

# INTO THE FOLD MARCH 2020

visit our website at [www.umcrp.org](http://www.umcrp.org)

## Ponderings by Pastor JoEllyn....

This year, the month of March is leading us to the Cross. On Wednesday, February 26<sup>th</sup>, we marked our foreheads with ashes, accompanied by these words:

“Remember that you are God’s Beloved Dust,

and to God’s Beloved Dust you shall return.”

*This Lent,*  
Spend 40 meaningful days of  
**REPENTANCE,**  
**REFLECTION,**  
**AND RENEWAL.**

What should we as Christians expect to gain during this 2020 Lenten season?

We are reminded that this is a season for REFLECTION, REPENTANCE & RENEWAL. During these 40-Days ahead our purpose is to set aside a time in our lives to REFLECT on Jesus Christ: His life, His suffering, His sacrifice, His death, His burial, and His Resurrection.

This REFLECTION will also cause us to look at our own lives, a more difficult task than REFLECTING on Jesus the Christ. We are reminded about Christ’s temptation in the wilderness, where He engaged in prayer, fasting, and self-denial.

Holy Scripture says nothing about Lent, but there is much shared about prayer, fasting, REPENTANCE, and

self-denial --- the practices that many Christians embrace during Lent.

During this 40-Day journey, we should mindfully participate in the 3 R’s, of this season.

Are there areas in our life that need REPENTANCE? We all can answer, “Yes”.

REPENTANCE calls us to change our hearts. REPENTANCE in our tradition means more than shame or guilt or feeling sorry; it means stop, turn around, go in a new direction.

Spiritual Disciplines, guide us toward asking questions about ourselves. We have to admit that we don’t have all the answers. Spiritual Disciplines can help us with often asked questions.

---What are we called from?



---What are we called to do?

---Who are we called from?

---Who are we called to?

Is your Spiritual Discipline “Giving Up Something”

during your Lenten Journey? Some of us might not be mindful of this Spiritual Practice, others might yearly look forward to this discipline of RENEWAL.

Why do we change our routine, especially for just 40-Days? What’s the point?

It’s an opportunity to grow closer to God, to remember His life and death, to focus more on Him, to focus less on ourselves and our busy schedules.

This practice isn’t required by any denomination, rather a voluntary choice each year, resulting in the growth of our faith.

Depending on what you choose to eliminate from your life this year, Lent can help you:

- Grow closer to God
- Learn to trust God
- Break free of specific struggles
- Become more Christlike
- Grow in gratitude
- Develop a greater understanding of others
- Develop a greater understand of who you are

I sincerely invite you to focus on: REFLECTION - REPENTENCE - & RENEWAL. We don’t always welcome change, because we are totally comfortable with our present practices.

Step out of your comfort zone and step in to God’s.

Praying You Through, Pastor JoEllyn

## Bette's Bits & Bytes:

At our home church night last week we sang, "Here We Are" by Don Moen.

This is a great song. It is easy to stand & worship when all things are hunky dory, but when we are in the midst of a storm, it seems harder, yet those are exactly the times we need to be worshipping Him... I know many of us are going through a rough patch of road on this highway of life journey. Hope the words of this song give you peace & comfort during the trials and renew your resolve to get you through...

Listen on Youtube "Here We Are" Don Moen for music to go with words.....

Here we are Lifting our hands to You  
Here we are..Giving You thanks for all You do... As we praise And worship Your holy name... You are here Dwelling within our praise...

For every answered prayer,  
Oh yeah, for always being there.  
For love that hears us when we call..  
For arms that lift us when we fall,  
Oh, You have always been  
Right beside us, leading us all along  
the way And we made it through  
Because of You

Here we are  
Lifting our hands to You  
Here we are  
Giving You thanks for all You do  
As we praise and worship Your holy name....You are here,  
Dwelling within our praise

For days we cannot see  
For all that's yet to be  
(so much is yet to be)  
The trials we may have to face  
When we'll be leaning on Your grace,  
It will be Your strength,  
That saves us.. Your love that makes  
us strong.. And through it all

We'll sing this song,

Here we are Lifting our hands to You,  
Here we are Giving You thanks for all You do (Thank You)

As we praise And worship Your holy name.. You are here, Dwelling within our praise

You are here Dwelling within our praise (oh, we Thank You, Lord)

Hakuna Matata!

Blessings & Peace be yours, *Bette*

### ADULT SUNDAY SCHOOL

We continue our study by Stephen M. Miller, "A Visual Walk Through Genesis..". Exploring the Story of "How It All Began" ..

An Objective Look at Some of the Bible's Strangest Stories. Genesis offers helpful answers to the biggest questions in life-Why are we here? What is God like? Why so much evil and pain? But today's readers often get tripped up by the ancient writing style and wonder... Did Moses really write Genesis? Many of the reports seem so odd-are they scientifically accurate? Does that matter? How does Genesis relate to other ancient accounts of creation, the origin of evil, and the great flood? Stephen M. Miller-a seminary-educated news journalist-presents viewpoints from a wide range of Christian Bible experts, along with gorgeous graphics and a touch of dry humor. Whether you're a Bible newbie or a longtime reader, this visual stroll through the first book of the Bible will help you bridge the gap between then and now. <https://stephenmillerbooks.com/> This study is sure to make us all go hmmmmmm! Excited to start this study..

Please come & join us. Class meets at 10:30 right after fellowship hour

### CHILDRENS SUNDAY SCHOOL

The Children In February KidsOwn Worship will learn about:  
March 1 Jesus teaches His Disciples to Pray

March 8 Jesus Feeds Thousands  
March 15 Jesus explains Eternal Life to Nicodemus  
March 22 Jesus Talks with the Samaritan Woman  
March 29 Jesus tells of the Good Samaritan

Prayer, praise and worship all tie into the weekly Bible passages. The children will meet together for music, then go to their respective classes.. Even the preschoolers will be involved, so they start their journey to know Jesus and what He is all about...

*May I Never Forget on my best day, that I still need God as desperately as I did on my worst...*



The February meeting of Best Years, met at Jenny Rae's, hosted by Pastor JoEllyn. There were 22 present. Iva said grace. We mourned the recent loss of Ann Riedstra, as others we lost this past year, Barbara Nickerson, Betty Corbin, Duane Williamson, Don Machler, Norma Falulstich.  
March birthdays. Joyce Blint 3/5, Iva 3/10, Connie Reynolds 3/18, Jeff Elkins 3/19 & Mike Harris 3/30..

Peg Zolman had a stroke and will be at Millers in New Carlisle for Rehab. Pam Dixon may have surgery or chemo in the near future. Our prayers are with them...

Attendance prizes were won by Iva, Jim Williamson, Dave & Virginia Bradford, Mary Kessler, Debbie Harris, Bette Schaefer, & Rose Lenig. Guests Sandy Mc Daniels, Dave Schaefer & Dave & Virginia Bradford were welcomed and hope they continue to join us. Others present were Lester

Chadwick, Harold Carlson, Jeff & Bobette Elkins, Joe & Susan Knowlton, Deanie Ebanks, Connie Reynolds, Art Lenig, Mike Harris, & Joyce Blint. Joe & Susan Knowlton will host our next meeting March 18<sup>th</sup>.

**Missions & Outreach..**



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

**Kings Club Offerings for the month of February include:**

Arthur Schuck gave in memory of: Francis Schuck

\*Kings club offerings go to support the local missions supported by the Missions and Outreach Committee. Which includes The Rolling Prairie Food Pantry, Hope Rescue Mission, Broadway Christian Parish, the Local Emergency Fund, and the Journey to Bethlehem. Donations of any amount are appreciated and accepted.



*Happy Anniversary*

- 6 Clifford & Sue Hughes
- 20 Jeff & Connie Smith



*Happy Birthday!*

**March**

- 02 Steve Poole
- 05 Joyce Blint
- 07 Jeff Smith
- 08 Kaylee Weisenberger
- 10 Iva Wasielewski
- 11 Wayne Kirkham
- 12 Joseph Pask Jr.

- 14 Kathy Crass
- 14 Brenda Loggins
- 16 Laken Wasielewski
- 18 Richard Alm
- 19 Jeff Elkins
- 24 Dorothy Jones
- 28 Angela Lenig
- 30 Mike Harris
- 31 Bruce Melton

**April Birthdays**

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

**Tidbit!! Kathy Houser Crass, is Jerry Houser's daughter. Donna Cain is Jerry's sister, which makes Donna, Kathy's Aunt.. Kathy & her daughter, Brenda Loggins share a birthday..**

If you have a need or you know someone that needs prayers, Call Pastor JoEllyn and she will relay to the next person to activate the Prayer Chain. Pastor JoEllyn's Cell phone # for After Hours Emergency & Prayer Chain Request **(219)-363-5061**

**EVENTS & MEETINGS**

**March 2020**

**Rescheduled Trustees - Basement & Closet Reorganization Saturday March 7,**

8 a.m. Anyone having a few hours to spare to help with this workday would be greatly appreciated. If you know of anything in basement you want saved please be here to point out items U want saved or they could be gone forever...

**UMW Meeting**

Tues. March 10, 9:30 a.m.

**Board Council Meeting**

Tues March 10, 6:30 p.m (cst)

**Best Years Fellowship**

Wed Mar 18, Noon Jennie Rae's

**Women's Phillipians Bible Study**

Fridays, March 6, 13, 20, 27

Submitted by Rose Lenig

The women will meet each Friday @ 9:30 a.m. cst, in various homes or locations to discuss the Study "Phillipians" The study will last about an hour to an hour and a half. . All are welcome to join.



**FOOD PANTRY Requests**

**Always Need plastic bags**

- Squeeze Jelly (\$ Tree has for \$1) – Canned Carrots
- Boxed Potatoes (Mashed, Augratin, Scalloped etc)

**FOOD PANTRY 2019 REPORT**

The following report is to let you know who was served during the year; the income that was provided ; and the amount of that income that was spent on food. The Board of Directors want you to know how much your support is appreciated and needed so that the clients in our community can have their needs met. Thank you for all you do as a church community.

The households served: January - 90, February - 112, March - 96, April - 108, May - 104, June - 92, July - 77, August - 108, September - 82, October - 107, November - 125, December - 109.

The total number of families served during 2019 was 1210, the total number of people fed was 4162. Since each family may come to the Food Pantry twice a month, of that total number of families, there were 219

different families being served in our community. That is up 33 families needing assistance from 2018.

It takes money to feed that many people. Again, you have provided the means for the Food Pantry to continue to give assistance to those in need food wise.

**Income:**

**Donations: \$12, 863 from The five churches, & individuals.**

**Fund Raisers \$5, 239**

Dogs for Dollars, trivia, 5K run

**Grants \$3,000** Unity Foundation

**Miscellaneous \$134.41**

Aluminum cans, memorials, interest  
Totaling \$21,236.79 income for 2019

**Expenses:**

Food Bank of Indiana \$6,880.01

**Food purchased cheaper locally** by Sue and Dan Hartwick and Deb Harris  
\$10, 242.79

**Miscellaneous:** Filing fees, Office supplies, Insurance \$1,209.11

**Totaling \$18,331.91** expenditures for 2019.

Periodically throughout the year the Food Pantry receives USDA shipments which helps keep the shelves full. Each of the five churches provide food from their collection boxes. Keep filling ours up. Boy Scouts and girl scouts, Post Office drive, and the schools bring in food collected. Without the various churches and groups helping with these donations of food, the expenses would be more than they are. Thanks again.

**FOOD PANTRY NEWS FOR 2020**

At the January and February business meetings of the Food Pantry the

following items were discussed and voted on.

New Officers: Jeremy Obenchain representing RPUMC was elected Chairman; Leeann Alcala representing the Christian Church was elected Vice Chairman; Phyllis Austin representing St. John Kanty Church was elected Secretary; and Sue Hartwick representing Sauktown Church of Christ was elected Treasurer.

Dates were set for a couple of fund raisers. Dogs for Dollars will be at Kabelins West side on Saturday May 16 and July 25. Anyone wishing to help by baking items for the bake sale would be greatly appreciated. Just bring the items to the store around 8:00 am. Again, this year Culvers in LaPorte will allow a percentage of food purchased to be given to the Food Pantry. The dates are Thursdays April 9th and August 6th. You can come anytime on those days to purchase your food. The last time you all responded very well. Please do it this time. Good reason not to cook supper or lunch.

The 5K Run is being planned as well as another Trivia night and silent auction. No date has been set.

The Food Pantry by Laws were updated. The Appreciation Dinner was finalized for March 23 at 5:00 p.m. All of you are invited because you volunteered, gave money or food or come to our church. Please come.

**BIG NEWS ABOUT EXTENDED FOOD PANTRY HOURS**

Because of the large percentage of

Rolling Prairie Elementary students on free lunches and food needs for the week ends, the Food Pantry Directors decided to establish evening hours for those who work and can't get to the Pantry during the day hours.

After talking to the Social Worker, Tia, she agreed from talking to some parents they had a food need but because of work during the day could not get to the food pantry. She, with Dr. Whitehead's approval was going to send information about the evening openings. The Director's suggested that the evening hours be on a trial basis for three months. If there was a need the Food Pantry would continue the evening hours as well as the regular day hours.

It was established to be open two evenings each month starting in March. The dates are the second and fourth Thursdays from 5:00 - 7:00 p.m. Following are the dates: March 12th and 26th; April 9th and 23rd; May 14th and 28th. Volunteers will be needed to serve the clients on these dates. If you are available in the evening, but not during the day, and would like to volunteer, please contact Rose or Sue Hartwick.

**INPUT FROM THE SUGGESTION FOOD PANTRY BOX**

Sue Hartwick, the Food Pantry Manager, put out a suggestion box in November. It is still out! She asked these questions: Here are the responses.

Question 1. What kind of experience have you had at the pantry?  
Answers: 1 - Love and care the people give you. 2- Very good. 3 - The setup, people amazing. 4- Don't

change anything. 5 - This place has saved my family. 6- Truly God at work 7- From the bottom of my heart, I want to thank you all for helping my family. 8- Friendly and helpful. 9- Really good experience 10 - We don't know what we would do without the pantry. 11 - Outstanding! 12- Sue and the crew. Helped with my illness and made my recovery a lot easier.

Question 2. What could the pantry do better? 1- No outdated items. 2- Fix the door. 3- More meat. 4- Nothing

5- Provide Lactose free milk. 6- Have a prayer box, I have stage 4 kidney disease. 7 - More choices. 8 - Free items and pet food.

Question 3. How has the pantry made a difference in your life? 1- I am very thankful the community offers this service.

2- Sue you are the best. 3 - Has blessed my family beyond words. 4- I love you all so very, very much. 5- Helps our food bill.

6- You are truly the hands and feet of Jesus. 7 - Helps us get food when SNAP is used up. 8 - Food Pantry is truly God at work. 9- I want to say thank you. Helped us eat and made me more patient. 10 - It gives me a place to go that is friendly. In meeting new people, talking with familiar people, put food on the table. 11 -We don't know what we would do without the pantry. It keeps me going when everything is so high. 12 - Helps getting food easier and therefore other aspects of like more affordable.....After reading these comments the board members realized how important their job was to continue the Food Pantry and to continue to show God's love to each and every one of our clients. God bless them!



## February Valentine's Women's Tea Party

The February UMW meeting was our annual lady's

Valentine's Day Tea held on Saturday February 8th at noon. There were 51 ladies and young ladies in attendance from our church and other local churches which included St John Kanty Catholic Church and Salem Chapel Methodist Church. We all enjoyed a luncheon of a variety of quiches, fruit, and assorted filled dessert shells. After we ate and visited, we began our program. The ladies were invited to dress up as a favorite character from a book or a movie or just bring a book or movie and tell us who the favorite character was. We had a wonderful variety of characters!

Some of the costumes included: Elsa from Frozen, Belle from Beauty and the Beast, Mary Poppins, a survivalist from a story, and a representation of Karen Fitzgerald's grandmother. We had books and movies that included quite a variety of genres. It was apparent that we had many different interests when it comes to books and movies. The discussions were fun and enlightening. The reasons people chose the movie or book was close to their hearts, many for life changing events; miracles, family traditions, help books, spirituality, and just fun. We got to know a little about some of the ladies we hadn't known before, had a few tears shed, and lots of laughs.

Our next UMW meeting is, our Biblical Meal, Tuesday, March 10 @9:30 at the church fellowship hall. Anyone that would like to join us is welcome and we always have room for one more! We will be planning for the Mother/Daughter Banquet on Tuesday, May 12 @ 5:30 p, the Treasure Market in June, and the

next Euchre/Silent Auction in September.

We will save you a seat!!!!  
Submitted by Cheryl Lenig,  
UMW Secretary



Dear Ladies, Just wanted to say thanks for the lovely Saturday afternoon at your TEA luncheon... The quiches were delicious. I tried all & liked the uniqueness of each. You gals did a lot of work & planning & I wanted to show appreciation for your efforts... Delores Sullivan, St John Kanty Church..

### Journey to the Cross....

Lent is a time of particular focus on repentance, which does not mean that we atone for our sins, or even that we feel deep shame about them. Repentance is our response to the fact that Jesus atoned for our sins and bore our shame on the cross. The word "repentance" has a negative connotation in our culture. To say that someone needs to repent implies they have done something really bad and should feel really bad about it. While that may be true in some respect, the call to repentance is fundamentally good news. One Bible commentator says, "Repentance from the beginning of time to this present hour has been, and remains, the most positive Word from the heart of God." Because God made us for himself, our highest good is to repent and turn to God. In the Old Testament, the sins of God's people and their lack of repentance led to their exile. God ordained their ruin and captivity at the hand of Pagan nations. It was horrific at every level: physical, national, cultural, and spiritual devastation. As awful as it sounds, it was actually a demonstration of God's love. As a father disciplines his children, "the Lord disciplines the one he loves, and chastises every son whom he receives" (Hebrews 12:6). The point of discipline is correction and restoration. It is an invitation to

fellowship. Paul says it is God's kindness that leads us to repentance (Romans 2:4). God calls us to himself, convicts us of our sins, comforts us with his love, and changes us by his grace. Our repentance begins and ends with God! When we make it about what we will do to make things right with God, we veer off the road of faith into one of two ditches. On one side of the road, we express resolve: "I will never do that again!" We act as if we can wipe the slate clean with our sincerity and earn a pardon with our passion. When we promise to never do that again, we are saying that we really can be good enough, and we'll prove it this time. But repentance is not a do-over. Nor is it a system of works righteousness. Rather, it is a means of experiencing the abundant grace of God toward us in Christ. Grace exposes our desire to be good enough and digs to the root of our sins. Who we really are—that is the realm in which grace intends to go to work, to renovate our lives and help us work out our salvation with fear and trembling. Mere resolution defrauds repentance of its lasting true fruit. On the other side of the road, we express remorse: "I can't believe I did that." Feelings of shame and guilt are natural, but the Bible says there are two kinds of grief: worldly and godly (2 Corinthians 7:10). "Worldly grief" turns us in on self so that we are primarily concerned with our feelings and self-interests. So we feel bad, but only because we got caught. We are troubled, but only until the negative attention goes away. A common symptom of worldly grief is self-loathing: If we can just feel bad enough, or punish ourselves enough, we can make up for what we've done and appease God's wrath 23 WEEK ONE: REPENTANCE against our sin. "Godly grief," on the other hand, "produces a repentance that leads to salvation without regret" (2 Corinthians 7:10). The one who has godly grief understands that her sin is against God as well as others, and that it reflects a deeper wickedness in her heart. She knows that admitting and

regretting are not the same as repenting. True repentance always terminates on Jesus. It does not wallow in self-loathing or delight in self-flagellation. Rather, it allows an honest sense of our sinfulness to drive us toward the depth of Christ's mercy in the gospel.

**Closing Prayer:** Gracious God, out of your love and mercy you breathed into dust the breath of life, creating us to serve you and our neighbors. In this season of repentance, restore to us the joy of our salvation and strengthen us to face our mortality, that we may reach with confidence for your mercy, in Jesus Christ, our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

**RIP Our Friend, Ann Riedstra**  
Feb 10, 2020

**RIP Jim Poole, brother Karen/Scott Fitzgerald & Steve Poole**  
Feb. 24, 2020

Wish someone on prayer list please, submit a prayer request form....

Bob McClelland (health issue, brother Karen/Ben Rison), Bruce Parker (skin treatments,

Barbara Parker hubby) Joe Knowlton (Memorial Hosp. God knows what is needed) Pam Dixon (Chemo, pending Ins. approval), Vada Pulver (Cataract surgery, friend Pastor JoEllyn) Kaitlyn Lullenberg (type A flu, Iva Wasielewski great grand-daughter), Penny Derucki (Arthritis Flare-up) John Taylor (pray no side effects from radiation treatments – friend Jeremy Obenchain) Peg Zolman (stroke, Millers' in NC rehab) Dick Alm (hospital double pneumonia, friend Dave Schaefer) Charlie Tackett (leukemia, friend Shirl Sater), Shirl Sater (health concern), Adeleine Iwaszewski (health issues, mother of Paul/Sherry Iwaszewski) Phil Lutz (declining health), Dan



Wheatbrook (Serious Health Issue, brother Tom/Jackie Wheatbrook) Chris Starnes (chip in a back disc.. Surgery upcoming, friend of Iva Wasielewski) Len Rompca (Heart Attack – 4 stents- St Margarets Hospital brother Wayne & Shirley Kirkham), Sharon Strieter (lung cancer, friend Penny Melton, Jean/Bill Dare), Donna Cain (Immune Therapy treatments for breast cancer) Marguerite Schroeder (Millers for rehab, sister Mike/Deb Harris), Glen Cable (home after stroke, Pam/Joe Pask Step-dad), Carrie Chadwick (health issues, Pastor JoEllyn daughter), Yvette Rose, (fell broke hip, friend Scott Lenig) Mike McCormick (leg & hip surgery upcoming, friend, Jeff/Bobette), Denice Boyce, (health concerns, sister Sherry/Paul Iwaszewski), Angel Primmer (8<sup>th</sup> grader, diabetic -can't stabilize- Rose Lenig) Joan Turvin (health concerns, friend Ann Riedstra) Brenda Loggins, (depression, Kathy Crass daughter)

**If you want someone to remain on or added please fill out new request card or call Pastor JoEllyn or Bette 219-778-2910**



Garrett Obenchain US Air Force Reserves Son of Jeremy & Stefanie 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 nephew Shirley & Wayne Kirkham  
Katelyn Williamson U S Marines  
Daughter of Al and granddaughter 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!

## Health AND Wellness

Gretchen has another heavy school & work load, so went back into the Archives, March 2018, for Gretchen's Health letter. It was good information then and worth a refresher read now... Hang in there, Gretchen, Spring Break, March 13<sup>th</sup> is right around the corner....

March is National Nutrition Month. The 2018 theme for the month is "Go Further with Food." In 2012 the American Dietetic Association became the National Academy of

Nutrition and Dietetics and the food pyramid was replaced with My Plate. My Plate is a simplified version of the pyramid and focuses on changing what you put on your plate. My plate illustrates a plate which includes foods from each of the food groups (dairy, protein, fruits, vegetables, and grains). The main emphasis of this new nutrition tool is to show that the majority of the plate should be filled with plant based foods and not the typical protein based foods that serve as an entree. Half of the plate should be made up of fruits and/or vegetables. The other half of the plate should contain grains and protein. Protein should be the smallest section of the plate and when possible can be plant based as well. One serving of low-fat dairy can accompany the plate to get additional protein and calcium in the diet.

So this month work on "going further with food." When you sit

down for dinner try to include as many of the food groups as you can in the portions shown on my plate template. To get some new ideas of what to include on your plate you can go to [choosemyplate.gov](http://choosemyplate.gov). At Choose My Plate there are many interactive tools and resources available for you and your family. In addition to changing your plate, March is a great time to start exercising. With spring time right around the corner March

is the perfect time to start walking outside or joining an exercise group so that you will be fit when the warm weather comes.

### Mission for this month

Try to make the majority of your plate plant based foods.

Include one new exercise into your current routine or start a new routine as the weather starts to warm up. To Your Health, Gretchen Krivak MS, RD, CGFI 2018

If anyone has any questions on Health & Wellness, Gretchen would be more than happy to answer them... Please talk with her or give Bette your questions and I will get them to Gretchen....

### A Fantastic Healthy Snack Idea

Those packages of pre-sliced apples you can buy at store are great for a healthy snack on the go but the price can add up. Make your own by slicing apples, soak in cold water for 3-5 minutes then soak in a lemon-lime carbonated soda (such as 7-up or Sprite). Divide into snack size portions and store in Ziplock bags in the fridge. The lemon-lime soda will keep the apples from browning and make them last longer... LOVE THIS IDEA.



If you can't be in church for the Sunday Worship, & you are on facebook, search Rolling Prairie United Methodist Church FB Page and you can view the service..



Excerpted from **SERMONS4KIDS**

## Springtime and Lent

**Theme:** The season of Lent; Planting seeds of love in the hearts of others.  
**Scripture:** *Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.* Ephesians 1:3

Ash Wednesday, February 26, was the beginning of a very important season in our church year- the season of Lent. Do you remember how long Lent lasts? That's right, Lent is the 40 days before Palm Sunday which leads right in to Holy Week and Easter Sunday. The word "Lent" comes from another word "Lente" which means springtime. That makes sense...since Lent and Easter always happen during springtime.

As I was thinking about Lent and springtime, I realized that many of the things I like to do in the springtime are similar to the kinds of things you and I can and should do during Lent as we prepare for Easter. Let me explain.

In the springtime, I like to OPEN UP. I put these screens in my windows so I can open up my windows and let fresh spring air fill my home.

For Lent, a great thing to do is **OPEN UP** our Bibles and read them more. When we read our Bibles, God speaks a fresh word to us and fills our hearts with His presence.

In the springtime, I like to **CLEAR OUT**- especially the clutter in my closets. I go through my closets take out the things I don't really need: heavy coats, old shoes- things that will just be in the way.

For Lent, it is good to **CLEAR OUT** the things in our lives that we don't really need—things that get in the way of following Jesus. For example, maybe you watch TV or play video games a lot. Why not put them away for a while and use that extra time to pray.

In the springtime, I always need to **SWEEP UP**. I try to find and clean up all the dirt in my home that has been hiding all winter- like under my rugs, dirt that no one else sees, but dirt that I know is there.

For Lent, it is good to ask ourselves, "Have I made any mistakes or messes that I need to clean up? Do I need to apologize to someone for something I said or did? Do I need to ask God to forgive me?"

In the springtime, I love to **PLANT**. I plant seeds in my garden pots and water them as I wait and watch them grow into something beautiful.

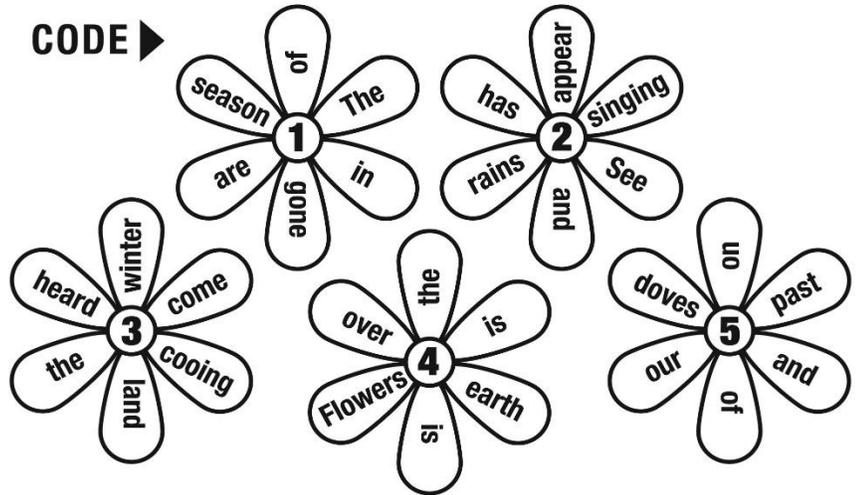
For Lent, it is good for us to **PLANT**- different kind of seeds. We can plant seeds of love in the hearts of others when we are kind, or helpful, or when we tell someone about Jesus. For Lent, think of something you can do that will become something beautiful for someone else, and do it in the name of Jesus, the one who did something really beautiful for you.

Dear Jesus, We love you. Help us to Open up our Bibles, Clear Out our clutter, Sweep up our messes, and Plant seeds of Love. Amen

# Puzzle!

Using the flower code, fill in the blanks to complete the springtime words from Song of Solomon 2:11-12, NIV.

**CODE** ▶



\_\_\_\_\_ ! \_\_\_\_\_ ;  
 [2] [1] [3] [4] [5]

\_\_\_\_\_ .  
 [3] [2] [1] [4] [5] [1]

\_\_\_\_\_ ;  
 [4] [2] [5] [3] [4]

\_\_\_\_\_ ,  
 [3] [1] [1] [2] [2]

\_\_\_\_\_ ,  
 [3] [3] [3] [1] [5]

\_\_\_\_\_ .  
 [4] [3] [1] [5] [3]

SONG OF SOLOMON 2:11-12, NIV

Answer: See! The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. Song of Solomon 2:11-12, NIV