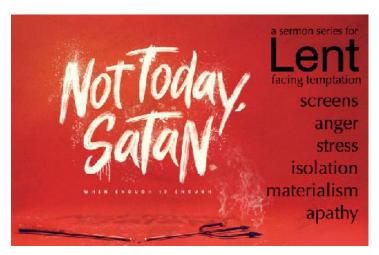


Disaster Relief. Once again our state has been hit by devastating storms, especially in Paragould and Cave City in the eastern part of our state. The Arkansas Conference of the United Methodist Church has requested that we deploy our Emergency Response Teams to help with tarping roofs, and chainsaw and debris removal. As of this writing Paul Gandy, Ted Parsons, and James Mitchell are leaving on the 18th to Cave City. Team 2 will leave on Thursday the 20th — Clif & Becca Ritter, Paul Gandy, and Ken Savells. Others may be joining them as well. Please keep these teams in your prayers, the work can be dangerous and we pray for everyone's safety. It means a lot for the people of these hard-hit communities to see our teams show up. If you would like to be a part of an Emergency Response Team please come talk to the pastor or to Paul Gandy. Shower Ministry We are in the process of revamping our shower and laundry ministry. Our volunteers are concerned we are duplicating ministries in our community, something we strive hard not to do. We are no longer collecting clothing, coats, or food. Other charities in our town do that quite well. We are also limiting showers and laundry so as we do not become enablers for people on the street. This ministry exists to give people a place to clean-up so they can get a job and keep one. We are always in need of volunteers to help with this ministry. We open the church for showers and laundry on Mondays and Wednesdays from 9 till 2. Sometimes we have quite a few folks seeking our help, and somedays we have none at all. We need people to check folks in, give them a towel, and show them to the showers. That way



we have a record on who has been in. Let us know if this is something you can help with. Hospitality Each Sunday we open the doors at 9 AM for a time of fellowship and community. Volunteers sign up to provide snacks to go with the coffee, tea, and drinks that are available. Please come be a part of this time and get to know other members of the church, and we would love to have you sign up to bring some goodies. There is a sign-up sheet in the Narthex. Sermon Series This week we are tackling stress, and our need to actually find ways to fast from it. We live stressful lives, and often needlessly. We have allowed the world to stress us out. It's time to reclaim our lives, fast from stress, and shout, "Not today, Satan!"



Janet Arnett, Lay Speaker Jubilee Ringers conducted by Beverly Beard Patricia Taylor, Pianist Jess Wade, Chancel Choir

Join us in-person or via our Livestream that is broadcast thru our Facebook Page, our website < lovespokenhere.org >, or our YouTube Channel!

9:55 ~ Announcements

Sunday, 23rd of March, 2025

Ushers: Shelley Barker Karen Kinsel **Communion Stewards:** Janet Arnett, Jean Reed, Chris Ritthaler, Kim Stryker **Offering Counters:** Janet Arnett, Paul Gandy

We Gather to Worship

Greeting

Confession, a Lenten Ritual

Opening Song:

"Jesus, Remember Me" Page 458 UMC Hymnal

Communal Prayer: The Lord's Prayer

Songs of the Community

"Be Still, My Soul" Page 534 UMC Hymnal "Sanctuary" Page 2164 Faith We Sing



"In Christ Alone"

By Keith Getty & Stuart Townsend The Jubilee Ringers

We Listen to God's Spirit

A reading from 1 Kings 19:1-9
Thanks be to God for the gift of the Scriptures
Thanks be to God

"Jesus, Love of My Soul" arr by: Karen L. Buckwaiter The Chancel Choir

A Video Reflection: "The Apostles' Creed"

The Message:

"Not Today, Satan: facing our temptations — Stress" Rev Blake Lasater

We Give Thanks for the Gifts of God

Baptism Renewal

Holy Communion

(All our welcome to eat and drink at the table of Christ. The 'Wine' is just grape juice, but the Spirit of God is found in the breaking of the bread and sharing of the cup)

Sending Song

"Spirit Song" Page 347 UMC Hymnal

Benediction

(The words of Blessing that send us forth into the world to be the hands and feet of Christ to a broken world)

Caregivers Support Group

Widow(er)s Support Group

Parkinson's Disease Support Group

Save the Dates!
Important Happenings
in the Life of ESUMC
Get Involved!
Make New Friends
Make a Difference
Spread Joy



Church Financials

CS Bank Parking Lot Fundraiser/FASY!

Caregivers Support Group meets each month on the **second Tuesday at 1:00 pm** in the church library. Join other Caregivers to gain information, share ideas, problem solve, and support each other. Facilitated by Brandi Schneider, LMSW. Questions? Call Peggy Way 479.253.1583 Masks are optional.

Our support group for Widow(er)s meets at the church library at **Noon** on the **first and third Wednesdays** of each month. Join us as we gather to share experiences and support each other on this journey. All are welcome. If you know a widow(er), let them know about our group.

A support group for people with Parkinson's and their Caregivers meets the **first Wednesday** of each month in the church library at **10 am**. This is open to anyone in the community!

Bible Study Wednesdays 6 pm in the church library. We use Dr. Amy Jill Levine's <u>Great Courses Lectures</u> for the first 30 minutes and then use study questions to start a discussion. These lectures take us thru the books of the Old Testament.

Youth Group Wednesdays, 4-5:30 pm. All are welcome!

Mobile Food Pantry church parking lot the **2nd and 4th Wednesdays of each month**. Cars start lining up at 8:45 AM and we distribute until the food runs out, typically within an hour. If you are homebound and do not have a friend or neighbor who can pick up for you, call the church by Noon on Mondays to be added to our very limited delivery schedule.

Eureka! Quilters meet in Fellowship Hall the **2nd Wednesday of each month** for conversation, information and lunch. A great group of men & women quilters, open to all skill levels.

Widow(ers) Group meet the fist and third Wednesdays of each month from Noon - 1 PM in the church library. Occasionally, they plan a luncheon outing. If you grieve, you don't have to grieve alone. This is such a loving, encouraging, and supportive group of people. You will feel welcome and cared for.

Yoga 9-10 am Tuesdays in Fellowship Hall. All are welcome.

CS Bank Parking Lot Fundraiser: Need Volunteers! Saturday, April 5, 2025 8-4 PM

"Every day I call upon you, O LORD; I spread out my hands to you." (Psalm 88:9) Think about hands. We lift our hands, clasp our fingers, or hold our hands to our hearts as ways of calling upon God to bless our lives and those in our world. How awesome! While we are appreciative of all the good that our hands do, we are also aware of all that still needs to be done. United Women in Faith is a hand to hold as we venture into the world – making an impact through our beloved community. Come, join hands with us...United Women in Faith believe that love in action can change the world. All women are welcome!

Here are the February financials:

Giving Expenses
YTD: \$31,541.91 \$36,774.54

CS Bank has assigned us **Saturday, April 5, 8-5 pm** to run their parking lot as a fundraiser for our church. This is a one-time annual opportunity we have and all the proceeds go to support our church missions. WE NEED VOLUNTEERS to make this possible. We will have a volunteer (or two) at each entrance and simply take \$5/vehicle parked, maybe sell some water. Please let us know if you can take a shift. Sign up sheets are in the narthex & church office. Thank you!

Shower & Laundry Ministry

Our church showers are open to men and women so they can freshen up, do a load of laundry, and be ready for a job interview, medical appointment, or just a chance to be clean. Showers are available **Monday and Wednesdays**, **9 AM till 1:00 PM**.

The ministry is going back to the way it was initially set up. We are closing out the mini-pantry and the blessings closet and not accepting any more donations. We are fully stocked with toiletries at this time. **Thank you to all who gave so generously in support of our Shower/Laundry Ministry.** You made a big difference!

Youth Night-Out Wednesdays 4-5:30 pm Church Youth Room

The Youth Group is open to all teens aged 13-17. Transportation is available (Call 479.253.8987) This ministry will facilitate important connections with our youth, while providing a safe place to meet each week. Would you be willing to be a mentor? Volunteer? Make snacks? There is a **youth night out box for snack donations** in the Narthex. Your participation is appreciated. For **more information contact:** 515.368.1012.

Exploring the Old Testament

We are starting a new bible study that will serve as an introduction to the Old Testament. These are lectures by Dr Amy Jill Levine, a noted biblical scholar. This will take up about thirty minutes, and then we'll spend 30 minutes discussing the topics she raises. We meet **Wednesdays in the church library at 6 PM.** All are welcome to attend.

Transportation Ministry Drivers Needed

The church has a **Nissan Murano** (thanks to the generosity of a church member) for the designated purpose or providing transportation to the least, the lost, and the last who do not have means to get to various medical/dental appointments in Carroll County. If you would like to be part of this ministry, please contact us 479.253.8987 or EsfumcInfo@gmail.com and we will add your name to the list. When we get a request I send out a group email with dates, times, location and client name and if you are available to take that appointment, you respond to the email accordingly and I make the arrangements. You will be so blessed serving in this role, and meeting some of these amazing people.

GENERATOR FUND

We have hit our goal!!! Thank you to everyone who has given! And thanks to Dan Bell, Paul Gandy, and Mike Reed for pouring the concrete pad.

Church Library Chapter & Verse

Featured in the library this week is the fiction book **All the Light We Cannot See (FIC/Doe) by Pulitzer Prize-winning author Anthony Doerr**. The two main characters are a young blind girl who takes refuge after Paris is invaded by Nazi Germany and a bright German boy who is accepted into a military school because of his radio technology skills. Also in the library by Doerr is The Shell Collector (FIC/Doe).

March

2025

 February
 April

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
Wings of a Christian: Love & Forgiveness	Al-Anon/Mixed 10 AM	Yoga 9 AM F-Hall Al-Anon/Women 10 AM Scouts 6 PM Ozarks Chorale 6:30-8:30	Mobile Food Pantry Youth 4:30-6 Jubilee Ringers 5 PM Bible Study 6 PM	Al-Anon/Mixed 10 AM Youth Room		
2	3	4	5	6	7	8
Transfiguration Sunday	Al-Anon/Mixed 10 AM	Fat Tuesday Yoga 9 AM F-Hall Al-Anon/Women 10 AM Youth Room Scouts 6 PM Ozarks Chorale 6:30	Ash Wednesday 6 PM (Lent Begins) Parkinson's Support 10 AM Library Widow(er)s Support Group Noon Youth 4:30-6 PM Jubilee Ringers 5 pm Bible Study 6 PM	Al-Anon/Mixed 10 AM Youth Room		Texas A&M Spring Break Mission Group here to the 15th
9	10	11	12	13	14	15
Facing Our Temptations: Screens Daylight Savings Time begins	Al-Anon/Mixed 10 AM	Yoga 9 AM F-Hall Al-Anon/Women 10 AM CAREGIVERS 1 PM Scouts 6 PM Ozarks Chorale 6:30-8:30	Mobile Food Pantry Eureka! Quilters 11:30-1:30 PM Youth 4:30-6 PM Jubilee Ringers 5 pm Bible Study 6 PM	Al-Anon/Mixed 10 AM Youth Room National Good Samaritan Day	Pi Day 3.141592653589	Ides of March
16	17	18	19	20	21	22
Facing our Temptations: Anger	St Patrick's Day Al-Anon/Mixed 10 AM	Yoga 9 AM F-Hall Al-Anon/Women 10 AM Scouts 6 PM Ozarks Chorale 6:30-8:30	Widow(er)s Support Group Youth 4:30 - 6 PM Jubilee Ringers 5 PM Bible Study 6 PM	Al-Anon/Mixed 10 AM Youth Room 1st Day of Spring Alzheimer's Experience 9-3 PM Fellowship Hall	National Flower Day	
23	24	25	26	27	28	29
Facing our Temptations: Stress	Al-Anon/Mixed 10 AM	Yoga 9 AM F-Hall Al-Anon/Women 10 AM Leadership Team meets 5 PM Scouts 6 PM Ozarks Chorale 6:30-8:30	Mobile Food Pantry Bridge Play 1-3 PM Youth 4:30-6 PM Jubilee Ringers 5 PM Bible Study 6 PM	Al-Anon/Mixed 10 AM Youth Room		Vietnam Veterans' Day - Thank you for your Service!
30	31		Sermon Series ²	3	4	Ę
Facing our Temptations: Isolation	Al-Anon/Mixed 10 AM		Today our temptati			