

February 16, 2025



Don't let the word mystic scare you. It simply means one who has moved from all mere belief systems or belonging systems to a more universal, inner experience. All spiritual traditions agree that such a movement is possible, desirable, and available to everyone. In fact, Jesus seems to say that's the whole point: I am the Way, the Truth, the Light.

*Grace and Shalom, Jim S.*

## Contemplation

**1 Corinthians 2:** 6 Yet among the mature we do impart wisdom, although it is not a wisdom of this age or of the rulers of this age, who are doomed to pass away. 7 But we impart a secret and hidden wisdom of God, which God decreed before the ages for our glorification. 8 None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. 9 But, as it is written, "What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him," 10 God has revealed to us through the Spirit. For the Spirit searches everything, even the depths of God.

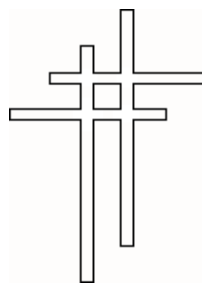
**John 4:** 23 But the hour is coming, and now is, when the true worshipers will worship the Father in spirit and truth, for such the Father seeks to worship him. 24 God is spirit, and those who worship him must worship in spirit and truth."

## CONTEMPLATION AS A WAY OF SEEING

The ability to step back and calmly observe our own inner dramas, without rushing to judgement, is the foundation for all spiritual insight. It is the primary way of dying to oneself, as Jesus put it. He lived it personally and even referred to it as the way to God. Buddha taught it. Whatever you call it, such calm, egoless seeing of the world is characteristic of persons at the highest levels of living, doing and loving in all cultures and religions. These persons are the ones we often call sages, wise or holy people. They see as all mystics see – with an insight that is beyond merely looking on with the eyes, only. Many call it the contemplative mind. Paul called it the mind of Christ. I must leave you with no doubt that what he was talking about is an alternative consciousness to our ordinary, calculating, judging and misjudging mind.

## 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

**"Belief in the Resurrection"**

*We hope you will join us!*

## HUMC Nursery

Our nursery caregiver, Rosalie Koch, is at church every Sunday and ready to welcome children in the nursery during worship from 10:45 a.m. until 12:15 p.m. Thank you to Claudine Pavlik for assisting in the nursery this week.



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



## Update Complete!

The church website redesign has been completed! Go take a look!

[www.huguenotumc.org](http://www.huguenotumc.org)

Thank you for the input provided.

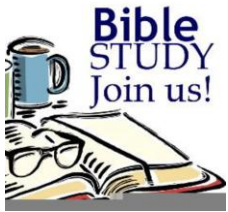
-Jim Anderson and Gerry Flinchbaugh



## Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class begins at 10 a.m. and meets in the Fellowship Hall.

The title of our lesson for Sunday, February 16, is "Forgive Like This." The focal passage is Matthew 18: 15-35. The background text is Philippians 2: 1-11. The Purpose Statement is "to forgive others as God has forgiven us."



We hope you will join us. We look forward to your participation in our class. If you have time and wish to, please read the lesson in the Student Book before our class meets on Sunday. If you have any questions, comments, feedback, or

suggestions for improvements regarding our HUMC Adult Bible Study, please do not hesitate to contact me.

Gerry Flinchbaugh 804.314.4817 [gflinchb@gmail.com](mailto:gflinchb@gmail.com)

## HELP WANTED

Your church is looking for volunteers to help audit our business, financial and membership records. We are looking for people with a business or accounting background, or understanding thereof, to help ensure our records are in order and maintained. On Tuesday, February 11, 2025, Church Council approved the adoption of Conference Record Retention Guidelines and an ad-hoc audit committee to implement the review and updates. Aaron and Chip will oversee the process but need volunteers, independent of the Finance Committee, to perform the audit of church related finances. The audit committee will also be reviewing our membership records to determine updates for those on our membership rolls with whom we have lost contact or have incomplete information. This will help us dispose of accumulated paper records that are no longer needed, and put us in a better position for record maintenance in the future. Please let Chip Woodall, [chipw\\_va@yahoo.com](mailto:chipw_va@yahoo.com), know if you are willing to help with these efforts.



## Ash Wednesday

We will mark the start of the Lenten season with Ash Wednesday observances on Wed., March 5. Ash Wednesday emphasizes a dual encounter: we encounter our own mortality and confess the things we would have done differently. The use of ashes as a sign of repentance has a long history in Jewish and Christian worship traditions, and the *Imposition of Ashes* can be powerful nonverbal experiential way of participating in the call to forgiveness and reconciliation.

### Imposition of Ashes Wednesday, March 5, 2025

**Drive-through**  
(Remain in your car)  
3:30 p.m. – 5:30 p.m.

**Traditional Service**  
in the Sanctuary at 6:30 following the 6 p.m. Fellowship gathering in the Fellowship Hall. Please bring an appetizer, nosh or nibble to share.

## All Invited and Welcome

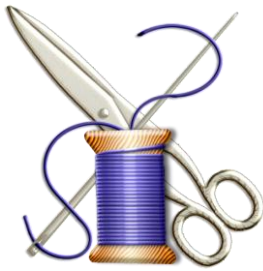


**Join us!**  
**Wednesday, March 5**  
**at 6 p.m.**  
**Wednesday Night Fellowship**

For the month of March our fellowship night will be on the first Wednesday to coincide with Ash Wednesday on March 5. Please bring an appetizer, nosh or nibble to share in the Fellowship Hall. Then plan to stay for the Ash Wednesday service at 6:30 p.m.

Please come early or stay late if you can, as I may have last minute conflicts that prevent me from being present. I appreciate your patience as I attempt to continue our fellowship while also being available to family needs.

Joyfully,  
Shirley Bradshaw



## Joy of Crafts

The chilly days of winter have been a bonus for churning out comfort items through Joy of Crafts. Since the start of 2025, a flurry of wheelchair and walker totes, dialysis mitts, drain bags, lumbar pillows, book pillows, adult bibs and girls' dresses have been donated to From the Heart, a local group that finds a home for thousands of handmade comforts for nursing homes, hospitals and shelters. The group recently passed the 600,000 donation mark!

Many thanks to all who supported the Joy of Crafts Holiday bazaar, which generates the proceeds that make these donations possible. If you have any interest in sewing, knitting or crocheting, contact Molly Sprouse at [mollysprouse@gmail.com](mailto:mollysprouse@gmail.com).

## Nursery Volunteers

There is a sign-up sheet for nursery volunteers on the church bulletin board across from the Fellowship Hall. Please help with this important church function.



*Jesus loved the little children,*  
Shirley Bradshaw



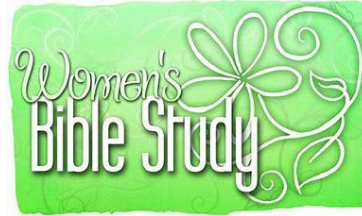
## Future Host?

We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a new sign-up sheet for 2025 on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.



## Women's Bible Study

All women are welcome to join the Women's Bible Study. We meet in the Fellowship Hall of the church at **10 a.m. on Thursdays**. We are using the Adult Bible Study from Cokesbury and the emphasis in this particular series is Finding Balance. This series offers Bible references and a study of the suggested references. The



emphasis of the study will be Finding Balance through work, spiritual practices, rest, and celebration. These Adult Bible Studies offer a lot of truth, Bible study, and direction on better ways of living. Study booklets will be provided and a DVD will be used to enhance discussion with each lesson. If this is of interest to you, please join us.

-Sarah Coffey



Pastor Jim will be forming a **Confirmation Class** to begin in early Spring. Any youth 12 years and older, please let him know of your interest!

## Please Check it Out!



Please check the bulletin board for **Mission Connection Updates**. Updates are made frequently. The latest updates include Hams' Happenings and Henderson Settlement. Check it out, lease!

## 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.







Many, many thanks for restocking our Blessing Box. After talking about the need for restocking last Sunday morning, by Sunday afternoon the Blessing Box was well stocked. Please keep up the great work! This time of year, it is very important to keep the possibility of freezing temperatures in mind if purchasing item(s) that may freeze and burst. Our community appreciates this mission outreach.

Thank you!

Gerry Flinchbaugh

## Blessing Box Reminders

When outside temperatures begin to freeze, please do not place items like glass bottled drinks, carbonated beverages, and any liquids in thin plastic containers into the Blessing Box, as they can freeze and potentially burst or become unusable in cold weather.



Key points to remember:

**Glass containers:** These are prone to breaking when frozen.

**Canned drinks with high carbonation:** The pressure from freezing can cause the cans to explode.

**Thin plastic containers:** These can crack or break when exposed to extreme cold.

Instead, focus on donating items such as: canned goods with pull tabs, individually packaged snacks, dry goods like pasta and rice, warm clothing items like hats and gloves, and hygiene products with sturdy packaging.

<https://www.google.com/search?client=firefox-b-1-d&q=+when+outside+temps+begin+to+freeze%2C+what+items+should+not+be+placed+in+a+Blessing+Box%3F+>

Please place your donations of the above non-recommended items in our alternate location, the Bainbridge Food Cabinet at the end of the hallway next to the Fellowship Hall.

Thank you,  
Rosalie Koch



**Peggy Harris**  
Shalom Gardens  
1600 John Rolfe Parkway  
Henrico, VA 23238  
(804) 750-2183

## Ushers Needed

*Are you willing to serve?*

Please contact Pastor Jim if you are interested in joining the Usher Team.



## Happy Birthday to

John Clatterbaugh (Feb. 17)

Joanne Barreca (Feb. 18)

Deliah Ross (Feb. 19)

Easton Beasley (Feb. 21)

Melvin Smith (Feb. 23)

Frank Blankenship (Feb. 23)

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

## THE UPPER ROOM

DAILY DEVOTIONAL GUIDE

## Where the World Meets to Pray

Copies of the **March - 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.



**The Anderson Family**  
**Anne Bartee and Family**

**John and Pat Brauer**

**Ronnie French**

**Peggy Harris**

**The Family of Cissy Hope**

**Jed Knick**

**Phyllis and Rodney Martin**

**Linda Smith**

**Judith Westerhouse**

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



**Sunday, February 16 – Sixth Sunday after the Epiphany**

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

**Wednesday, February 19**

7 p.m...Choir Practice (CR)

**Thursday, February 20**

10:30 a.m...Women's Bible Study (FH)

**Friday, February 21**

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

**Sunday, February 23 – Seventh Sunday after the Epiphany**

10 a.m...Adult Bible Study (FH)

11 a.m...Worship

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



- Sun., March 2 – Coffee Fellowship following worship service
- Wed., March 5 – Ash Wednesday (see details in article on page 2)
- Tues., March 11 – United Women in Faith Meeting at 10:30 a.m.
- Fri., March 14 – 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 every Friday from 8:30 a.m. to 12:30 p.m. These hours are subject to change on occasion.

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