



Word from the Mount

Volume 2, Issue 3

March 2006

Each one can reach one

The purpose of the Mount Pleasant UMC is to:

Reach out with the Good News

Experience God's Word

Adore God through worship

Create Fellowship

Honor God through service

The purpose of Mt. Pleasant UMC is to be the Body of Christ as we reach out with the Good News of Jesus Christ; experience God's Word (teaching, praying and living out); praise God through worship; embrace others in fellowship; and honor God through service.

New Spiritual Practices for Lent

http://www.upperroom.org/alivenow/2006/janfeb/misc.asp?week=1&itemid=270719&art_id=301824

A spiritual practice can be as small as saying the Lord's prayer every day, or adding a grace before meals if you don't already say one. Though many of us have a notion of Lent as a time of extreme asceticism and harsh discipline, a spiritual practice really doesn't have to hurt. And what's more beneficial: a simple practice you will really do regularly or a complicated discipline you avoid?

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Here are a few ideas we've collected:

- Begin each day with a prayer of mindfulness--that you will be attentive to the ways God is present in the world--in your life--throughout the day. Near the end of the day, ask yourself, "Where did I see God today?" It's really that simple. If you have trouble answering the question, it might help to start by thinking of the people you encountered. How was the light of Christ present in them—or what opportunities did they present for you to be the hands of God? Where did you encounter the natural world today? How is the glory of God revealed in both the beauty and the vulnerability of the creation? Where did you see imagination, creativity, new birth? Where did you see suffering? Make a list.
- Pick a specific issue of concern that you don't know as much about as you feel you should. Do both some daily reading and information gathering and daily prayer focused on this subject.
- Take a camera with you on Ash Wednesday and take a series of photos—places, people, and situations that represent things you want to pray for. Make a scrapbook or collage. Work on it every day during Lent. Make it a prayerful time to reflect on the images and their meaning.
- Write a letter to God.
- Try a new physical posture during prayer.
 - If you are able, kneel during part of your prayer.
 - Or trying praying with your hands cupped before you, as if you are about to drink water from a stream. Open yourself to receive the living water.

March Birthdays and Anniversaries: Best wishes and God's blessing to all!

Birthdays:

3/1 Hannah Coates
 3/3 Guy Pitcock
 3/3 Sawyer Shipley
 3/5 Brigitte Griffin
 3/7 Troy Mayner
 3/9 Karen Potts
 3/14 Allen Baker
 3/17 Harry Loy
 3/18 Jack and Craig Towe
 3/23 Thomas Gunnell

3/25 Jason Lang
 3/25 Joan Rollins
 3/31 Bruce Loy

Anniversaries:

3/4 Harvey and Shelly Eagle
 3/14 Brian and Susan Biggs
 3/31 Luke and April Coates

If we missed listing your birthday or anniversary, contact Susan Biggs.

Good things to know . . .

Sunday Worship Services

Early/Contemporary Service: 8:15 a.m.
 Traditional Service: 9:45 a.m.
 Sunday School for children during the 9:45 a.m. service.
 Adult Sunday School: 11:00 a.m.

Everyone Welcome!

Prayer Meeting is each Tuesday at 7:00 p.m.
Choir practice is every Tuesday at 7:30 p.m.
Praise Band practice is every Wednesday starting at

Pastor Gay Lynn Tonelli

Office: 703-779-7745
 Home: 703-669-3595
 Cell: 703-999-7288

To start the Prayer Chain, contact:

Elizabeth Williams: 540-822-5675 or
 Gail Mayner: 703-777-9031

Child Protection Policy Updates are due

If you currently do or would like to begin working with the youth &/or children of our church, please see Mary Ellen VanNederynan (youth) or Jane Bretzin or Kristie Lindsey (children) in order to complete the necessary forms required by our Child Protection Policy. Even if you have completed the forms in the past, we need to have them updated on an annual basis, so if you have not recently done this, please contact Mary Ellen, Jane or Kristie as soon as possible.

Reading Opportunities for the Lenten Season

- Spiritual reading is an important sort of spiritual practice. Find a spiritual book (or books) that you have wanted to read and set aside time during each day or week during Lent. Remember that you are feeding your soul. Imagine it as a delicious feast. Studying a new book of the Bible is one option, or try reading some of the spiritual classics. Here are a few books we recommend. setting aside time for spiritual reading:
 - **On Spiritual Practices**
 - *Eat This Book A Conversation in the Art of Spiritual Reading* by Eugene H. Peterson
 - *Children and Prayer: A Shared Pilgrimage* by Betty Shannon Cloyd
 - *Creating a Life with God: The Call of Ancient Prayer Practices* by Daniel Wolpert
 - **Books with Lenten Themes**
 - *A Clearing Season: Reflections for Lent* by Sarah Parsons
 - *Listening at Golgotha: Jesus' Words from the Cross* by Peter Storey
 - *Sensing the Passion: Reflections During Lent* by Kevin Scully
 - *Changed from Glory into Clory: Wesleyan Prayers for Transformation* by Paul Wesley Chilcote
 - **Reflecting on Biblical Texts**
 - *Against the Grain: Unconventional Wisdom from Ecclesiastes* by Ray Waddle
 - *The Power of a Focused heart: 8 Life Lessons from the Beatitudes* by Mary Lou Redding

Are the Chimes Ringing for you?

Anyone interested in revitalizing our wonderful set of chimes for regular or special worship service, please contact Gail Mayner at 703-777-9031 or Teresa Gunnell at 540-822-5219 We encourage both children & adults in this. Any worship service with the chimes is a beautiful & special one!

Youth Group

The youth group got off to a running start for the year. During January, the youth took a trip to the Tally Ho Theatre to see the "Chronicles of Narnia." Afterwards we came back to Bethel for pizza and discussion about the movie. We were able to have the annual spaghetti dinner. The basement at Bethel was transformed into an Italian café. There were candles and flowers on each table with white lights around the room, a slide show running with pictures from Italy. The youth worked hard getting the food ready and serving it to all our guests. Enough money was raised to buy a llama through the Heifer Foundation. Super Bowl Sunday, a special offering was taken and the youth collected \$310.00 to send to Interfaith Relief. The last weekend in February the youth and some of the parents took a break for a ski trip to Wisp Resort located near Deep Creek Lake in Maryland.

Future events include going to Acquire the Fire in Philadelphia, Pa. during April. We are considering another trip to the movie theatre to see the movie "Second Chance" starring Michael W. Smith playing a youth pastor. The youth group would like to thank Bethel and Mt. Pleasant for their generous support throughout the years.

APPORTIONMENTS/BENEVOLENCES – WHAT DO THEY GO FOR??

This year Mt. Pleasant will pay \$7,154 to the Virginia United Methodist Conference. I am sure many of you have wondered exactly how these dollars are spent – I know I have. Here is **some** detail that will help enlighten you.

WORLD SERVICE & CONFERENCE BENEVOLENCES: Basic support to agencies of the United Methodist Church. Supports world missions outreach of the Church, funding of the general boards and agencies (evangelism, education, worship, discipleship), as well as the Conference Council on Ministries, the expense of the General and Jurisdictional Conferences, and the Ecumenical relations of the denominations.

EQUITABLE SALARY FUND: Guarantees minimum salary levels to ministers where local churches are unable to meet minimum salary scale of the Conference.

EDUCATION FUND: Funds operational support for five United Methodist colleges and one Academy in Virginia – Randolph Macon College, Randolph Macon Women’s College, Shenandoah College & Conservatory of Music, Ferrum College, Virginia Wesleyan College, and Randolph Macon Academy.

MINISTERIAL EDUCATIONAL FUND: Supports 13 United Methodist seminaries (75%) and continuing education for ministers (25%). Of the total amount raised, 25% remains in Virginia for ministerial student scholarships.

AFRICA UNIVERSITY FUND: Targeted for establishment of universities in Africa as part of our mission emphasis. The doors of the Africa University in Old Muture, Zimbabwe opened in March 1992 with 40 students – 15 in theology and 25 in agriculture. The schools of business and nursing will begin as soon as more buildings can be constructed.

INTERDENOMINATIONAL COOP. FUND: Supports primarily work of National Council of Churches & World Council of Churches. Represents United Methodist commitment to coordination and sharing of resources among all churches.

Remember: Apportionments let us join lots of other people in our world in doing the mission of Christ Jesus and accomplish victories never possible alone. Wesley challenged us to see “The World as Our Parish.”

Dianne Capilongo, Tres.

MARCH 2006

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

March, 2006

DATE	TIME	EVENT
1-Mar	7:30 PM	Ash Wednesday - Chargewide
5-Mar		Lenten Bible Study
9-Mar	6:30 PM	Trustee Meeting
9-Mar	7:30 PM	Admin Council
12-Mar		Girl Scout Sunday

April, 2006

DATE	TIME	EVENT
1-Apr	5:00 PM	Spring Dinner - Family Style
9-Apr		Palm Sunday - Children's Easter Program @ 10:45AM
14-Apr	7:30 PM	Good Friday Service
16-Apr		Easter Sunrise Service
16-Apr		Easter @ Mt Pleasant Contemporary Service @ 8:15AM
16-Apr		Traditional Service @ 9:45AM
20-Apr	7:30 PM	Admin Council
April 27-30		Men's Walk to Emmaus

Vacation Bible School is headed our way - June 26-30. If you can help out, or would like to find out more about what support you can offer contact Jane Bretzin 540-822-9048

Prayer Corner for the unreached peoples of Iran

“People under the age of 30 make up 70% of the country of Iran. These young people have never known freedom and know about the outside world only from television.

A spirit of depression hovers over the country. Hearts are desperate for a sense of worth and identity. God, however, is tenderly sending forth His message of hope. With the disillusionment of Islam, hearts are responding to the message of freedom in Christ like never before.

Pray that the existing Iranian underground church would be faithful and strong in their witness. There are 92 unreached people groups living in Iran. Ask the Lord to begin moving in the hearts of these peoples even now and give them a yearning to know Him. Iranians can be found all around the world. Pray for churches in America to catch a vision for reaching Iranians”* in our own communities.

*Used with permission from Pioneering Prayer, a ministry of Pioneers.

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Mt. Pleasant

We're on the web . . .
www.mtpleasant-umc.org

stamp

Address