



Mar 04, 2026

Bi-monthly  
Issue

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Time to Spring forward this Sunday, March 8th.

*Looking forward to seeing everyone at worship on*

*Sundays at 10:45 am  
with Sunday school at 9:45 am.*

The regular office hours are Mondays to Thursdays, 9 AM to 2 PM.  
Pastor Rhonda is keeping office hours on Tuesdays & Wednesdays.

## Upcoming Events

**The United Methodist Men** The men will be meeting later this week on Wednesday March 25th at 6:30 pm for their monthly meeting and meal.

**New Mission Project** we will be collecting Men's belts and pants size 32-36 and Men's shoes specifically athletic shoes size 9-12. Boxes are set at the back of Sanctuary.

Our **Bible study** continues and will meet this Sunday, March 8 at 3 pm and to read Chapter 4 before class.

**Help Needed:**

Grocery Bag Donations for Our Feed the Hungry Meals & Dogwood's Backpack Program



**Sunday March 15th - UMCOR Sunday**

UMCOR Sunday is a Special Sunday in the United Methodist Church that supports the **United Methodist Committee on Relief (UMCOR)**, the church's disaster response and humanitarian relief agency. This offering helps cover administrative costs, ensuring that 100% of donations to specific UMCOR projects go directly to relief and recovery efforts.

**Lent & Easter Events at Colonial Heights – Mark Your Calendars!**

We are excited to invite you to join us for a meaningful season of Lent and Easter! Please mark your calendars for these special events:





**Needed pre-filled Easter Eggs** for our Easter Egg Hunt. Please place them in the Bunny Basket in the hallway in the Admin Building. If you would like to donate to our Egg Hunt Fund, please denote on your donation "Egg Hunt".



**Easter Sunday:** Sunday, April 5th

- 7:30 am Sunrise Worship
- Breakfast following Sunrise Service in the Fellowship Hall
- 10:45 am Easter Worship Service

**We hope you and your loved ones will join us for these opportunities to worship, reflect, and celebrate together.**



### 🇺🇸 Meals Made with Love 🇺🇸

**FREE** Homemade Meals at Colonial Heights UMC! Join us every **Wednesday evening from 5:00–6:00 PM** for a delicious, homemade meal—prepared with love and served with a smile.

### 🍽️ Upcoming Feed the Hungry Meals 🍽️

- Wednesday, March 4 is Chicken with Broccoli Cheese Rice Casserole
- Wednesday, March 11 is Swedish Meatball dinner
- Wednesday, March 18 is Chicken & Waffle Fries
- Wednesday, March 25 is Beef Burrito with refried bean

### 🛒 2026 Red Wagon Needs 🛒

This month of March we are focusing on: **Dish Soap**

Please place your donations in the **Red Wagon**. Your generosity helps us care for our community in meaningful ways—thank you for giving! ❤️

### **Dogwood Elementary Food Bags**

Presently we are donating 110+ food bags each week to Dogwood Elementary. Thank you to our volunteers who assemble and our volunteers who deliver these bags.



## Pastors Message

### The Selfish Gene

In 1976, evolutionary biologist Richard Dawkins wrote that *"a predominant quality to be expected in a successful gene is ruthless selfishness. This gene selfishness will usually give rise to selfishness in individual behavior."* If I understand Dawkins and the point that Adam Hamilton is making in his book, *"Why Did Jesus Have to Die?"* it appears that humans have a predisposition to be selfish. Maybe it is a basic survival tactic that we should have evolved from by now, it seems that our very DNA operates on a 'survival of the fittest' platform. This selfish survival appears to bring a better life, but in truth brings spiritual death. Hamilton states, *"Selfishness makes one deaf to the voice of God, who loves first and teaches how to love, and to the voice of the brothers and sisters around us it anesthetizes the heart."* Self-focused, self-absorbed living shrinks our lives and our world. (As cited in Adam Hamilton's book, *"Why Did Jesus Have to Die?"* P. 69-70)

As members of God's Kingdom, we are called to community, we are called to put others before ourselves. The spiritual discipline we practice to shrink our selfish gene and put other's needs before our own is "Submission". In Sunday's sermon, I shared that we are to submit our lives to God and the leading of God's Holy Spirit but we are also to live in submission to serving others as modeled by Jesus. Hmmm...that's not even easy to type much less practice. I must remind myself that submission to God and others is not about being a doormat or tolerating abuse.

As I shared on Sunday, the boundary line for submission is that when it becomes destructive physically, mentally, or spiritually it is no longer a holy or spiritual practice that brings life. Submission practiced correctly will bring us the freedom of not always needing to get our own way, we can practice self-denial without it leading to self-contempt. In Richard Foster's classic book on spiritual growth, *"Spiritual Discipline"* he says that *"Self-contempt claims that we have no worth, and even if we do have worth, we should reject it. Self-denial claims that we are of infinite worth and shows us how to realize that self-worth."* (Foster p. 114)

You are of infinite worth. Denying oneself and serving others has been proven to have a positive impact on our health, physical, relational and mental health.

Hamilton shared that in a four-year study of 13,000 participants age fifty plus, in the US those who volunteered one hundred hours a year – about two hours a week “*had reduced risk of mortality and physical limitations, higher physical activity and better psychosocial outcomes such as higher optimism and lower depression.*” (p. 72)

Do you long for a fuller, richer life? Jesus showed us the way. Deny yourself and take up your cross.

Shalom, Rhonda

*After he had washed their feet, had put on his robe, and had returned to the table, he said to them, “Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another’s feet. For I have set you an example, that you also should do as I have done to you.” (John 13:12-15, NRSV)*

## Prayer and Praise



*If you have an update—or if someone needs to be added to or removed from the prayer list—please let the church office know.*

### Prayers

Al & Brenda Horn, Don & Carolyn Albert, Mike & Jean LaForest, Barbara Haven, Beverly White (Henderlight’s neighbor), Julia Dyker, Blanche Clifton, Bob Williams, Carol Porcher, Chuck & Glenna Reynolds, Jean Fornwalt (David Eilart’s mom), Sonny & Judy Henderlight, Charles Hamby, Ken Porch, Brian Harding, Lorenda Wolfe (Brenda’s sister), Marty Elmer, Sharon Eilart (David’s sister), Phill & Lis Henry, Regina “Gail” Royston (Brenda Horn’s cousin), Karen Ballard Motzer (Laura Brake’s Friend) Lis Henry’s Daughter, Jennifer Holley, Sydney’s new born SON (Julie’s boyfriend’s daughter, born Feb 26)

### Cancer Treatment

Brian & Jean Reagan, Lisa Greer, Faye Stafford, Rev. Rhonda Hobbs, Denise Fitzpatrick, Bobbie Bernard, Phil Johnson (friend of Dyker’s), Ron Cross (friend of the Dyker’s), Tillery and the Phillips family, Stacey Powell, Nancy La Rocco’s granddaughter, David Eilart’s cousin, John (Julie’s Friend)

### Nursing, Retirement & Assisted Living

Wanda Ketron, Hubert Styles & Ann Cox

### Military

Gabe Green (Lis Henry’s nephew)

## ❤️ Blessings Abound at CHUMC ❤️

Our trustees recently contracted for the removal and replacement of some of our front landscaping. A generous donation in memory of Carolyn Wills was made by the UMM toward this new landscaping project.



## Feed the Hungry Donation

And just this morning, a generous gift of 24 bags of waffle fries (4 cases) were delivered to our Feed the Hungry ministry!

This donation comes from Leslie Hill of the Kerns Hall Kitchen. We are so blessed!!



