

April 5, 2026



Dance

David danced before the Lord with all his might.
– 2 Samuel 6:14

Occasionally throughout the day, do a little dance. Don't worry about the correct steps. If you're walking down the hall at work or in your living room, just do a brief, impromptu jig. If you're confined to a bed or a wheelchair, dance with your hands or a movement of your head. This will help remind you that we are most fundamentally ourselves when we are at play, when we are relaxed and life just happens.

I don't remember being self-conscious about dancing as a child or teenager. We just did it: the twist, the stroll, the funky chicken, the mashed potato, hully gully, watusi, the monkey, the pony, hitch hike, etc... add a few of your own...as for slow dancing, I preferred standing in one spot and kind of swaying – barely moving my feet.

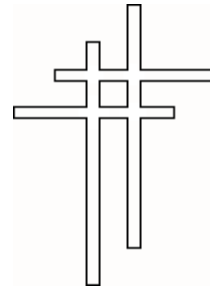
You know every primitive religion has a dance component in its celebration. People would imitate the movements of birds and other animals. They danced the actions of the gods, believing the dance would entice the gods to repeat those actions in their behalf. People dance to remember history, or to celebrate their religious experience. It was a way of abandoning themselves, giving themselves permission to totally immerse into the objects of devotion.

The Shakers, a particularly joyful sect of American Christians, danced in every worship service, often until they had to stop from sheer exhaustion. Picture this at Huguenot this Sunday. Lord help me if I had to show you how it's done. We are a bit too sedentary and passive in our worship. When we begin to move again, to feel the gyrations of the body and the quickening of the heart, we are carried back to something deep and timeless within our natures...maybe we experience the Spirit of God within us. Now, where did I put those dancing shoes?

*Shalom,
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

“Be Not Afraid”

We hope you will join us!



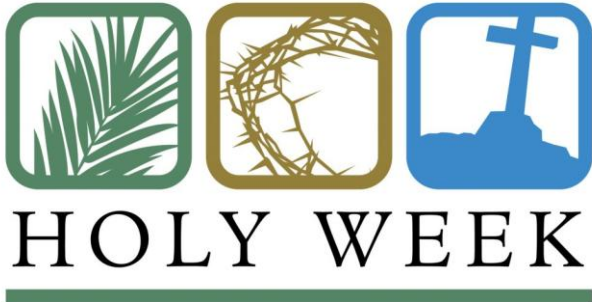
HUMC Nursery

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.*



Contribution Statements

Contribution statements for the first quarter of 2026 have been printed and placed in the basket on the table outside the sanctuary doors. We thank you for your generosity that helps us carry out the work of your church here at Huguenot. Please pick up your statement so you'll have it for your records.



Palm Sunday
March 29

Maundy Thursday
April 2

Good Friday
April 3

Easter Sunday
April 5

Sunrise Service
at 6:45 a.m.

Sanctuary Service
at 11 a.m.



Coffee Fellowship: NEXT Sunday, April 12

Please join us in the Fellowship Hall after our 11 o'clock worship service, for our **Coffee Fellowship on Sunday, April 12**, for coffee, some light snacks and great conversations. We invite our visitors to join us for coffee fellowship, so we can answer their questions about HUMC and we can get to know them better. *Thank you to Jim and Judy Anderson for hosting us this month!*

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.



Please note: Adult Sunday School will not gather on Sunday, April 5. *Join us next Sunday at 10 a.m. in the Fellowship Hall!*



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!



Geranium Sales to Support Shalom Farms

The United Methodist Urban Ministries Auxiliary is sponsoring a geranium sale to benefit Shalom Farms.

The Geranium Sale is happening again this year! These plants are grown right here in the Richmond metropolitan area. The plants come in red, white, and pink colors in 4.5-inch pots for \$5 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 Sunday, April 12. The plants will be available for pick-up on Saturday, April 25a.

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 19, 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. **YOUR DONATION DOES NOT NEED TO COVER THE FULL COST OF A CLEANING KIT. ANY AMOUNT IS GREATLY APPRECIATED.** 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 food items for the Blessing Box

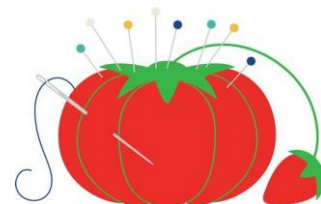


when you do your shopping. It does not need to be a lot. If we each pick up a few food items, we can keep the Blessing Box stocked for the community. It seems as though the coldest of the winter weather is behind us for this year, but please be mindful of the weather forecast when choosing items for the Blessing Box. Also, it is very important that food items are unopened. Open food containers cannot be put in the Blessing Box and not put in ziplock bags as they can be compromised. 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!*

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.



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
 Millie Wohlford (April 7)
 Pat Brauer (April 7)
 Frank Grinnell (April 10)

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
Linda Smith and Family
 Judith Westerhouse

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.



Sunday, April 5 - Easter Sunday
 6:45 a.m...Sunrise Service
 11 a.m...Worship

Tuesday, April 7
 7 p.m...Handbell Practice (S)

Wednesday, April 8
 10 a.m...Preschool Chapel Time with Pastor Jim
 7 p.m...Choir Practice (CR)

Friday, April 10
 10 a.m...Library Work Day (L)
 10 a.m...Feed the Homeless (K)

Sunday, April 12
 10 a.m...Adult Bible Study (FH)
 11 a.m...Worship
 12 p.m...Coffee Fellowship (FH)
***Last day to order Geraniums to benefit Shalom Farms**

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



- Tues., April 14 – United Women in Faith Meeting at 10:30 a.m.
- Sun., April 19 – Pastor/Staff Parish Relations Comm. Meeting after Worship in Library
- Sun., April 19 – Last day for donations for the Cleaning Kits for Annual Conference
- Sun., April 25 – Pick up day for Geraniums

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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