

March 10, 2024



Bowing

O Come, let us worship and bow down, let us kneel before the Lord, our Maker! Psalm 95:6

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. Ephesians 3:14-15

Consider with me the joy of bowing. Bowing is not in fashion as it once was. There was once a courtliness in people's manners, and people bowed to one another, as well as to God, the altar, the flag. When I was a child my parents sent me to a school where all the boys wore beanies. Can you imagine my bowling ball head crammed into a beanie? Anyway, we were taught, among many other things, how to shake hands and how to bow properly. I've never forgotten those instructions...although I don't practice the bowing except around my Asian friends. I think Asians can be a bit more practiced in courtesy, and they invariably bow to one another...the younger you are the lower you bow to persons older. One of my former Asian associate pastors told me he always practices the 5 second rule...bow and hold for 5 seconds.

Of course, there is a new independence afoot in the world today. Some young people find bowing demeaning and simply refuse to do it. Think with me today about the spirit of bowing- the spirit of acceptance, compliance, humility, and deference. In our highly competitive society and part of the world, bowing may be a terrific way of expressing our common humanity, our sense of reverence for life, recognition of the value of others, and for the Creator and all creation. It is physically pleasant to bow because it redistributes our weight and eases strain on the back. Bowing is also a graceful act, acknowledging

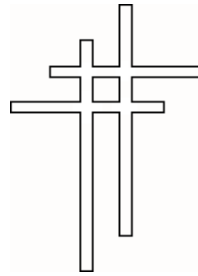
the existence of grace and relationship to the world. Try it today. Bow your head at your table or desk and say a little prayer. Bow toward the sun (if it actually breaks through the clouds this week), the life-giving center of our solar system. Bow toward a beautiful tree, indicating your pleasure in its being there. Bow toward your family and loved ones, to show your humility before the power of love and relationships. This week let bowing become part of your daily expression. You may find life a little more pliable and a little more pleasant.

*Shalom,
Jim Sprouse*

Please Celebrate Sunday's Message

Huguenot United Methodist Church is inviting you to our Sunday Morning Worship Service. This in-person service begins at 11 a.m. Please join us and take part in our worship and praise of our Lord and Savior, Jesus Christ!

Pastor Jim Sprouse will provide us with the message

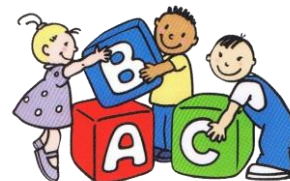


*"The Struggle Is Not Yours
but God's"*

We hope you will join us!

HUMC Nursery

Our nursery caregivers, Rosalie Koch and Lena Cosmo, are at church every Sunday and ready to welcome infant and toddler children in the nursery during worship from 10:45 a.m. until 12:15 p.m. Rosalie and a volunteer provide childcare from 9:45 a.m. until 10:45 a.m.



Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class begins at 10 a.m. Our class meets in the Fellowship Hall. The title of our lesson for Sunday, March 10, is “Jesus Prays for His Disciples.” The focal passage is John 17: 1-16. The background text is Exodus 24: 8-18; 33: 12-23; 39: 32, 42-43; 40: 33-34; John 17: 1-16. The purpose statement is “To grasp what it means to live in the world – and even be a renaissance person – and still be a disciple of Christ, not a disciple of the world.”

We look forward to your participation in our class. If you have any questions, comments, or feedback regarding our HUMC Adult Bible Study please do not hesitate to contact me.

Gerry Flinchbaugh 804.314.4817 gflinchb@gmail.com

Project Agape Armenia

This year during Lent, Huguenot UMC has chosen to support Project Agape Armenia. If you would like to give a donation to this project in honor or in memory of a loved one, please complete the form (available on Sunday) so that their names will be included in the Easter bulletin for all of us to remember. A \$10 donation for each entry is appreciated and more is always welcomed. Checks should be made out to HUMC and identified for Missions/Armenia. The checks and forms can be placed in the offering plate or in the church office. Deadline for the completed forms and donations is **Sunday, March 24.**



Geranium Sales to Support Shalom Farms

The United Methodist Urban Ministries Auxiliary is sponsoring a geranium sale to benefit Shalom Farms. These plants are grown right here in the Richmond metropolitan area. The plants come in red, white, and pink colors in 4-inch pots for \$4.50 each. For more information or to order plants please call Nancy Flinchbaugh at (804) 314-3118 or orders can be placed after Sunday worship. You may order plants now through **Wednesday, March 27.** The plants will be available for pick-up on Saturday, April 20, 2024.



United
Women
in Faith

The United Women in Faith will meet on **Tuesday, March 12, at 10:30 a.m.** in the Fellowship Hall. We will be assembling 24 Women’s Hygiene Kits to send to UMCOR. These project moments give us time to relate and learn about each other and share special moments about the meaning of our mission and pray for the women who receive our gifts. *Please join us!*



Wednesday Night Fellowship THIS WEEK!

Wednesday Potluck Fellowship Dinners are on the second Wednesday of each month. Bring a dish to share and fellowship with your church family and friends. Please come early / stay late if you can assist. Many hands make light work.

Please join us on Wednesday, March 13, at 6 p.m. in the Fellowship Hall.

I am the church, you are the church, we are the church together.

Contact Shirley Bradshaw with questions or suggestions.
Sbrads2321@gmail.com 804-240-1240

Preschool Pizza Fundraiser

Our preschool has an ongoing fundraiser with Marco’s Pizza. Just use the code: **HUMCPSAF** when ordering over the phone or online and the school receives a portion from each sale all year long. Participating locations include the Marco’s Pizza on Sheila Lane and on Midlothian Turnpike.



Sharing God's Love in Shoe Boxes

Last Lenten season, our congregation prepared gifts in shoe boxes for Armenian children and we would like to do that again this year. The Project Agape Armenia distributes the gifts to children in need. Supporting children who have very little material possessions is an unexpected gift of love. It gladdens the heart of the child and warms the hearts of the parents. Doesn't this reaction greatly increase the value of our gifts?



The boxes, with lists for items that are needed for each box, will be available **Sunday, March 10**, in the entrance of the church. Please return the boxes to the church by the end of Lent. There is a large box in the hall that is labeled Project Agape Armenia in which the completed boxes can be returned. The items that are suggested are appropriate for the designated age of the child. You can choose from the list the items that you need to fill your box. The cost to ship the box to Armenia is \$5.00 and if you can include this with your box, it would be most appreciated.

Thank you for helping to spread God's love.

Sarah Coffey

Please Note: There are only four boxes left! Please see Sarah at the front desk on Sunday!

CALLING ALL BELL RINGERS:

Joanne Barreca, choir member, is organizing a group to once again play bells! Many of you are experienced bell ringers or have indicated an interest in this. Please let Joanne know if you are interested, how many bells you are comfortable ringing in one song, and any preference as to treble or bass. Joanne's e-mail is jlbarreca@yahoo.com. The first date for playing will be in the Spring.



Connie Salmeri
Director of Music

Make a Joyful Noise!



Choir practice has resumed! New members (or those who might be interested) are **WELCOME!** We meet each Wednesday at 7 p.m. in the Choir Room. Please contact Connie Salmeri with any questions. (804) 314-6308

Bedding Needed for Armenia

In a recent Sunday School class we talked about the humility of Jesus as He was crucified on the cross. It reminded me as I try to live in the kingdom of God, how I need (and maybe all of us need) to practice a great deal more humility. This Lenten and Easter Season, we at HUMC have the opportunity to live out our humility by helping people in Armenia. Brian Mateer, Director of Missions at Western N.C. Methodist Churches, spoke to the Wednesday Night Fellowship about the church program that he supports in Armenia. In Armenia, approximately 26% of the people live below the poverty level. Also, there is much tension in the country because the countries around them always want their land and often try to take land by force. Many lives are in a state of uncertainty. Right now, there is a large influx of Russian refugees who are fleeing Putin and his tyranny. Armenia is a Christian country, so the churches are helping with the refugees that are coming to Armenia and it has been draining their resources. They are trying to furnish basic sleeping and shelter arrangements and they particularly need funds for bedding items like sheets, towels, mattresses, etc. They are asking for monetary donations to purchase the needed items and this would help to boost their economy.



This Lenten Season, can we think about practicing our humility by giving our gifts to Armenia in secret, to people who will never know of your help? Doesn't it make you glad when you think that Jesus will be pleased with your efforts?

Sarah Coffey

Joy of Crafts has gotten off to a lively start in 2024 with a steady stream of donations to the group From the Heart, a sort of clearinghouse for comfort items to nursing homes, hospitals, dialysis centers and shelters. We have donated fleece hats, mittens, scarves, wheelchair totes, chemo port shirts, drain bags, clothing protectors, neck pillows and dresses for needy girls around the world. We are able to buy the supplies for all these projects thanks to your support of our holiday bazaar last year. Thank you!



If you are interested in participating in this program, contact Molly Sprouse at mollysprouse@gmail.com.

Coffee Fellowship

We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a sign-up sheet on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.



**CHURCH
CALENDAR**



Sunday, March 10 – Fourth Sunday in Lent

10 a.m...Adult Bible Study/Sunday School (FH)
11 a.m...Worship
12 p.m...Puppets in Praise & Service practice (PR)

Tues., March 12

10:30 a.m...United Women in Faith Meeting (FH)

Wed., March 13

6 p.m...Fellowship Pot Luck Dinner
7 p.m...Choir Practice (CR)

Thursday, March 14

10 a.m...Women's Bible Study (FH)

Friday, March 15

9 a.m...Library Work Session (L)

Sunday, March 17 – Palm Sunday

10 a.m...Adult Bible Study/Sunday School (FH)
11 a.m...Worship



Happy Birthday to

Jane Grinnell (March 11)
Peggy Harris (March 17)

Happy Anniversary to

Wayne and Marie Taney (March 11)



If we missed your birthday or anniversary, please call, leave a note or send an email to Elaine so she can include you!



Nick Anderson

In an effort to keep the prayer requests current, names posted will be removed after 30 days unless requested otherwise.

THE UPPER ROOM
DAILY DEVOTIONAL GUIDE

Where the World Meets to Pray

Copies of the **March and April** edition of The Upper Room are now available on the greeting table at the front entrance. Please consider making a donation in the labeled box.

CR – Choir Room **FH** – Fellowship Hall
K – Kitchen **L** – Library **PR** – Puppet Room



- Wed., March 20 – Preschool Staff Meeting @ 5:30 p.m.
- Thurs., March 21 – Preschool Staff Meeting @ 9 a.m.
- Fri., March 22 – Preschool Closed for Prof. Dev.
- Sun., March 24 – Last Day to submit Lenten memorial forms supporting Armenia
- Wed., March 27 – Last day to place Geranium orders with Nancy Flinchbaugh
- Thurs., March 28 – Maundy Thursday Service @ 7 p.m.
- Sun., March 31 – Easter Sunday Worship Sunrise Service @ 7 a.m., Sanctuary Service @ 11 a.m.

Newsletter News

If you have an article for the next *pulse* newsletter, please email it to Elaine *by Wednesday at 10 a.m.*

Please know that submitted articles may be edited to provide clarity and increased inclusion.



Note: This newsletter and the Sunday Bulletin are posted on the church website by Friday evening.

Church Office Hours:

Pastor Jim is in the office on Wednesday and Thursday mornings. Elaine is in the office each Wednesday and Friday from 8:30 a.m. to 12:30 p.m. These hours are subject to change on occasion.

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