

INTO THE FOLD

March 2021

visit our website at www.umcrp.org

We haven't had a newsletter lately because actually there was nothing really going on.. But starting with March we will have a newsletter whether things are going on or not... Slowly but surely we are beginning to open back up..

We are excited, In person church has resumed.. YAY! So good to worship with our church family again... Whether you have had your vaccine or not masks are required til you are seated in your pew & then again when on way out. Although you have had your shots you could still be a carrier.. We thank you for your cooperation...

A UMW meeting is planned & scheduled for Mar 9.. For those not ready to attend in person, maybe we can do a phone conference so at the least you could attend via phone??? I don't know how that would work exactly, but hey, we could try it...

Next, Best Years could possibly resume. At Jennie Rae's no more than 6 at a table is allowed at this time. But it could be doable.

Again, if you are comfortable with in person fellowship whether at church, UMW or Best years, is completely your choice to make... You are aware what your health risks are and what is good for you to do...

If you do not feel well, you by all means should not come out to any function...

Please let us know your thoughts on this gradual reopening...

Please share anything, article, poem, that may be uplifting, or thought

provoking, with us in the newsletter... Just let Bette know, & get me the item & I will make room for it in the newsletter.

Ponderings by Pastor JoEllyn....

Numerous factors contribute to our success in life. Off the top of my head, my help has always come from my family, husband, children, friends, music, faith, and God.

Do you know what you really need? I'm not talking about material things. What do you need to make your life all you want it to be?

Author Stephen Covey says that people all share a few essential needs: the need to live, the need to love, the need to learn and the need to leave a legacy.

When he says we need to live, he is not talking about physical health. It's certainly important to breathe, but in many ways, it may be even more important to live a full and whole life. Indian mystic Osho says, "The real question is not whether life exists after death. The real question is

whether you are alive before death." A question I ask myself is,

"Am I just going through the motions or am I really living my life?" I don't want to live on the outside while I'm dying, little by little, on the inside.

Covey also says we need to love. And I believe we also need to be loved. Both are important. I am coming to appreciate that my relationships with other people may be the most significant reason for either my happiness or my unhappiness throughout my life. Studies show that social connection is vital if we are to be happy.

Covey tell us that we need to learn. And learning does not stop once we leave school and enter the workforce. I don't ever want to stop growing and hopefully, improving. I want to be a life-long learner. There is so much to discover in the world; I am saddened I can only learn the smallest fraction of it in one lifetime.

Finally, we need to leave a legacy. It's not about only leaving money. I want my life to count for something, even if it seems small in comparison to some others. I truly appreciate this thought often attributed to Ralph Waldo Emerson. It may be that he did

not actually pen these words, but they are nevertheless wise and worth repeating.

"To laugh often and much; to win the respect of intelligent people and affection of children; to earn the appreciation of honest critics and endure the betrayal of false friends; to appreciate beauty; to find the best in others; to leave the world a little bit better, whether by healthy child, a garden patch or a redeemed social condition; to know even one life has breathed easier because you have lived. This is to have succeeded."

Faith Friends, while on our 2021 Lenten Journey; think about how you're measuring up? Are you living fully, loving completely, learning constantly and planning to leave a worthwhile legacy? Remember that this is our recipe for "success" in the truest form of the word.

Praying You Through,

Pastor JoEllyn

(A Recipe For Success, First Catholic Slovak Ladies Association, Cleveland, Ohio 44122)

Bette's Bits & Bytes:

Every Friday evening, I skype with my home church family... We as of late, are listening to messages from, Pastor Jack Hibbs, Amir Tsarfati, who is a Messianic Jew and lives in Israel, Pastor Barry Stagner, Paster Mike Oday, & Jan Markell.. The discussions have been that the time is surely soon that Jesus will return & in the twinkling of an eye, like a thief in the night will take His Church out of this world.. We are the restrainers.. Once His church is out of here, the really really bad stuff will begin... I hope, I

am ready & worthy to be among those who will be caught up in the air, with Jesus.. If interested in listening to some of these messages let me know & I can send you the links for these.. Recently I received the following from Greg Laurie devotions, about the rapture and am sharing with you today...
Wednesday, February 24, 2021

The Next Event on the Prophetic Calendar

excerpted from GregLaurie @ harvestdirect.org via emailer.harvest.org
"For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first."

—1 Thessalonians 4:16

The rapture of the church seems to have fallen out of favor somewhat as a teaching among Christians today. But as I've said many times, I think the next event on the prophetic calendar will be the rapture of the church.

What is the Rapture? It originates from the Greek word *harpazó*, which translates "caught up." We find this word in 1 Thessalonians 4:17, which says, "Then, together with them, we who are still alive and remain on the earth will be caught up [*harpazó*] in the clouds to meet the Lord in the air. Then we will be with the Lord forever" (NKJV).

Some like to point out that you can't find the word *rapture* in the Bible. Well, whatever you choose to call it, it's going to happen. And in my view, it could happen at any moment. We don't know when because Jesus said, "But of that day and hour no one knows, not even the angels of heaven, but My Father only" (Matthew 24:36 NKJV).

In fact, I do not believe that the antichrist, the coming world leader, can show up on the world scene until the church is caught up to meet the

Lord. The Bible says, "And then the lawless one will be revealed, whom the Lord will consume with the breath of His mouth and destroy with the brightness of His coming" (2 Thessalonians 2:8 NKJV). The restraining force in the world today is the Holy Spirit working through the church. The reason things aren't even worse is because believers are the restraining force on the planet, keeping things at bay. So what are we supposed to do in light of this teaching? We want to live lives that honor the Lord. And we want to pay attention to the signs of the times.

Christ's Love to you all, Shalom,



Unfortunately, Our tradition of once a month coming together in fellowship, continues not to happen because of this pesky Corona Virus... Maybe, with more & more of us getting the vaccine will aid us in getting back together for fellowship soon.. Continue to Stay Vigilant, Stay Safe, & Stay Healthy.

ADULT SUNDAY SCHOOL

We still have hope that one day we will continue with our study by Stephen M. Miller, "A Visual Walk Through Genesis..". Exploring the Story of "How It All Began"..

CHILDRENS SUNDAY SCHOOL

Miss Karen has lessons planned for Sunday School.. They will be held in the Fellowship room, during church, where the children can be socially spaced apart...

EVENTS & MEETINGS 2020



UMW Meeting

Tuesday March 9, 9:30 a.m.
Reuniting for much needed
fellowship..

Missions & Outreach..

Thank you to those who
have given to the Kings
Club to support the
Missions of our church.

Kings Club Donations (December through February)

Brandon Elkins in honor of God.
Hugh Porter in memory of Theresa,
Andrews & Jennifer Porter
Art Shuck in memory of Frances
Shuck and in honor of his wonderful
caregivers

March Anniversaries & BIRTHDAYS

06 Clifford & Sue Hughes
20 Jeff & Connie Smith
26 Dan & Sue Hartwick

BIRTHDAYS

02 Steve Poole
05 Joyce Blint
07 Jeff Smith
10 Iva Wasielewski
11 Wayne Kirkham
12 Joseph Pask Jr.
14 Kathy Crass
14 Brenda Loggins
19 Jeff Elkins
24 Dorothy Jones
28 Angela Lenig
30 Mike Harris
31 Bruce Melton

April Anniversary

03 Jeff & Bobette Elkins
14 Steve & Kayla Vogel
22 Justin & Rita Chadwick

April Birthday

01 Robert Siford
01 Roseann Woolverton
03 Elizabeth Worachek
03 Olivia Worachek
04 Sherry Iwaszewski

05 Aiden Worachek
05 Piper Ray
07 Jenny Goodspeed
09 CJ Woolverton
10 Marilyn Alm
10 Peggy Zolman
15 Debbie Beason
15 Lynsey Daley
16 Scott Hughe
17 James Williamson
18 Steve Lenig
21 Gail Dailey
21 Mallory Porter
24 Malinda Lutz
25 Braydon Flag
26 Doug Lenig
29 Lisa Tucker
30 Dottie Sue Davis
30 Diane Siford
30 Deborah Wordinger
30 Doris Burkus



In 1991 Shirley
Kirkham worked
for a vending
machine
company...

She went to various factories in the
area to fill the vending machine with
tasty snacks, for the hungry workers..
One of those factories was New York
Blower.. One of the hungry workers
there was Wayne Kirkham... Shirley
soon caught the eye of Wayne. He
had his fellow co-workers on the
watch for when Shirley came to fill
the vending machines so he would
just happen to show up while she
there.. Not certain what excuse he
used, but he wasted no time tracking
down Shirley & high tailing it to the
machine she was filling.. As cover &
probably to pay off his spies, he
purchased enough snacks to keep his
informants happy... while taking the
opportunity to chat with Shirley...
Appropriately, on Feb 14, 1991 they
went on their first date... He said, he
was drawn to her because she had
such tasty snacks... On Feb 15, 1992,
all that snack buying paid off... He
asked, she said "Yes" and for 29 years

they continue their "Sweet"
Romance....

And now you know a bit more of
their story...

Always Need plastic bags



March Food
Pantry
Needs...
Food Pantry
Needs Plastic
Bags, Please

Jelly, Any Soups, Maple Syrup
Drive through only...
Thursdays 8 am – Noon



There is
nothing to
report except
there will be
an UMW

meeting, Tues Mar 9, @ 9:30 in the
fellowship room... We are sorely in
need of some fellowship time with
our lady friends... Rose has a program
all ready for us & Refreshments will
be furnished as well...

Masks required & Social Distancing
will be practiced.. The fellowship
room is big enough that we can be
together yet far enough apart
to be safe... If you are comfortable
to come out to the meeting, Great, if
not, that is understandable... We
miss everyone, and hopefully one
day all will be comfortable enough
that we can all come together
without concern... We are looking
forward to seeing everyone who
ventures out to this our first meeting
of fellowship in almost a year,
See you then!!!

We will be saving you a chair!!!

Our Friends & Family's loved ones
who went to rest in the arms of
Jesus in 2020....
Those who bloom in the hearts of
others never fade away.....

Ann Riedstra February 10, 2020
Long time member & friend

Cynthia Holman March 31, 2020
Former Member RPUMC

Larry "Joe" Pumroy May 5, 2020
brother Penny Derucki,
brother-in-law, Cheryl Pumroy...

Dick Alm July 12, 2020
Friend of RPUMC

Mike Houser Aug 5, 2020
Nephew Donna Cain
brother of Kathy Crass

Irene Lane, Aug 20, 2020
Denice Tuholski Grandma

Wayne Rosentreter, Aug 27, 2020
Sharon Reuers' brother

Gary McCleland, Aug 22, 2020
brother Karen Rison

Ron Estep, Sept 10, 2020
friend of RPUMC...

Pastor Phillip Lutz Oct. 11, 2020
our former pastor 1988-2000

Jeanne Garth, Oct 11, 2020
Wife of former Pastor
Lynn Garth

Craig Homan Oct 17, 2020
Family June Lenig Family

Kay Schneider Oct 21, 2020
friend Arthur Schuck

Sherm Lute November 5, 2020
Friend Scott Lenig Family

Lois Martensen Markley Dec 3, 2020
Friend Rose Lenig

Carolyn Hunt 12-13-2020
Friend to Many RPUMC

2021 started out sadly as these, our friends went to rest in the arms of Jesus...

Our loved ones have left behind memories, that will live forever in our hearts...

Adelaine Iwaszewski 1-11-2021
Mother Paul/Sherry Iwaszewski

Ed Haverstock 1- 13-2021
brother Bobette/Jeff Elkins

Glen "Butch" Cable, 1-3-2021
Step-dad of Pam & Joe Pask

Helen Bennitt 1-7-2021
long time member

Larry Wade & Joyce Desselin
friends of Pastor JoEllyn & Lester

Donna Cain 1-27-2021
long time member

Roy Gropp 1-27-2021
former member,

Bob Wasmund, 1-26-2021,
uncle of Suzanne/Neal Syverson

David Rauch 2-20-2021
1st cousin of Deborah/Bruce Wordinger



Prayer List: Art Schuck (fell, broke hip), Danny Lenig (health issue with liver Angalospondokitis) Scott Theime (LP

hospital Lung issues), Olivia Heeg (back surgery Tues 3-2, Penny Melton granddaughter), Earl Bush (heart surgery Friday, father Tammy Bealor, Art Schuck's caregiver), Addison Broadway (seizure, tests, great granddaughter of Pastor & Lester), Jeff Stoehr (heart surgery Fri Mar 5, son Shirley/Wayne Kirkham), Bobette Elkins (Health Issue), Laura Everill (Pam Dixon (Struggling with Chemo & cancer), Jeremy Obenchain (upcoming foot Surgery), Evelin Hamilton (pneumonia, home recovering, sister Myrna Everill), Cliff Hughes, (O.P. Surgery Thurs 2-18, Sue Hughes hubby), Myrna Everill, (health issues), Mike McCleland (cancer esophagus – Chemo, Karen/Ben brother), Marty Schloesser (back pain, surgery upcoming, friend Dave/Bette Schaefer), John Laramore (doing good after surgery on back, home to recover, friend Dave/Bette) Sue Laramore (Answers for pain & Health issues, friend Bette/Dave), Racheal Guss (kidney cancer, niece of friend of Karen Fitzgerald)_Sharon Alger (back surgery in pain, aunt of Patty Sardeson), Eloise Bush – (heart - Surgery is not option, given 4 mo. But then God has final say in that, friend Bobette), Diane Glassman, (stress about health of her sister, Eloise, and her husband), Chris Adams, (doing well after foot surgery) Mike Krivak (Home healing bicep Surgery), Jason Flagg, (Therapy for arm & leg, Sue Flagg son), Dave Schaefer (cellulitis), Neal Syverson (answers regarding health), Harold Carlson (Health), Art Lenig (healing & strength), Doris Burkus (health, friend Barb Parker) Jayden Flagg (recovering surgery ACL and meniscus), Margaret Rimmer (Health), Julie Younger,

(recovering from mass in lung, friend Bruce & Deborah).. Leo Thieme (Rehab, father Scott Thieme) All Caregivers.... Our Nation....

Please lift those our friends, & family, who wishes not to be known of their struggles at this time, either having treatments or health issues .. God knows who & what their need is... Pray for God's supernatural full dose healing power to infuse their bodies for a complete, quick, & successful treatment and healing..

If you want someone to remain on or added to prayer list, please fill out new request card or call Pastor JoEllyn **(219)-363-5061** or Bette 219-778-2910

If you have an emergency need or you know someone that needs prayers, Call Pastor JoEllyn or Bette and they will relay to the next person to activate the Prayer Chain.



David Armstrong – US Army – grandson-in-law of Jean Snyder.. Brennan Syverson,

National Guard son Neal & Sue Syverson, Dylan Elkins Air Force brother Brandon Elkins Garrett Obenchain Air Force Reserves Son Jeremy & Stefanie Obenchain; Grandson Art & Rose Lenig Jacob Adams US Army- (States) grandson Chris Adams Craig Carlson, (pilot) US Air Force son Harold & Carrie Carlson Matthew Chadwick US Army – son Lester & JoEllyn Chadwick Michael Showalter Marines, grandson Wayne & Shirley Kirkham Matthew Rompca Air Force (States) nephew Shirley & Wayne Kirkham Katelyn Williamson U S Marines

Grand daughter of Jim Williamson..
If you have someone serving and would
like on our prayer list,
please let Bette know...

Please lift all those serving our
country, who are struggling, for
whatever the reason; being alone,
illness, divorce, loss of job, loss of
loved ones, going through the firsts
after death of loved one.

Give thanks for everything....

Hear our Prayers, Oh Lord!



FUN Facts
on
Peeps

<https://triblive.com/lifestyles/food-drink/14-fun-facts-about-peeps/> &
<https://www.aarp.org/health/healthy-living/info-2015/peeps-photo.html#slide14>

Peeps were originally produced by the Rodda Candy Co., In 1953, a Russian immigrant named Sam Born bought the company and changed its name to Just Born—playing off his name hoping to suggest that the candies were fresh. He displayed a sign in the window of his store advertising “candy so fresh it’s as if it was “Just Born.”

Making Peeps used to be a really long process. It used to take 27 hours to make a Peep. The first Peeps were squeezed one at a time from a pastry tube before receiving hand painted eyes. Today, with an automated manufacturing process, thanks to Born’s son, Bob, who mechanized the process in 1954 with a special machine still used today a Peep takes just six minutes to make.

About 5.5 million Peeps are born every single day. Machines crank out 3,500 Peeps per minute — that’s nearly 2 billion Peeps per year.

The recipe involves boiling a trio of sugars — granulated sugar, liquid sugar and corn syrup — before adding vanilla extract and gelatin to transform the mix into a marshmallow. The shape and the recipe has changed little over the years.

Yellow Peeps chicks are the original, & the only Easter Peeps until 1973, when the company introduced bunnies. The company stayed with just yellow animals until 1995, when it launched pink and white chicks and bunnies. Yellow bunnies are the second most popular color/shape combo. Pink is the second most popular colored candies.

Peeps are available in over 40 different flavors and varieties. Yellow and pink chicks and bunnies of course, but they also come as Jack-o-lanterns in the fall and Christmas trees or Valentine’s Day hearts in the winter, just to name a few. New flavors include cotton candy, lemon sherbet and pancakes and syrup.



Sugar-free Peeps hit the market in 2007, and chocolate-covered Peeps

hatched in 2010. There is even Milk, Peep Flavor!!

Peeps used to have wings, but they were clipped in 1955 — just two years after initial production. The



design change was to give the bird a more “modern” look.

In Peeps’ hometown, Bethlehem, Pennsylvania, instead of a ball, drops a huge 400 pound Peep on New

Year’s Eve at midnight. The town hosts a “Chick Drop” that flashes different colors to ring in the New Year. The big bird stands 4 feet 9 inches tall..

Moon marshmallows. It would take 172 million marshmallow bunnies placed end-to-end to circle the moon.

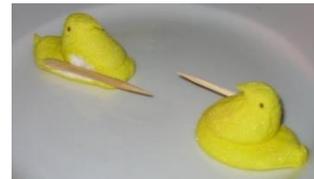
Cross-country chicks. It would take 70 million Peeps laid end-to-end to stretch from New York City to Los Angeles.

Each Peep has just 32 calories, and a full five-chick serving will set you back 160 calories and 0 grams of fat.

Peeps are pretty polarizing among candy connoisseurs. Purists enjoy them fresh from the pack, while others, like Pastor JoEllyn, swear are better, by being left out for a week or two, letting them go stale, or as the company likes to describe, to get “firm” and “mature”. Others still, microwave them, making them blow up in size — if only temporarily.

Peeps jousting

is unexplainably popular. Put two Peeps on a plate facing each other, each inserted with a toothpick that sticks out in front like a lance. Heat in microwave. The Peeps will expand until one’s toothpick “stabs” the other and becomes the winner. Peeps’ most creative fans have incorporated them into cocktails, elaborate desserts and even used them as a pizza topping on what was dubbed the “Peep-za.”



Chicks were the only Easter Peeps until 1973, when the company introduced bunnies. The company stayed with just yellow animals until

1995, when it launched pink and white chicks and bunnies.



**FOR KIDS Young or Old
TIC-TAC-TOE
EASTER TREAT**

Jellybeans and M&M's are some favorite Easter candies, as well as Peeps, of course.

We are getting a little crafty with our candy this year and are making some Easter Tic Tac

Toe treats. With some candy melts (or you could use frosting in a tube), you can transfer a graham cracker into a tic tac toe game board. Grab an opponent, pick your jelly bean or M&M colors, and play with your food!

INGREDIENTS:

Graham Crackers, 6 squares
Wilton Candy Melts Pouch, green and pink
M &M's Candy
Jellybeans

Instructions:

Heat the candy melt pouches according to package directions. Using your candy pouches, pipe a tic tac toe grid on each graham cracker square. Let set for about 10 minutes or until the chocolate hardens.

These little game boards are ready to use. Grab a friend, take some candy pieces and start a game. You win if you get three in a row!!

That's it; pretty simple. A fun game and a yummy treat, all in one!

<https://www.myjoyfilledlife.com/tic-tac-toe-easter-treat/>

Peeps Pudding Cups

<https://www.bakingbeauty.net/peeps-easter-pudding-cups/Ingredients>

6 Pudding Cups Any Flavor
6 Oreos Crushed (I used Double Stuff)
6 Marshmallow Bunnies or Peeps
Orange Starbursts
Green Rips Candy
Instructions:

Cut orange starburst candies in half. Bring to a point at one end. Flatten at the other end.

Add a green candy Rip to the flattened end of the carrot. Wrap it around to form the carrots stem.

Place marshmallow bunny into the middle of each pudding cup.

Evenly sprinkle Oreo cookie crumbs around the peep. Add candy carrot and enjoy!



Nutrition: *Calories: 90kcal | Carbohydrates: 17g | Protein: 1g | Fat: 2g | SaturatedFat: 1g | Sodium: 59mg | Potassium: 11mg | Fiber: 1g | Sugar: 12g | Calcium: 3mg | Iron: 1mg*

FINDING EASTER IN BUNNIES AND BASKETS

From Focus on the Family
If you have walked through store aisles lately, you've seen many reminders that Easter is coming. What isn't so obvious is that, for Christians, Easter is truly the most significant day of the year.

At the store we find:

baskets and eggs as the symbols of Easter, instead of a cross and an empty tomb

a bunny that brings candy instead of a Savior who brings life

Is it any wonder that our children are more excited about the coming of the Easter Bunny than about the coming of God's kingdom? We spend many days on egg-coloring and baskets but focus on Jesus Christ's death and resurrection for only one hour on Sunday morning.

Many parents, however, are looking for ways to make the *true* significance of Easter a reality to their children. Well, here's the good news!

Bunnies, eggs, baskets and more can become tools that parents use to bring a greater understanding of the message of Easter. With just a little creativity, all these symbols that often replace the real significance of Easter can be the very things that make the holiday full and rich with spiritual meaning.

Tell the Story of Easter with Eggs

Instead of merely coloring eggs this Easter, why not use the eggs to tell the story of God's love and forgiveness?

Before you hide the eggs or put them in baskets, encircle each one with a colored strip of paper (or place the strip inside plastic eggs) that tells one small part of the Easter story. When the eggs have been found, the children must unscramble the story and put it in the right order.

Instead of decorating the eggs with dye, or in addition to dying them, write one attribute of Jesus on each egg. You can do this by writing on the egg with a crayon before you put it in the dye. If you are using plastic eggs, you can write with a permanent marker or paint pen.

Send kids on a hunt for the eggs that have Jesus' attributes written on them. Instead of just discovering eggs, they will be discovering the wonderful things that make Jesus so special. If the eggs are plastic, fill them with treats to remember how sweet the life of Jesus really is.

Dye eggs in certain colors and use them to tell the story of salvation.



Teach them about Jesus by talking about what a *real* Easter Bunny is...

are white as snow because Jesus takes all sin away (Isaiah 1:18b).

are gentle, kind-hearted and forgiving (Ephesians 4:32).

have big ears that are quick to listen (James 1:19).

have big eyes to look carefully and choose what is good (1 Thessalonians 5:21).

have no voice for complaining or arguing (Philippians 2:13).

are quiet in prayer but hop with thanksgiving and rejoicing (Philippians 4:4-6).

have big feet to go tell others about Jesus so they can be like Easter bunnies, too (Matthew 28: 19-20).

eat what is healthy by filling up on God's word every day (Psalm 119:11).

The Easter Story: Defining the Terms

We sometimes forget that our children don't understand everything that is being said and done around them. Often we take for granted that they understand things we have not explained.

The Easter story, while beautiful, can be very confusing to children when we don't take time to simplify the story in a way they can understand. An explanation of some big words

can help. For very young children, omitting the harder words all together may reduce confusion.

Explain to your kids what these terms mean:

Disciples — Jesus' closest friends

Pharisees and religious leaders — the people who were not teaching the truth about God

Arrested — Guards took Jesus and would not let him go.

Sanhedrin or Court — Leaders all got together and decided that Jesus should be punished for telling the people that He was God's Son.

Righteous — Jesus told only the truth and did everything God wanted Him to do.

Condemned to death — Rulers announced that Jesus would have to die.

Crucified — They nailed His hands and feet onto a big wooden cross and left Him hanging on it until He died.

Tomb — a special place, like a small cave, where Jesus' body was laid after He died

Resurrection — Even though Jesus had been dead for three days, God made Him come back alive so His friends would know that Jesus really is God's Son.

Ascension — After Jesus came back to life and spent time with His friends, He was lifted up from the ground and floated above the clouds so He could finally go to be with God in heaven.

Second Coming — When He left to go back to heaven, the angels promised Jesus' friends that He would be coming back one day to get all His friends.

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Therefore, keep watch, because you do not know on what day your Lord will come. Matthew 24:42

Our own Carrie Ann Carlson, whose passion is Music, was honored in the Herald – Dispatch Dec. 24, 2020.. If you didn't catch in the paper here is the write-up.. Awesome! Congrats Carrie!!



A member of the LaPorte County Symphony Orchestra's 1st Violin Section, Carrie Ann Carlson has also served as Associate Conductor, Concertmaster and executive director of the LCSO.. A native of Evansville, she was active in Girl Scouts, and 4-H, and as a member of the Indiana All-State Orchestra. She graduated from Indiana State University with a bachelor's degree in Music Education after attending on a tennis scholarship and serving as team captain for three years. After graduation, she taught at Chesterton High School for five years, then attended the University of Notre Dame and earned her Master's in Violin Performance and Sonata Literature. After moving to Pennsylvania with her husband, Harold, she earned an artist diploma in Violin Performance from Duquesne University. After returning to Indiana, she was of the faculty of Saint Mary's College in South Bend and also became involved with the LCSO. For years she scripted and conducted the annual Children's Concerts and Holiday at the Pops concerts. Carlson then went to Portage High School, where she

recently retired after 22 years as Director of Orchestras. Now residing on five acres outside of Rolling Prairie, she and her husband, Harold, have been married for 43 years and have three adult children, five grandchildren and one on the way.. Her hobbies include horseback riding, gardening, and landscaping their property.. She also performs with the Whiting Park Festival Orchestra, Elkhart Symphony Orchestra and South Bend Symphony Orchestra..

Not mentioned in the article, Carrie arranged the musical entertainment for our Music Festivals each year.. Which was cancelled last year and will not be held this year because of Covid-19.... Maybe next year???



The one on the way grandchild, has made its grand appearance, since the article was printed... From Carrie's Facebook page: Theodore (Teddy) James Williamson, born Sunday, Jan. 10th. 7 lbs 12.5 oz at the new LaPorte Hospital, joins brothers, Ben and Henry, who were so very excited to meet their new brother. He is healthy and strong!

Congratulations Carrie & Harold, Becky, Matt, Ben & Henry... Welcome Teddy!!

If you would like to see the article I have a copy in the office.....



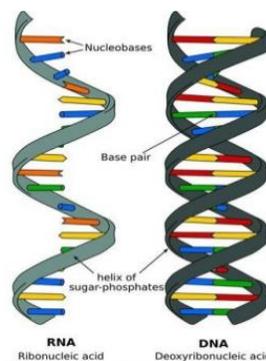
Does the COVID vaccination change my DNA?

COVID has sent our world spinning, we have experienced more change in the past year than some of us may

have our whole lives. The pandemic has left us all feeling unsure and uneasy about ourselves and for some very lonely as well. To return to "normal" activities it seems that the only way to slow the virus down is for vaccinations to be utilized. However, with the rush of approval for the COVID vaccines, some feel uneasy and don't understand exactly how the vaccinations work in the body.

Many myths about the virus have been circulating and many without credibility. If you are doubting weather to get the vaccination do your research so that you can make an informed decision if the vaccination is right for you or not. Depending on your age, current and past health status your risk from COVID can vary. Those at highest risk should be most concerned about getting the vaccination to reduce their risk of mortality from the virus.

One question that often comes up about the vaccinations currently being used for COVID include will the vaccination change my DNA? In short, NO the vaccination does not change your DNA. It influences your mRNA, which is similar but different from DNA. "DNA is a large, complex molecule that carries and passes down the genetic code that makes up all living organisms." DNA plays an important role in life and makes each one of us uniquely different from each other. "DNA is arranged in the shape of a double helix, which resembles a twisted ladder." Each



'rung' of the ladder consists of base pairs which dependent on the order of these pairs creates our genetic code. The DNA consists of genes which are derived from the genetic code and tell our body how to make proteins.

"RNA is a large molecule that is made from a single strand of the DNA and one of its main roles is to transfer the instructions needed to make proteins." The RNA has a copy of the DNA's instructions in which is provides to the 'protein factories' in the body so that the correct proteins can be properly built in the body depending on what is needed. mRNA stands for messenger RNA and is read in the body by the protein factories (ribosomes) so that proteins can be built. In a sense the mRNA "has the recipe for protein" and tells the ribosome the amino acids (building blocks of protein) how to arrange themselves.

"Usually, a vaccine uses a weakened or damaged version of a virus so that your body can have a 'practice run' of fighting it. Your body will make antibodies that fight this weak form of the virus and thus will be able to recognize this same virus in the future and be able to quickly react to the real virus if ever exposed to it.

An mRNA vaccine, which is what the first vaccinations being used in the fight against COVID, works differently. "Rather than inject a person with the actual virus, this type of vaccine instead injects the cells with some of the virus's mRNA. This mRNA contains instructions on how to build "spike protein," meaning the protein that is found on the spiky surface of a virus. This protein is harmless and has no ill effects on the body."

“So, your cells will begin making this harmless spike protein. Your [immune system](#) will then recognize that this spike protein doesn’t belong in your body and make [antibodies](#) designed to destroy it. Making a long story short, this means your body will be able to recognize the spike proteins used by the actual virus. As a result, your immune system will immediately be able to make antibodies that swarm and kill the virus if it ever detects the spike protein in the body.”

“Luckily, you don’t have to become an expert in macromolecules for your body to function—or the vaccine to do its job. Your body automatically performs the complex functions described here to keep you alive.”

When I first head of this new type of vaccination I had similar concerns and wondered if in fact this vaccination could change my *DNA*. After brushing up on some of the primarily concepts I had learned about *DNA* and *RNA* from anatomy years ago I was happy to find out that my suspicions were not true and changes in the mRNA would not impact my *DNA*. With the help of [dictionary.com](#) which had this fantastic article defining DNA, RNA and mRNA I feel assured that the myth some of us have heard about the vaccination changing DNA has been proven false. However, it is important to note that long term studies on COVID vaccination use are years down the road and until then we will not know the long-term effects that may occur. Personally, weighting the risks and benefits is essential and talking to your health care provider is recommended if you are still unsure if the vaccination is right for you.

Other tips to help prevent COVID: Keep your immune system strong. Include lots of fruits and vegetables

in your diet. Try to limit foods high in added sugar and fat. Citrus fruits are high in Vitamin C which can help improve immunity.

Exercise, at least 150 minutes of moderate intensity exercise each week is recommended and will keep your body strong.

Spend time outside, get some fresh air and sunshine. This can help with improving our outlook on life and overall wellbeing.

Drink water and get adequate sleep.

Manage your stress through whatever works best for you. Exercise and prayer are two amazing ways if you are looking for a new technique.

Hears to your health,
Gretchen Krivak MS, RD, CGFI, EIM-1



You’re a blessing!
Dear Members of RPUMC, Thank you so much for your recent donation to the Food Pantry. Your continued support of the Pantry is greatly appreciated.. Sincerely,
Phyllis Austin...
Thank you for your thoughts & prayers and the luncheon.. She loved her Church Family...



Thanks, the Cain Family



Sunday, April 15, 2021 @5 p.m. to the Hamlet UMC 200 S. Main St, Hamlet, In.

For a special Evening Worship Service with John Wesley (AKA Rev Bert Kite as John Wesley)

We are in the season of Lent. In less than a month we will celebrate our Risen Savior, Jesus.

This is the season where all the spring feasts have been fulfilled.

Pesach (Passover) Sat-Sat, March 27-April 3. It commemorates the Israelites’ Exodus from Egypt, and their transition from slavery to freedom. Passover (Leviticus 23:5) – Pointed to the Messiah as our Passover lamb (1 Corinthians 5:7) whose blood would be shed for our sins. Jesus was crucified on the day of preparation for the Passover at the same hour that the lambs were being slaughtered for the Passover meal that evening (John 19:14).

Unleavened Bread - March 28 – April 4, (Leviticus 23:6) – Pointed to the Messiah's sinless life (as leaven is a picture of sin in the Bible), making Him the perfect sacrifice for our sins. Jesus' body was in the grave during the first days of this feast, like a kernel of wheat planted and waiting to burst forth as the bread of life.

3) First Fruits April 3-4 (Leviticus 23:10) – Pointed to the Messiah's resurrection as the first fruits of the righteous. Jesus was resurrected on this very day, which is one of the reasons that Paul refers to him in 1 Corinthians 15:20 as the "first fruits from the dead."

4) Weeks or Pentecost May 22-23, (Leviticus 23:16) – Occurred fifty days after the beginning of the Feast of Unleavened Bread and pointed to the great harvest of souls and the gift of the Holy Spirit for both Jew and Gentile, who would be brought into the kingdom of God during the Church Age (see Acts 2). The Church was actually established on this day when God poured out His Holy Spirit and 3,000 Jews responded to Peter's great sermon and his first proclamation of the gospel.



Rolling Prairie United Methodist Church
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Rolling Prairie, In 46371

UNITED METHODIST CHURCH
ADDRESS SERVICE REQUESTED

March 2021

Dated Material

March 7, 2021
3rd Sunday in Lent
Exodus 20:1-17
Psalm 19 (UMH 750)
1 Corinthians 1:18-25
John 2:13-22

March 14, 2021
4th Sunday in Lent
Numbers 21:4-9
Psalm 107:1-3, 17-22 (UMH 830)
Ephesians 2:1-10
John 3:14-21

March 21, 2021
5th Sunday in Lent
Jeremiah 31:31-34
Psalm 51:1-12 (UMH 785)
Hebrews 5:5-10
John 12:20-33

March 2021
SCRIPTURE READINGS
From UMC Lectionary Calendar

Visit the Website at:
www.umcrp.org

Church Office Hours
Mon – Wed 10.- 2
Thurs 12 - 4

Pastor JoEllyn Hours:
Tues & Thurs
12 pm – 4 p.m
Other times by
appointment

March 28, 2021
Palm/Passion Sunday
Liturgy of the Palms:
Mark 21:1-11
Psalm 118:1-2, 19-29 (UMH 839)
Liturgy of the Passion:
Isaiah 50:4-9a
Psalm 31:9-16 (UMH 764)
Philippians 2:5-11
**Matthew 26:14-27:66 or Matthew
27:11-54**

April 1st, 2021
Maundy Thursday
Exodus 12:1-4 (5-10), 11-14
Psalm 116:1-4, 12-19 (UMH 837)
1 Corinthians 11:23-26
John 13:1-17, 31b-35