



# A New Spirit

March 2011

North Kingstown United Methodist Church  
450 Boston Neck Road  
North Kingstown, Rhode Island 02852  
401-294-9293  
E-mail: [church@nkumc.necoxmail.com](mailto:church@nkumc.necoxmail.com)  
Website: <http://nkumc.org>  
Rev. Lorene E. Eldredge, Pastor



## *Soup & Spirit Lenten Luncheon*

Wednesdays 12-1 PM

“Holy Week Through the Eyes of Those Who  
Were There”

A snapshot of Holy Week through the eyes of  
Mary the Mother of Jesus, Judas, Mary Magdalene,  
The Good Thief, Peter, and John.

March 9 - NK United Methodist – Boston Neck Road

March 16 – First Baptist in Wickford – Main Street

March 23 – First Baptist of North Kingstown – Tower Hill  
Road

March 30 – St. Paul’s Episcopal – Main Street

April 6 – St Francis de Sales RCC – School Street

April 13 – St. Bernard’s RCC – Tower Hill Road

## **Welcome Lent!**

By Cindy Tuttle

How do I grow in faith this Lent?

How do I look within to see  
what I need to be aware of and  
change?

I will sit with God  
and see what we come up with.

Such a great time  
to realize the truth about myself  
but with love and awareness  
of God being with me.

Yes, a little scary  
not knowing what I will find  
yet necessary to be totally  
honest with myself and God.

So, welcome to Lent.

Welcome to the soul searching  
that will lead to a glorious Easter!



See inside for details about NKUMC’s March services and activities including a Sew-A-Thon, Soup and Spirit Lenten Luncheons, Ash Wednesday Service, Youth Group’s Pasta Dinner and Talent Show, Bake Sale for Project Outreach, and an Evening of African Celebration.

## March Calendar

		1 10:00 Staff Meeting 6:00 Bell Choir 7:00 Choir 7:00 AA	2 9:45 Bible Study 4:00 Women's Book Study 4:45 Scouts 5:00 Scouts 7:00 Trustees	3 12:00 Ladies Fellowship 6:00 NK Land Conservancy	4 7:00 AA	5 <b>9:00 Sew-A-Thon</b>
6 8 & 10 Communion 9:15 Adult SS 3:00 Youth Group	7 6:45 Shepherding 7:00 Bible Study 7:00 NK Photo Guild	8 6:00 Bell Choir 7:00 AA 7:00 Choir	9 9:45 Bible Study <b>12:00 Lenten Luncheon</b> 4:00 Women's Book Study <b>7:00 Ash Wednesday Service</b>	10 12:00 Ladies Fellowship 6:00 Scouts 7:00 Finance & Stewardship	11 7:00 AA	12 8:00 Men's Breakfast <b>5:00 Dinner and Talent Show</b>
13 8 & 10 Worship 9:15 Adult SS 10:00 Sunday School 11:15 UM101 <b>Bake Sale for Project Outreach</b>	14 9:30 Moms 6:45 Shepherding 7:00 Bible Study	15 10:00 Staff Meeting 6:00 Bell Choir 7:00 AA 7:00 Choir	16 9:45 Bible Study 4:00 Women's Book Study 4:45 Scouts 5:00 Scouts 7:00 AdMin	17 12:00 Ladies Fellowship  <b>Newsletter Deadline- All events for April</b>	18 7:00 AA	19 9:30 UMW
20 8 & 10 Worship 9:15 Adult SS 10:00 Sunday School <b>5:00 African Dinner</b>	21 6:45 Shepherding 7:00 Book Study 7:00 NK Photo Guild	22 10:00 Staff Meeting 10:30 Moms 6:00 Bell Choir 7:00 Choir 7:00 AA	23 9:45 Bible Study 4:00 Women's Book Study	24 12:00 Ladies Fellowship	25 7:00 AA	26 7:30 AM Angel Food Distribution
27 8 & 10 Worship 9:15 Adult SS 10:00 Sunday School	28 6:45 Shepherding 7:00 Book Study	29 10:00 Staff Meeting 6:00 Bell Choir 7:00 Choir 7:00 AA 7:00 Scout Leaders	30 9:45 Bible Study 4:00 Women's Book Study	31 12:00 Ladies Fellowship 6:00 Scouts		

# Grace Notes

by Rev. Lori Eldredge

On March 9<sup>th</sup> we begin the Season of Lent with Ash Wednesday. We hold a variety of beliefs about Lent, and practice Lent in a variety of ways. Traditionally the season of Lent has been considered a solemn and quiet time for Christians to reflect on Christ's death and suffering on the cross. It is also a time to review and re-engage in the spiritual practices in which we may have become delinquent. We might use the time spent in bad habits, that are not pleasing to God, to engage in activities more pleasing to God. It is a time to be in more intentional Bible study and prayer; a time to practice fasting, going without that we might give more of ourselves in service. It is the season to demonstrate God's love, walking the walk, as Jesus did.



As a part of our Lenten observance this year, we will have the opportunity to participate in communion, feasting at the Lord's Table, each week. Communion is a special moment of shared grace in the family of God. By God's grace, God's great love for each one us, we are all invited to the Table of the Lord. Communion will also be in a variety of forms, intended as a teaching moment for our children as well as offering alternative ways for youth and adults to think about how we receive the body of Christ. I do not believe Jesus was concerned about form. What was emphasized in the breaking of the bread and the sharing of the cup was that each time we participate we do so in remembrance of Christ.

In this spirit Paul wrote in Colossians [3:17], "Whatever you do, in word or in deed, do everything in the name of the Lord." May we enter into Lent in the same spirit. I invite you to participate in a holy Lent and to look for those opportunities in which you may engage in an active and outward faith, demonstrating that Christ's death and resurrection does indeed make a difference in your life, and in the world.



## FROM WHERE I SIT by Rev. F. Richard Garland

### WE ARE WHAT WE EAT

"What are you giving up for Lent?" For years that was for me the primary focus of the season. Then, when I learned that the season began with ashes and ended on a cross and in a tomb, I wanted to skip Lent for Easter. Once, when I told my mother that I was thinking about giving up green beans for Lent, I was told that I had to give up something I actually liked. It was all about food.

Eventually, my understanding of Lent deepened, as I discovered that it is designed to be a season of learning and growing, of discipline and training devoted to increasing awareness of the rich content of faith in preparation for Easter. It is more than about food. Penny Ford puts it nicely in her essay, **Lent 101** - "Like Jesus, we need to take some serious time to pray and figure out where God is in our lives, and where God is calling us to serve. We need to re-focus our lives to be more in line with God." That's helpful. And yet ...

Not long ago I saw the film, **Food, Inc.** It is an unflattering documentary about the American food industry. When one learns that high calorie, sugar laden processed foods coupled with our sedentary lifestyles is growing our waistlines and contributing to serious health issues like diabetes, heart ailments and cancers; when one finds out that one-third of children and adolescents are overweight or obese; when the Wii Fitness Program keeps telling me that I am overweight; it's easy to see that those who encouraged the Lenten disciplines might have a point, and that our approach to eating might have a spiritual dimension. Maybe it is about food.

John Wesley, whose methodism sparked a spiritual awakening, had a great deal to say about health. His 1747 pamphlet, *Primitive Physick, or An Easy and Natural Method of Curing Most Diseases*, was the most widely circulated health guide of the time. Much of it was devoted to food, eating and life style. Several samples: "The great rule of eating and drinking is to suit the quality and quantity of food to the strength of the digestion; to take always such a sort and such a measure of food as sits light and easy on the stomach." "Water is the wholesomest of all drinks; it quickens the appetite and strengthens the digestion most." "A due degree of exercise is indispensably necessary to health and long life."

In the context of our culture today it might be useful, as a Lenten discipline, to reflect on our eating habits and their impact on us. It is hard to know where to start, but I have found Michael Pollan's books most helpful. As one person put it: his books are about "...how we can start making thoughtful food choices that will enrich our lives, enlarge our sense about what it means to be healthy, and bring pleasure back to eating." His most recent book, *Food Rules*, is simple and to the point. Three samples: Rule 2 - "Don't eat anything your great-grandmother wouldn't recognize as food." Rule 7 - "Avoid food products containing ingredients that a third-grader cannot pronounce." Rule 47 - "Eat when you are hungry, not when you are bored." Good stuff! For people of faith the obvious next step is to discern where God is in all this and how we need to re-focus our lives to be more in line with God.

When one looks at the life and ministry of Jesus, we see eating and banquets: His first miracle is at a wedding banquet in Cana of Galilee. In parables he likens the kingdom of heaven to a great banquet. But the most powerful and most poignant instance of Jesus and food took place in an upper room where he ate the Passover meal with disciples and friends. Each of the foods they ate, each of the cups they drank, had a historical and spiritual significance. Food is at the heart of the gospel.

Lent is a good time to take a look at how we feed our bodies and our spirits - for, in a real sense, we are what we eat. Given the traditions of Lent, it's a good time give up the bad eating habits and begin to eat well - it's time to begin to get some appropriate exercise. And we know what it takes to feed and nourish the spirit: attend to scripture and prayer, give honor to God in worship and through works of mercy, live well and love well and laugh often. God wants us to be healthy and whole. We are what we eat!

\* \* \* \* \*

Cindy Farrell-Starbuck, our Administrative Assistant, will be on vacation the week of February 27th and will return on March 8<sup>th</sup>.

## **MARCH LECTIONARY**

### **March 6**

Scripture: Exodus: 24: 12-18; Psalm 99; 2 Peter 1: 16-21; Matthew 17: 1-9

Sermon: W/holistic Living



Lenten Theme: *Springs of Living Water/Springs of Hope*



### **March 9** Ash Wednesday 7PM

Scripture: Joel 2: 1-2, 12-17; Psalm 51: 1-17; 2 Corinthians 5: 20b-6:10; Matthew 6: 1-6, 16-21

### **March 13**

Scripture: Genesis 2: 15-17, 3: 1-7; Psalm 32; Romans 5: 12-19; Matthew 4: 1-11

Sermon: The Weight of Our Souls

### **March 20**

Scripture: Genesis 12: 1-4a; Psalm 121; Romans 4: 1-5; 13-17; John 3: 1-17

Sermon: Embryonic Faith

### **March 27**

Scripture: Exodus 17: 1-7; Psalm 95; Romans 5: 1-11; John 4: 5-30

Sermon: The Living Water

## ***Spiritual Formation/Inquirer's Class - United Methodism 101***

Pastor Lori is offering classes in United Methodism 101 for prospective members and those wishing to review their knowledge and understanding of the UMC. Classes are on the second Sundays in March and April and the third Sunday in May, from 11:15 – 12:30. We will look at: March - Basic Structure of the UMC; April - Our Social Principles and the Book of Resolutions; and May -The UMC on the Move. New members will be received on June 12<sup>th</sup>, Pentecost Sunday.

***Bible Study on Wednesday Mornings*** – On Wednesday, March 9<sup>th</sup> (9:45 – 11:15) a study for Lent that focuses on the life of Jesus will begin. The study will be based on the book, *24 Hours That Changed the World* by Reverend Adam Hamilton. The aim of the study is (1) to help participants better understand the events occurring during the final 24 hours of Jesus' life; (2) to see clearly the significance of Christ's suffering and death; and (3) to reflect upon the meaning of these events for our lives. A video in which Rev. Hamilton retraces the steps of Jesus on site in the Holy Land will help enrich the study. For additional information please contact Bob or Nancy Mason.

***Sew-A-Thon*** – Another day for sewing dresses and britches has been set aside for Saturday, March 5<sup>th</sup> beginning at 9:00AM. All are welcome!

**Youth Pasta Dinner and Talent Show** - Come one!!!! Come all!!!! March 12<sup>th</sup> from 5 to 8, is the Youth Group Pasta Dinner and Talent Show. Tickets are \$7 for adults (children 10 and under are free). Donate Food or sign your talents up for a 2-5 minute act to raise money for Youth activities, and future missions. Tickets are on sale now!!!! See the Youth, Paula Martasian, Brian Walker, or Bowman Halstead for your tickets. Sign-up sheets for food donations and for sharing a talent are in the church Narthex.

***HOPE created (in the form of small garments & birthing kits) for West Africa***

***Now, join us for a Pot-Luck African celebration on March 20th, 5pm***

On February 5th, 35 women gathered with the support of countless sponsors to raise funds and create beautiful dresses and britches for children of Kabala, Sierra Leone. These children and their families are those served by the NarSarah Clinic.

In 1995, two NKUMC members started the NarSarah Clinic after the 10 year rebel war ravished the country. In addition to ongoing medical services, the following programs are now offered through this clinic:

- Women Against Poverty Program (includes a micro-loan program)
- Canning Program to reduce hunger during rainy seasons
- Feeding Program for malnourished children
- Pre and post natal care
- Adult Literacy Program
- HIV/Aids Education Seminars and Treatment
- Creative Arts Initiative to increase self image and esteem in young girls
- Care and support to the Amputee/War Wounded Camp
- Agriculture Programs

The dresses and britches are a symbol of HOPE being sent to this West African country. When an illness strikes and you have few resources, you turn to whatever offers the most hope. The NarSarah Clinic now offers hope to over 4500 people with only twelve staff, two volunteers, and over 50 international visitors and part time volunteers. This is a tremendous effort from a small group of servants and smaller set of resources. The Koinadugu District is one of the poorest districts in one of the least developed countries in the world. I believe God has purposefully crossed the paths of NKUMC and this Clinic in many ways in order to benefit both groups.

NKUMC and NarSarah have a long history of cooperation. Just last fall, the UMW created birthing kits for NarSarah. Each kit contains a wipe, gloves, a string and razor blade to care for the umbilical cord and a piece of flannel to wrap the baby in. These kits are given to pregnant women who will most certainly deliver at home, probably many, many miles away from medical help. The included diagram teaches how to safely and sanitarilly deliver a baby. These kits have saves the lives of many babies and their mothers. Sierra Leone has the highest infant mortality rate of all countries in the entire world. The harsh reality is that 160 of 1000 children born will die before their first birthday. Also, 278 out of the surviving 1,000 children will die before they turn 5.

The birthing kits and the garments, along with the \$4,000 you have contributed to the NarSarah clinic for care and education will certainly provide HOPE for the people of this desperate part of God's world. Thank you.

Join us to celebrate and learn about this gorgeous country. We will provide an African recipe for those who wish to try cooking African foods; otherwise bring an "American" food to share. Enjoy a delicious meal, listen to lively African drumming, and shop the NKUMC Boutique. March 20, 5:00-7:30. See Nina Dunne ([ndunne@cox.net](mailto:ndunne@cox.net)) or Lisa Dallas ([ljidallas@cox.net](mailto:ljidallas@cox.net)) for more details.

### ***Mission Opportunity for Project Outreach***

Throughout the Lenten season the church will be collecting personal hygiene items including toothbrushes, toothpaste, soap, shampoo, toilet tissue, deodorant and household cleaning products including laundry soap and all purpose cleaning liquid for the families at Project Outreach in Providence. Basic hygiene and cleaning products are often not allowed for purchase with food stamps or money supplements and are not often donated to Project Outreach. A volunteer explained that when toothbrushes are available there are not enough to go around. These items can be purchased from the Dollar Store or Job Lot and off brands are a good buy. Tote bags will be available at the back of the sanctuary to be taken home and to be returned with the requested items or items can be dropped off in the basket labeled Project Outreach.

When a worker was asked what products were most needed the worker said that any items are welcomed, but what was most important to the people at Project Outreach was that someone cared enough to offer help. The people at Project Outreach know our church from our donations and greatly appreciate our support. Contact Charlene Price with any questions.

### ***Project Outreach Needs You!***

Looking to make a difference? This may be the volunteer outreach opportunity for you. There are two ways you can help: be a board member or donate clothing and household goods.

We are looking for a representative from NKUMC to the Project Outreach Board. This mission, located at The Open Table of Christ UMC, is now feeding over 300 registered families a week and responded to 298 emergency visits last month for families who had no food. This person will be the liaison between NKUMC and Project Outreach. Board meetings are once a month in Providence on the third Wednesday evening. Call Ellen Jacke at 714-3064 if you are interested.

It is an exciting mission and your family can help. The Economy Shop offers clothing and household goods at very low prices so people can clothe and take care of their families in the South Providence neighborhood where so many families are at or below the poverty level. Your donations of clothing and household goods will now be accepted on a regular basis to help stock this shop. Just put them under the table in the Narthex.

We know you will also respond to our Easter request found above! You always give generously, and we thank you!

### ***Bake Sale for Project Outreach***

NKUMW will hold a Bake Sale to support Project Outreach on March 13 after the 10AM service. 100% of the proceeds will go directly to the mission.

Please contact Diana Warburton or Ellen Jacke if you have any questions or would like to bake.



### A Special Thank You!

Thank you for the show of love and good wishes for my 90<sup>th</sup> birthday. The food was delicious, and the company was heartwarming. Love and thanks again,  
Jerry Williamson (the old geezer)

#### Anniversaries

- 20 Don and Melody Reynolds
- 21 Seth and Brenda Moyer
- 23 Robert and Joyce Brule



#### Angel Food Ministry

On site orders are due March 18<sup>th</sup>.  
Online orders are due March 20<sup>th</sup>.  
Distribution will be on March 26<sup>th</sup>  
at 7:30AM.  
Easter Holiday Special Boxes are  
available for preorder.

#### Birthdays

- 1 Paul Brunelle  
Bryce Hagerty  
Mark Halloran  
Amanda Lavernia
- 5 Mary DerManouelian  
Paula Wilberger
- 6 Adriana DiSilvestro
- 7 Al Brown  
Victoria Brown
- 9 Michael Dunn
- 10 Jennifer Young
- 11 Victoria Monahan
- 12 Zachary Bell  
Rick Powers  
Brian Walker
- 14 Holden Reynolds
- 17 Tricia Halloran
- 18 Thomas Gardiner
- 20 Andrew Dunne  
Kyle Nannig
- 22 Sandra Kessel
- 23 Carly Dallas
- 24 Wendy Halstead  
Alexis Howard
- 25 Lia Kelvington
- 27 Doug Brown
- 31 Fiona Halstead

**Shopping Cards** - Target cards are here! Shopping cards for Target stores can now be purchased. We have cards for \$25 in stock. Cards for \$100 can be ordered. If you are interested in purchasing these or any other shopping cards (there are many that can be ordered), please see Paula Wilberger in the Narthex after both services. In January, shopping card sales totaled \$5,385 of which the church received \$227.41. Many thanks to those who regularly purchase shopping cards.

### Get A Plan!

Some of us are great idea people! Others are great catalysts, yet sometimes our ideas don't get off the ground because we don't have a step-by-step plan for implementing the idea. Do you have an idea you would like to see implemented as part of our ministry at MKUMC but need help getting started? At our January Administrative Council Pete Pellegrino spoke about a skill set he is willing to share to help committees and groups to plan events that match up with our mission and vision statement, and record the steps for future analysis and implementation. Talk with Pete to get more information. *Just a reminder:* One of the first steps to any idea is checking the church calendar for an available date and space!

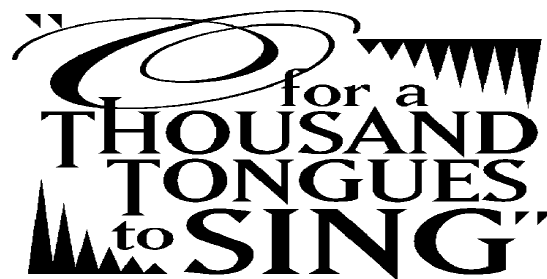
In 1761 John Wesley offered some very specific instructions in a collection called *SELECT HYMNS*. Some excerpts from that hymnal were included in the introduction of the older hymnal and the newer 1989 revised hymnal. Wesley suggested that ‘user’ learn these tunes before you learn any others, afterwards learn as many as you please. I like the second part of those directions especially. Next, he suggests that the ‘user’ sing them exactly as they are printed here. Now you know that I have a problem with that idea, but understand that I do play many of the hymns written in the late 1700’s and 1800’s pretty much exactly as they are written. Now let’s bring things up to date into the 20<sup>th</sup> and 21<sup>st</sup> genre. For me that is a whole ‘nother story. “Sing All” was John’s next direction. He wants his congregation to pick up what might be a cross and work with it as a blessing. What a great idea. I have always been of a mind that God may be a little hard of hearing when it comes to hymn singers, but He absolutely loves the fact that some folks can and do use the ‘gift’ which he has bestowed on them, no matter how the rest of the family feels.

“Sing lustily and with a good courage.” I have been listening to our congregation singing on Sunday mornings and can report that this body has been very enthusiastic about the hymn singing, and have been equally receptive with the praise songs that I have been introducing. You realize that I am primarily an auditory person, and much of the information that comes my way is tied to a ‘sound bite.’ In the many churches in which I have played, as a music minister and sometimes guest, I have to report that both NKUMC 8:00 a.m. and the 10:00 a.m. worshipers are raising their voices in praise and thanks. It is very reassuring and encouraging experience to hear.

Here is an interesting instruction: “Sing modestly” – that may be a contradiction to the previous suggestion, however, one shouldn’t be heard over the rest of the congregation, one shouldn’t try to destroy the harmony, but rather unite your voices together to make one clear melodious sound. Again, I’m thinking God is listening with an open mind (and ears). “Sing in tune”. Now there’s a thought. “Sing in time” with the rest of the congregation... don’t run ahead or lag behind or try to slow the others down.

Finally, John would like us all to sing spiritually. No argument here. Again, I have to compliment our congregation(s) for their efforts and their willingness to participate with our musical praise and worship efforts. It is very easy to sit back and let the others carry the burden. Sunday morning worship is not a passive activity. It is filled with interactive participation. You don’t have to completely agree with everything that the pastor says at the pulpit. You don’t have to completely like the songs and hymns that are chosen for any given worship. If what you see and hear gets you to react either positively or negatively, then we have accomplished one small but integral part of our job and that is to help you to be aware of and part of what is happening during worship.

Praise Jesus,  
Praise His Holy Name,  
Praise the Lord, Almighty  
In Song!



***North Kingstown United Methodist Church  
450 Boston Neck Road  
North Kingstown, Rhode Island 02852***

Return Service Requested