per pot	Number of pots	Total cost
Easter Lily (2 plants per pot)	\$15		
Hydrangea — mauve	\$15		
Begonia (large double-flowered)	\$9		
Kalanchoes (red, succulent plant)	\$9		
Daffodils (large, yellow)	\$8		
Tulips	\$8		
Hyacinths	\$8		

Grand total for order: _____

Your check number: _____

➔ Please include payment with your order

***** NO orders after Sunday, March 18, 2018 *****

Orders and payment may be placed in collection plate during Sunday worship or mailed to church office (MUMC, 11011 N. Oriole Ln., Mequon, WI 53092)

*Take your plant(s) home after Easter Sunday worship, April 1.
If you will be out of town, please arrange for plant pick-up by Saturday, April 7.*



Pastor Tim's Birthday
March 12

Sonlight Scoop
March 2018

Sonlight Child Development Center, established by and operated as a ministry of Mequon United Methodist Church, is open to children from infant through 9 years old, including before/after school care.



What an amazing February. We had our Red, White, and Pink celebration with treats, treats, and more treats!

The students are able to go outside, now that the temps are above 30. They had a ball jumping and sliding in the snow.

We also have a wonderful addition to our Sonlight team: Mr. Ed's special non-melting snowman! He was created by Mr. Herb!



With Sympathy

Angela Spransy passed away on Monday, February 19th. She had been one of Sonlight's beloved preschool teachers since it opened in 2008. Our prayers and sympathy go out to Miss Angie's family and friends and her co-workers and students. Services were held February 22.



Drive-In Movie Thank Yous

Our annual MUMC Drive-In Movie was once again a delightful success, with over 40 participants as diners, servers and cooks. Immense appreciation to Shelley Burns, our master chef, who made it all happen so deliciously. Thanks to Dain Shuler for setting up our new projection system, which worked flawlessly to provide an amazing view – with sound! Thanks to Peter Gardner for doing the whole set-up by himself, and for the many hands who helped clean up and put things away. Thanks to our burger griller extraordinaire, Doug Burns, and our popcorn master Audra O'Brien. Last far, far from least, thanks to our amazing, wonderful, attentive youth servers – Alyssa, Connor and Madelyn O'Brien, Devin Curran, Maddie LaFerriere and her friend Michelle. They hustled the whole movie to keep everyone happily fed. Thanks to everyone who came out for this lovely evening of fun, food, and fellowship.



"The Interpreter" has published its last copy

United Methodist Communications has been publishing "The Interpreter" magazine for 48 years. Many of you may have received this publication which carried articles from within and outside the United Methodist Church. Now that more and more people choose web-based sources for inspiration and news, "The Interpreter" has ceased publication.

If United Methodist Communications has your email, you will receive a bi-weekly e-newsletter. Anyone may sign up for this free subscription at www.umc.org/what-we-believe/united-methodist-now-inspiration-for-daily-living

Also, check out the many social media posts from the United Methodist Church on Facebook, Twitter, and Instagram.



COMMUNICATIONS
United Methodist Communications
THE UNITED METHODIST CHURCH

Indulge for Lent?

Rather than sacrificing something for Lent – especially something easy and spiritually insignificant, such as chocolate – Patty Kirk, in *Guideposts* magazine, suggests finding new ways to indulge in God's presence. Surely one can do this by having extra devotions or attending Lenten worship services. But Kirk offers these ideas:

- Spend time outdoors, sensing God's magnificence.
- Spend time with others, extending generosity and compassion. Remember Jesus' promise that when you care for others, you care for him (Matthew 25:31-46).
- Pray for the "little things," coming before God in childlike trust and feeling peace.
- Watch attentively for God's answers to prayer, and receive them as reminders of his presence.
- Turn anxiety into prayer. As you frame concerns as prayers and entrust them to God, you "sacrifice" the tendency to wallow in worry.



**What
Are You Giving
Up?**



Answers to "The United Methodist Lent Quiz", page 12

1. spring.
2. ashes were poured or sprinkled over the head.
3. all of the above.
4. pretzels.
5. twice a week.
6. to represent the time Jesus spent in the wilderness, tempted by Satan.
7. alleluia.
8. "Christ Beside Me."
9. True.
10. all of the above.

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262-242-4770

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Editor: Ginger Ayres

Assistants:

Shirley Campbell, Susan Caldwell,
Sandy Christensen, Chris Debbink,
Barb Henneke, Ann Miller, Herb Ayres

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Church Staff

Pastor: Tim O'Brien
pastor@mequonumc.org
Office Manager: DeWayna Cherrington
office@mequonumc.org
Finance Manager: Karen Huffman
finance@mequonumc.org
Ministers of Music:
Rick & Michelle Hynson
michellehynson@gmail.com
Organist: Elna Hickson
ehickson@wi.rr.com
Youth Choirs Director: Ellen Shuler
shulers4@sbcglobal.net
Director of Children's Ministries:
Peg Randall Gardner
mumckidstuff@gmail.com
Youth Director: Olivia Peters
olivia.bedran@gmail.com
Sonlight CDC Director: Sue Lyon
info@sonlightcdc.org
Webmaster: Marcia Schwager
mkschwager@sbcglobal.net

MUMC office: 262-242-4770
fax: 262-242-9539

MUMC office email:
office@mequonumc.org

Office hours:

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10:30 AM: Fellowship for all

Mequon United Methodist Church
11011 North Oriole Lane, 20W
Mequon, WI 53092

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The United Methodist Lent Quiz (answers on page 11)



1. What does the term 'Lent,' which comes from 'lencen,' mean?
 - Sacrifice
 - Time
 - Spring
 - March Madness
2. How were ashes imposed in the early church?
 - The shape of a cross was drawn on the forehead.
 - Ashes were smeared across closed eyelids.
 - Ashes were poured or sprinkled over the head.
3. Why do people give things up for Lent?
 - To follow the example of Jesus' 40-day fast in the wilderness.
 - To help us focus on prayer and devotions.
 - To give the acquired savings to the poor.
 - All of the above.
4. What snack food has significance during Lent?
 - Chocolate
 - Pretzels
 - Popcorn
 - All of the above.
5. Many people fast during Lent. How often did John Wesley fast?
 - Twice a week
 - Twice a month
 - Twice a year
 - Rarely
 - He did not fast.
6. Why does Lent last 40 days?
 - To represent the time Jesus spent in the wilderness, tempted by Satan.
 - To recall the 40 days and nights the earth was flooded in the Old Testament.
 - To remind us of the 40 years the Israelites wandered in the desert.
7. What do some United Methodists not sing at Lent?
 - Doxologies
 - Alleluia
 - "In the Garden"
 - The communion liturgy
8. Which hymn, based on St. Patrick's prayer, would be a good Lenten devotion?
 - "Jesus Walked This Lonely Valley"
 - "Christ Beside Me"
 - "O Happy Day, That Fixed My Choice"
 - "Come and Find the Quiet Center"
9. True or false? Sundays are not counted in the 40 days of Lent.
 - True
 - False
10. When early Methodists in America sat in a church on a mourner's bench, they would:
 - Repent their sins
 - Experience a new birth
 - Rededicate themselves to Jesus
 - All of the above