

# SEASON OF LENT - LEARNING TO LIVE INSIDE OUT

Lent is right around the corner and the Lenten sermon series is "Learning to Live How do you live in the world around Inside Out." Because Lent is often a season when we take the time to look inward, a self-reflective time, an inward examination, it can be wrapped up in the question, How is it with your soul? This is a powerful and important question and Lent is the perfect time to take an inward journey and spend time in solitude and reflection. But, "examining our souls is more than just looking inward; it is also considering the state of your soul as it walks about in the world."

These are questions we will consider through our sermon series. As we search our souls we will also ask questions like: you? How does your faith impact your community, your church, your family? "How will I live a life with Love?" Of course these are questions that should be asked everyday but we will look at them in light of our inward journey. These questions will lead us from Ash Wednesday through Palm Sunday, Holy Week, and finally to the celebration of Easter.

Not only does February bring us the season of Lent, it also brings us an incredible celebration of Boy Scout Troop 1 100<sup>th</sup> Anniversary. Boy Scout Troop 1 and Main Street UMC have

been in partnership for 100 years, helping to shape boys into young men and good citizens. Scout Sunday this year will be on February 26. I hope you will join us for worship as we celebrate our Girl Scouts, Cubs, Troop 1 and enter the season of Lent.



## A TIME TO REMEMBER & CELEBRATE



The 100th Anniversary Celebration of Troop 1 will be held at Main Street United Methodist Church on Saturday February 25, 2023 and Sunday, February 26th (Scout Sunday) at 11:00 am.

At 1:00 pm on February 25th in the Atrium, Scouts can register and pick-up event name badges. Scouts will enjoy history displays that include photos with old and new Scouts, video presentations and memorabilia displays. Personal photos will be taken and Scouts can pick up ordered items and their event Memory Book. The formal program begins in the sanctuary at 4:00 pm followed by a banquet. (Pre-registration is required for this event.)

Robert Baker has also written a book of Scout Stories, Boys Will Be Boys, at a cost of \$15.00.

Contact - Robert N. Baker, Chair at 757-478-4467



### **STEWARDSHIP 2023** FOLLOW CHRIST, LIVE WITH LOVE! THEME VERSE EPHESIANS 5:2

Main Street's theme for the year is *Live a Life Filled with Love.* During the first quarter of 2023, we will focus on *Living a Life Filled with Love* through **WITNESS.** What does the word "witness" mean to you? It can seem vague and is often misinterpreted but real witness is something that all of us can **DO.** The Stewardship committee has come up with a list of things that are very doable for everyone. Use this list and think about all the ways you can share the love of God through witnessing to others. Give it a try! To be a witness you must do it.

# How Can I Witness with Love this Quarter in Church, community, work

- \* Give the gift of attention
- \* Be observant of needs
- \* Encourage with words, gestures, cards, emails, texts, phone calls, photos
- \* Prayer that is expressed
- \* Give time in large or small bits

#### Spread the love and word of Christ

- \* Read the bible to know the Word (See Barbara for various plans)
- \* Share a devotional or story that touched you in a note, email or phone call
- \* Invite someone to worship, bible study, Helping Hands, etc.
- \* Read a book selection from Pastor's Rich's List

#### Be an example (a light) of God's love

- Smile more often
- Verbally express gratitude to strangers, friends, relatives and <u>family members</u>
- \* Participate in a Life Stories of Faith workshop
- Exhibit calmness and patience knowing that God is with me and provides

#### CHALLENGE:

# Just for a week, choose one new or different way to Witness. Then review.

- \* How did the week go?
- \* Were there challenges? What kind?
- \* Will I do it better, differently, more, or choose something else?
- \* What was the response? My own? Others?

#### ASK YOURSELF THESE QUESTIONS:

#### If I live a life filled with love,

- \* how will I be changed?
- \* how will the church be changed?
- \* how will my community be changed?
- how will the world be changed?

**Borrow a Book** - Find out more about "making disciples of Jesus Christ" through one of the book selections on Pastor Rich's list:

You are invited to borrow a book from the table in the Atrium and keep it for a week. Please return it so that others will be able to borrow.

Transforming Evangelism: The Wesleyan Way of Sharing Faith Transforming Evangelism: The Wesleyan Way of Sharing Faith by Henry H. Knight III

The Mystic Way of Evangelism: A Contemplative Vision for Christian Outreach by Elaine A. Heath A Blueprint for Discipleship: Wesley's General Rules as a Guide for Christian Living by Kevin M. Watson

Mainline or Methodist?: Rediscovering Our Evangelistic Mission by Scott Kisker

How United Methodists Share Their Faith (United Methodist Studies Series)How United Methodists Share Their Faith (United Methodist Studies Series) by Rodney E. Wilmoth

**Disciple-Making Teachers: How to Equip Adults for Growth and Action.** By Josh Hunt with Dr. Larry Mays

### FEBRUARY 2023



[BIRTHDAYS]		2/12	Kelly Baker
2/1	Bob Zedler	2/12	Rita Drier
2/1	Nikolai Seleznev	2/13	Brianna Barnes
2/1	Reed Oliva	2/13	Jack Johnson
2/1	Patricia Craft	2/14	Amy Farley
2/2	Sandra Birdsong	2/16	Danny Andrews
2/2	Ryan Johnson	2/17	Morgan Wilson
2/3	Arlene Palmer	2/18	Herman Terrell
2/3	Sarah Hewett	2/19	David Birdsong
2/4	Charlotte Bauer	2/19	Tyler Casey
2/5	Linda McClure	2/20	Will Crow
2/6	Amy Lee Davis-Adams	2/20	Glenn Drier
2/8	Collin Hoy	2/20	Lynn Nelson
2/8	John Barnes	2/20	John Shappell
2/8	James Brown	2/21	Billye Walton

### PRAYER LIST UPDATE

**PRAYER LIST: 01/30/23:** Nicholas Medeiros, Anne Jones, Riley Cerabona, Heather Foxwell, Eric Venable, Clayton Pope, Philip Boyles, Glenora Nelson, Pat Beale, Kim Bruce, Sandra Leggett-Wilson

**ONGOING:** Steve Clark, Heather Lawrence, Bob & Leila Tompert, McPherson Family, Carolyn Davis, Bob Callis, Herman Terrell, Harold Wald, Louise Elliott, Stan Waterfield, Martha Callis, Randy Hicks, Jim Dowaliby, Rod Rodrigues, Cathleene Norville, Brooke & Susan Pruden, Patti Meese, Bobby Funkhouser, Harold & June Barrett

**SYMPATHY:** Family of June Johnson; Family of Jean Sutphin; Family of Mable Davis

**CANCER:** Linda Argust, Ray Holland, Al Bremer, Linda Harper, Faye Askew, Rod Rodrigues, Melaine Medeiros, Mary Lou Hedgepeth, Julie Nance, John Nodeen, Richard J. Peko, Shannon Rivera, Juel Carr, Gary Graham, Glen Harrell, Ralph Knapp, Eli Dowaliby, Lynn Foster, Brian Clark, Marea Bishop, Jay Robbins, Filmore Brinkley, Kenny Hirsch, Kevin Driscoll, Jennifer Skipper, Lorrie Staples, Tuffy Braithwhite, Bev Rooker, Michael Ross, Brenda Bradshaw, Bill Leary, Greg Wray, Marty Irvine, Sr., Robert Marich, Cathy Richardson, Peter Tim, Joan Turner, Ron Hamilton, Connie Grissom ASSISTED LIVING: Ray Shamburger,

Frances Kelly

2/8 Ford Totten

2/10 Mary Scott

2/11 Karen Graham

2/12 Marjorie Wills

Ute Borthwick

**Bruce Hines** 

2/9

2/9

- 2/21 Irene Fisher
- 2/21 Kade Gagnon
- 2/22 Nathan Hill
- 2/22 Connor King
- 2/23 Lucy Holland
- 2/24 Sharon Slate
- 2/25 Kelly Holland
- 2/26 Austin Mills
- 2/28 Tom Williams
- 2/29 Matthew Agnese

#### [ANNIVERSARIES]

- 2/5 David Askew & Joanne Wunderlich
- 2/8 Roy & Cara Brinkley
- 2/10 Robert & Mary Marks
- 2/15 Nathan & Kelly Hill
- 2/15 David & Laura Michael
- 2/15 Top & Arlene Palmer
- 2/19 Bob & Darla Spiker
- 2/26 Jerry & Anne Branch
- 2/26 Robert & Laura Solomon

#### **OUR NATION AND WORLD: Military**

Troops & Families: Chris Smith, Anthony Hickler, Adam Waddell, Kent Brooks, Bryanna Grant, James Russell III, Kristi Kilborn, Wesley Linder, Duncan Bevan, TJ Argust; First Responders; CAPS (Coalition Against Poverty in Suffolk); Our Schools; Main Street Day Care & Preschool; Workplaces & Homes; social justice, unity and peace; students, parents, teachers and administrators in local schools; safety and well being of our college students and professors; our President and national leaders; the people of Ukraine: the people of the United Methodist Church

### FEBRUARY 2023 [CALENDAR OF EVENTS]

#### WEDNESDAY, FEBRUARY 1

10:00 am Happy Hands Fellowship 7:00 pm Choir Rehearsal 8:00 pm AA

#### SATURDAY, FEBRUARY 4

9:00 am Safety Team TEEX9:00 am Pinewood Derby Workshop8:00 pm AA

#### SUNDAY, FEBRUARY 5

8:30 am Worship
9:45 am Sunday School
9:45 am New Members Class
11:00 am Children's Church
11:00 am In-Person & Virtual Worship
1:00 pm Macedonia AME Worship
2:00 pm Troop I Anniversary Meeting
4:00 pm Youth Group

MONDAY, FEBRUARY 6 6:30 pm Girl Scouts

#### TUESDAY, FEBRUARY 7 7:00 pm Bible Study

7:00 pm Boy Scouts

CHURCH 🎾

DIRECTORY

#### WEDNESDAY, FEBRUARY 8

10:00 amHappy Hands Fellowship7:00 pmChoir Rehearsal8:00 pmAA

THURSDAY, FEBRUARY 9 2:00 pm Women's Book Club 6:30 pm Cub Scouts 7:00 pm Boy Scout Committee

### Directory Update

It has been a very long, and complicated

process, but we have submitted the photos, and everything necessary or the printing of the New Church Photo Directory. This part of the process will take a little longer, but we are thankfully past the toughest time. Thank you for your patience while we struggled and learned through this process with Universal Church Directories. We will let those of you who participated in the photo sessions know when the directory is available.

#### SATURDAY, FEBRUARY 11

11:00 am Girl Scout Meeting 8:00 pm AA

#### SUNDAY, FEBRUARY 12

8:30 am Worship9:45 am Sunday School11:00 am In-Person & Virtual Worship1:00 pm Macedonia AME Worship

#### **TUESDAY, FEBRUARY 14**

7:00 pm Boy Scouts 7:00 pm Bible Study

#### WEDNESDAY, FEBRUARY 15

10:00 am Happy Hands Fellowship 7:00 pm Choir Rehearsal 8:00 pm AA

#### SATURDAY, FEBRUARY 18

9:00 am Pack 1 Pinewood Derby & Crossover Ceremony 8:00 pm AA

#### SUNDAY, FEBRUARY 19

8:30 am Worship
9:45 am Sunday School
11:00 am Children's Church
11:00 am In-Person & Virtual Worship
1:00 pm Macedonia AME Worship
4:00 pm Youth Group

MONDAY, FEBRUARY 20 OFFICE CLOSED FOR PRESIDENTS DAY 6:30 pm Girl Scouts

#### **TUESDAY, FEBRUARY 21**

5:30 pm Shrove Tuesday Pancake Super 7:00 pm Boy Scouts

#### WEDNESDAY, FEBRUARY 22 ASH WEDNESDAY

10:00 amHappy Hands Fellowship6:00 pmAsh Wednesday Service7:00 pmChoir Rehearsal8:00 pmAA

#### SATURDAY, FEBRUARY 25 TROOP 1 ANNIVERSARY CELEBRATION 8:00 pm AA

#### SUNDAY, FEBRUARY 26 TROOP 1 ANNIVERSARY & SCOUT SUNDAY

8:30 am Worship9:45 am Sunday School11:00 am In-Person & Virtual Worship1:00 pm Macedonia AME Worship

#### MONDAY, FEBRUARY 27

5:15 pm Day Care Board 7:00 pm Trustees

TUESDAY, FEBRUARY 28 7:00 pm Boy Scouts

#### **Memorial Gift**

We are all so excited that our star has been reborn! Thanks to the family of Bill Hevener who gave permission to use the gifts given in memory of Bill to repair zimbelstern/star that is located on the organ pipes.

What a joy it is when we hear the tinkling sound from the organ and look up to see the star twirling as it should! Thanks be to



God and the family for this gift! Upcoming Events

#### **Rise Against Hunger**

We will host the annual Rise Against Hunger event on March 25, 2023. Signup now online to participate. The link is <u>http://events.riseagainsthunger.org/</u><u>MainStreetUMCSuffolk2023</u> We will also have a sign-up sheet in the Atrium.

#### Friends of Barnabas Medical Mission

We are excited to announce that we have another Medical Mission Team going to Honduras from Main Street. Bo and Jodi Browne, Maggie McCauley, Charlie O'Dea and Katherine Jonak will leave on April 22, 2023. Much more information will follow.

## CHILDREN'S SUNDAY SCHOOL

This month we continue to follow Cali on her adventures as we learn: *HOW TO:* 

The Internet helps us learn how to do so many things? From new skate tricks and viral recipes to helpful hacks, there's a "how-to" for almost everything. But is there a tutorial video for how to follow God? This fourweek series is kind of like that - thanks to some tutorials from Jesus himself! Each week, we'll focus on one of Jesus' teachings from the Sermon on the Mount as we learn "how to": make a difference, love our enemies, share with others, and pray.





## CHILDREN'S CHURCH

February 5 & 19, at 11:00. This service is for children ages 5 years to 4<sup>th</sup> Grade. Children leave church after the Children's Moment with Pastor Rich to continue worshiping with age appropriate stories, lessons, prayers and songs, which are led by our 5<sup>th</sup> through 12<sup>th</sup> grade students.

### NURSERY AND CHILDREN'S SUNDAY SCHOOL VOLUNTEERS NEEDED

#### CAN YOU SPARE ONE HOUR A MONTH FOR OUR CHILDREN?

If you answered yes...*PLEASE* keep reading...we would love to have your help in the Nursery, and/or Children's Sunday school.

#### NURSERY

We are currently searching for <u>two</u> positions in the Nursery:

**Paid Nursery worker** Sundays, 8:15-12:15, plus other occasional events. This person will be the lead child care provider for infants to three year olds. A background in child care is necessary. Must be at least 18, and willing to take the UMC Safe Sanctuaries course, and have a background check. If you know of anyone who would be interested in filling this important part-time, paid position in our church, please contact Holly Richardson.

Volunteer Nursery worker for Sundays. If you can spare one hour, one Sunday a month, we would love for you to help us in the nursery. There are three different time slots available each week, 8:30-9:30, 9:45-10:45, 11:00-Noon. The only requirement is to take the UMC Safe Sanctuaries online course (approximate 30 minute). This course is necessary to comply with the UMC Safe Sanctuaries Policy that states that we must have two qualified adults in any nursery or classroom where our children meet.

Please sign-up on the sign-up sheet outside of the nursery or contact Holly Richardson for questions or more information.

#### CHILDREN'S SUNDAY SCHOOL (9:30-10:45 A.M. EVERY SUNDAY)

Volunteer to help once a month or once a quarter. We are following a kid's curriculum that is divided into monthly segments that allow us to have a lesson, and do crafts and activities. You will work closely with Nancy Webb to engage closely with our children ages 5 years to 5<sup>th</sup> grade for that lesson. Please contact Holly Richardson or Nancy Webb if you would like to help.

## Church Staff & Contact Information

#### Main Street United Methodist Church

202 N. Main Street, Suffolk, VA 23434

Office: 757.539.8751 | Fax: 757.539.7566 www.mainstumc.org | mainstreet@mainstumc.org

PASTOR Richard L. Meiser, Jr. | richmeiser@vaumc.org Cell: 434.294.1957

DIRECTOR OF MUSIC Richard Winfree | rwinfree@mainstumc.org

DIRECTOR OF DISCIPLESHIP MINISTRIES Holly Richardson | hrichardson@mainstumc.org

DIRECTOR OF CONGREGATIONAL CARE Barbara McPhail | barbara@mainstumc.org

TECHNOLOGY COORDINATOR Trevor Hutson | media@mainstumc.org

ADMINISTRATIVE ASSISTANT Mia Diggs | office@mainstumc.org

#### Main Street Day Care & Preschool

Office: 757.539.3431 | Fax: 757.539.7566 www.mainstreetdaycare.org

DAY CARE/PRESCHOOL DIRECTOR Heather Abbott | habbott@mainstumc.org





Shrove Tuesday Pancake Supper

## February 21

5:30 – 7:30, in Fellowship Hall Proceeds to benefit UMYF missions Tickets available in the Atrium See youth for details and tickets \$10 per person ~ \$40 for family of 4+ Children 5 and younger eat for free Dine-In or Take Out



Safety Challenge: There are 5 fire extinguishers in the sanctuary. Can you find them?

