

April 21, 2024



## Beds

**<sup>NIV</sup> Psalm 63:1 A psalm of David. When he was in the Desert of Judah. O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water. <sup>2</sup> I have seen you in the sanctuary and beheld your power and your glory. <sup>3</sup> Because your love is better than life, my lips will glorify you. <sup>4</sup> I will praise you as long as I live, and in your name I will lift up my hands. <sup>5</sup> My soul will be satisfied as with the richest of foods; with singing lips my mouth will praise you. <sup>6</sup> On my bed I remember you; I think of you through the watches of the night. <sup>7</sup> Because you are my help, I sing in the shadow of your wings. <sup>8</sup> My soul clings to you; your right hand upholds me.**

Ever stopped to consider the spiritual beauty of beds? I've never understood why many of us are spendthrifts when it comes to our bed, mattress and springs. Most of us will spend 1/3 of our lives resting or asleep in a bed. They occupy an important place in our lives. Splurge! Comfort yourself floating on the latest and greatest. Listen up, three bears – there are beds that are too firm, some that are too soft and some that are just right. There are round beds, square beds, waterbeds, folding beds, motorized beds and massage beds, sleigh beds and trundle beds.

We like to see the beds where famous people slept: George Washington, Napoleon, Lincoln, Marilyn Monroe, Elvis Presley, Jackie Kennedy, you name it. Perhaps we think that seeing their beds lets us commune with their spirits, as though an aura of the person remains where they reclined. People would sometimes have their beds blessed for fertility. Maybe we should also bless them for rest, for sweet

dreams, for seeing angels and feeling the presence of God. Hindus have taught that only in our sleep do we reunite with God in a spiritual, energy-rejuvenating way. Many of our most important thoughts and feelings occur when we're in bed. Have you never awakened during the night with insights that eluded you during the daytime? Have you ever seen loved ones in dreams or felt that you've communed with God in the semiconscious moments of your going to sleep and waking up? Think about this whenever you see a bed today, and give thanks for the wonder of beds and the way they cradle us to sleep each night...like Wynken, Blynken and Nod sailing off in a wooden shoe.

*Shalom,  
Jim Sprouse*

“Wynken and Blynken are two little eyes, and Nod is a little head, and the wooden shoe that sailed the skies is a wee one's trundle-bed; so shut your eyes while mother sings of wonderful sights that be, and you shall see the beautiful things as you rock in the misty sea where the old shoe rocked the fishermen three: Wynken, Blynken, and Nod.”

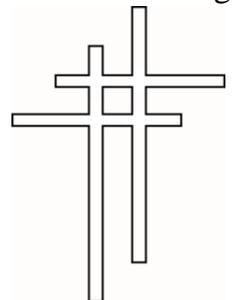
## Please Celebrate Sunday's Message

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

*“Sheep Need a Shepherd”*

*We hope you will join us!*



Audio recordings of our HUMC Sunday Morning Worship Services are available at HuguenotUMC.org under the Worship tab. We hope you will find these recordings beneficial and will share them with your family, friends and neighbors.



## HUMC Nursery

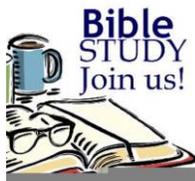


Our nursery caregivers, Rosalie Koch and Lena Cosmo, are at church every Sunday and ready to welcome infant and toddler children in the nursery during worship from 10:45 a.m. until

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, April 21, is "A Gentile Woman's Great Faith." The focal passage is Matthew 15: 21-28. The background text is Matthew 15: 1-39; Mark 7: 24-30. The purpose statement is "to affirm that great faith can be shown by worshipful struggle with God."



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



## Future Host?

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.

## Project Agape Armenia

Thank you, Huguenot UMC, for your contribution to Project Agape Armenia during the Lenten season. Your contribution of \$1000 will supply many necessities for the refugees that the churches are trying to shelter. Armenia is a land with many complications and struggles but because of your contributions, they are feeling God's love and know that a Christian church in the United States has not forgotten them. I can imagine that because you cared enough to help, they are feeling more hopeful. Your contribution is a large blessing and shows your concern for the people of Armenia.

About 26 people in our congregation volunteered to make age-appropriate gift boxes for Armenian children from infants to 17 years of age. Each box holds amazing treasures and will put smiles on the faces of each child that receives one. Jesus "loved the little children" and they flocked around Him when they had the opportunity because of the love they felt from Him. When a child receives one of these boxes, they will know that they are regarded as special and unique and that someone saw them as a child of God.



Lenten is a time of sacrificial giving and a time for Christians to reflect on how much God loves and continues to bless them. You have chosen to give back to God by sending donations to Project Agape Armenia, a place where the need for help is great. Many people are feeling your amazing grace. Thank you for sharing your love with the people of Armenia.

-Sarah Coffey

## 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.



## 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.



**Wednesday Night Fellowship**  
**Save the Date! May 8**

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.

May 8 -  
 June 12 - PIPS Puppets in Praise and Service performance

**Please join us on Wednesday, May 8,  
 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

**Volunteers Needed to Assist with Livestreaming of Worship Services**

We are close to the point of being able to livestream our Sunday Morning Worship services in order to share them with our congregation and the community. Before we can proceed, we need volunteers who are willing to assist with the livestreaming during the worship using a tablet device to control the video. The tablet and training will be provided. Please contact Gerry Flinchbaugh at [gflinccb@gmail.com](mailto:gflinccb@gmail.com) or 804.314.4817, if you are able to assist with this opportunity we have before us. Thank you!



**Joy of Crafts** continues to donate a steady stream of handmade items to the group From the Heart, a sort of clearinghouse for comfort items to nursing homes, hospitals, dialysis centers and shelters. Recently, we donated cloth shopping bags filled with food items for the local food bank. In addition, we continue to donate 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](mailto:mollysprouse@gmail.com).



**Nick Anderson  
 Richard Byrd  
 Tallulah Heatley  
 Bruce Morris**

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



**Happy Birthday to  
 Wenda Singer (April 24)**

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



**Sunday, April 21 – Good Shepherd Sunday**  
 9:45 a.m...Adult Bible Study/Sunday School  
 11 a.m...Worship

**Tues., April 23**  
 6:30 p.m...Church Council Meeting (Zoom)

**Wed., April 24**  
 7 p.m...Choir Practice (CR)

**Thurs., April 25**  
 10 a.m...Women's Bible Study (FH)

**Friday, April 26**  
 9 a.m...Library Work Session (L)

**Sunday, April 28 – Fifth Sunday of Easter**  
 9:45 a.m...Adult Bible Study/Sunday School  
 11 a.m...Worship  
 12 p.m...Puppets in Praise & Worship practice (PR)

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



- Wed., May 1 – Preschool Tour for Parents at 10 a.m.
- Sun., May 5 – Coffee Fellowship following Worship service at 12 p.m.
- Wed., May 8 – Fellowship Potluck Dinner at 6 p.m.
- Fri., May 10 – Feed the Homeless at 10 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. 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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