

March 15, 2026



Breathing

Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit.”

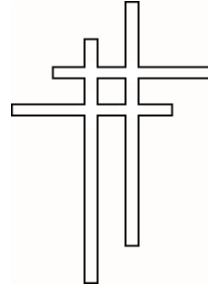
Take a deep breath.

Today – begin to notice your breathing. Most of the time we don’t pay much attention to it – autonomous nervous system type of thing we take for granted. We only pay attention to breathing when we experience trouble with it. When you think about it, it gets at the heart of who we are. Genesis says that God breathed into Adam the breath of life. John’s Gospel says that when Jesus passed on his spirit to his disciples, he breathed on them. In Hebrew, Greek, and Latin, the words for spirit are also used for breath. When we wish to become more spiritual, we must pay more attention to our breathing. Every night before sleep I listen to the *Daily Calm*. A primary focus at the beginning of each exercise is on breathing: inhale for 4-5 seconds, exhale for 4-5 seconds. I do this several times before returning to my normal breathing. It is calming and helps slow the heart rate. Try it! Focus on your breathing – the air entering and leaving your nose. Become more conscious of the life you’re breathing in. You may even say a prayer or scripture tuned to the rhythm of your breathing. Practice this a few times each day, learning to concentrate a little longer each time. You’ll notice how worries and cares drop away as you do it. You’re getting down to the basics of life – perhaps the real you.

*Grace and Peace,
Jim*

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

“El Roi: The God Who Sees”

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. *A nursery assistant is needed this Sunday. Please consider volunteering.*



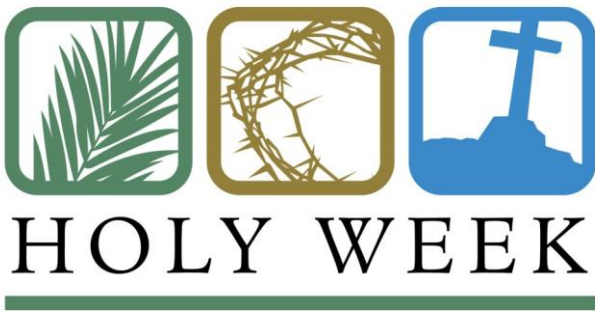
Adult Bible Study / Sunday School

Our Adult Bible Study/Sunday School class begins at 10:00 a.m. Our class meets in the Fellowship Hall. The title of our lesson for Sunday, March 15, is “When There is No Way Out.” The focal passage is Lamentations 4: 3-10, 14-19, 21-22; Psalm 56. The background text is Lamentations 4; Psalm 56. The purpose statement is “to explore how the depths of desperation impact both our faith and our service.”



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



Palm Sunday
March 29

Maundy Thursday Service
April 2 at 7 p.m.

Good Friday
April 3

Easter Sunday
April 5

Sunrise Service
at 7 a.m.

Sanctuary Service
at 11 a.m.

Cleaning Kits for VA UMC Annual Conference

Huguenot UMC's next Mission Outreach Project will be preparing Cleaning Kits. Cleaning kits provide supplies to help individuals and families clean up after flooding, hurricanes, tornadoes and other natural disasters. Each kit consists of a five-gallon bucket filled with designated cleaning supplies such as laundry detergent, dish soap, household cleaner, air freshener, insect repellent, scrub brush, reusable cleaning wipes, scouring pads, clothespins, clothesline, trash bags, respirator dust masks, kitchen gloves, and work gloves. Each kit costs approximately \$75.



Our goal is to prepare ten kits. We are asking members and friends of the HUMC congregation to make monetary donations towards the purchase of supplies for the kits. The supplies will be purchased in bulk quantities. Please mark your donation/check as "Cleaning Kits." The deadline for donations is Sunday, April 12, 2026. We plan to assemble the kits during the Sunday Morning Fellowship on Sunday, May 3, 2026. We hope you will participate in this very worthwhile project. If you have any questions or if you would like to provide assistance other than a monetary donation, please contact Gerry Flinchbaugh, 804.314.4817/gflinchb@gmail.com. Thank you!

Our Blessing Box Needs Help!

Our HUMC Blessing Box has been a huge blessing to the members of our community as well as to us as individuals who stock the box for the community to use. However, recently the Blessing Box has been very low on food and other items. Please consider picking up a few extra items for the Blessing Box when you do your shopping. It does

not need to be a lot. If we each pick up a few items, we can keep the Blessing Box stocked for the community. It seems as though the coldest of the winter weather is behind us for this year, but please be mindful of the weather forecast when choosing items for the Blessing Box. Also, it is very

important that food items are unopened. Open food containers cannot be put in the Blessing Box. Also, if you have some extra shopping bags, they are useful in the Blessing Box as well. Thank you for your continued support of the HUMC outreach mission. *Let's do it!*



**United
Women
in Faith**

The next meeting of the **United Women in Faith** is on April 14. Our group will assemble care packages for infusion patients in the Richmond area.

Our meetings are held in the Fellowship Hall at 10:30 a.m. on the second Tuesday of the month.

Please join us!

Joy of Crafts

The recent snow days have had a silver lining for sewists to get all those projects completed. Joy of Crafts, in league with From the Heart, has provided Valentine's Day pillowcases for Children's Hospital, scent hearts for newborns, sensory quilts for blind babies and port shirts and drain bags for chemo patients, among other comfort items.



During 2025, Joy of Crafts made and donated more than 1,000 wheelchair and walker bags, dialysis mitts, memory mats and quilts, port pillows and drain bags to local hospitals, nursing homes and shelters. We also sent dresses to needy girls in the U.S and around the world. This Christmas, we provided gifts for the children and nursing staff at Children's Hospital's long term care facility, as well as quilts and toys for blind babies. All are welcome to participate in this fulfilling ministry. For more information, contact Molly Sprouse at mollysprouse@gmail.com.

Future Host?



We have scheduled our Coffee Fellowships for the first Sunday of each month. There is a new sign-up sheet for 2026 on the bulletin board across from the Fellowship Hall to be a future Coffee Fellowship host.

The calls, notes, food and visits during my recent back surgery and recovery at home are greatly appreciated. Having a great church support group has been a comfort. Being confined to the house post surgery for two weeks was particularly troubling. The recovery has thankfully been very easy, physically.

Thank you!

-Jim Anderson



Happy Birthday to
Peggy Harris (March 17)
Todd Lumadue (March 19)

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



The Clatterbaugh Family
John S. Currie
Kaylynn Fatherlos and Family
Donna Gaskins and Family
Peggy Harris
Frank Joerg
Judy King
Anna Nabors
Jon Smith
Judith Westerhouse

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



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.



Sunday, March 15 – Fourth Sunday in Lent

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

11 a.m...Worship

Tuesday, March 17

7 p.m...Handbell Practice (S)

Wednesday, March 18

10 a.m...Preschool Chapel Time with Pastor Jim

7 p.m...Choir Practice

Friday, March 19

10 a.m...Library Work Day

Sunday, March 22 – Fifth Sunday in Lent

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

11 a.m...Worship

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

Lent



- **EASTER WEEK:** March 29 - Palm Sunday, April 2 - Maundy Thursday (Service at 7 p.m.), April 3 - Good Friday, April 5-Easter Sunday (Sunrise Service at 7 a.m. and Sanctuary Service at 11 a.m.)
- Sun., April 12 – Coffee Fellowship following worship service (Please note: The monthly Coffee Fellowship hour has been moved one week to April 12 to allow families to enjoy Easter Sunday together after worship.)
- Sun., April 12 – last day for donations for the Cleaning Kits (see article on page 2)

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.

10661 Duryea Drive
Richmond, VA 23235-2106
(804) 272-6820
Website: HUGUENOTUMC.org

