

## **Pastor McDowell's Thoughts:**

**Your Tabula Rasa.** I do not know what tomorrow will bring; but for today I will work and worship and pray and trust the Lord who has made me. Easter is a time to reboot your spirit, your soul and your life's direction. ***Do you know what this week / month / year holds for you?*** Sometimes I think that life is mostly what we make of it; that we have a 'tabula rasa,' or blank slate with which to create our life's story. God has given us the pen, and ink and the page and all we need to do is get up the **holy gumption** to begin writing. I know there are many things you cannot control, but for what you can control, are you doing everything to the good of others and the glory of God? God asks us the age—old question through *Micah*: "What does the Lord require from you? To do justice, embrace faithful love, and walk humbly with your God." (6:8) I think you can do anything you set your mind to if you dedicate it to God and plan to succeed. If I am wrong, feel free to come back to me and complain, but give it a few months of trial first. Choose what it is you think God is calling you to do, give it a try, and see what happens! Here is another encouraging word from the Lord: "*Glory to God, who is able to do far beyond all that we could ask or imagine by his power at work within us. . .*" (Eph. 3:20). By the way, this word is also true for us as a church. Let's let God give us a reboot in the Easter season! We cannot think small anymore.

## **Methodism for Dummies**

United Methodist Special Sundays without offerings: these Special Sundays are designated to focus attention on a specific aspect of the church's ministry; no special offering is taken. Perhaps your church has more than these.

- **Heritage Sunday** (May 24 or the Sunday preceding) is a day for United Methodist congregations to reflect on our heritage, to celebrate where the church has been, how it understands itself as it shapes us today and the meaning of Christian conferencing.
- **Laity Sunday** (third Sunday in October) celebrates the ministry of all lay Christians.
- **Organ and Tissue Donor Sunday** (second Sunday in November) celebrates organ donation as an act of love and ministry to others in need.
- **Men's Ministry Sunday** (Sunday designated by the congregation) celebrates men's ministry in the church and the community.

## **A word from Wesley**

"Nothing conduces more to health than abstinence and food with due labor," Wesley wrote in his 1747 book, "Primitive Physick: or An Easy and Natural Method of Curing Most Disease."

Among Wesley's advice: Eat a light supper at least two or three hours before bed.

Other Wesley diet and exercise tips include:

- Drink lots of water; it's the healthiest of all drinks.
- Avoid coffee and tea; they elevate anxiety.
- Exercise, preferably walking, is necessary for good health.
- Cold baths promote circulation.
- Exercise on an empty stomach.
- Go to bed at 9 p.m. and rise at 4 a.m. or 5 a.m.

### **Holy Week Schedule:**

April 2, Palm Sunday, 9:30, Sanctuary

April 6, Maundy Thursday, 7pm, Chapel

April 7, Good Friday – “Acts” breakfast program at 6:30am at the Clarion Hotel, Elmira

**April 7, Good Friday, 6am-6pm, Guided mediations on the Cross. Signs up in entranceway.**

April 7, Good Friday Tenebrae Service, 7pm, Sanctuary

April 9, Easter Sunrise Service at 6:30 am in Prayer Garden with coffee hour after.

April 9, Easter Service, 9:30, Sanctuary

*Note: The April 7<sup>th</sup> Good Friday Noon service at Outdoor chapel at Lutheran Church on Westinghouse Rd. has been cancelled.*

All are invited to an **IN-PERSON basic training** in “safe sanctuary,” Saturday April 15 from 9:00 – Noon in our CHAPEL. All who work with children, youth and vulnerable adults must be trained. More information will be coming on this. Rev. Steph Brown and one other trainer will lead this. There is no cost. The horseheads UMC will provide a light lunch after the training. We will be opening this to the district area churches.

RSVP by April 12 to [office@horseheadsumc.org](mailto:office@horseheadsumc.org) with names and phone number.

**Every Wednesday from 10-11am, Tai Chi for Seniors is in our Fellowship Hall. Everyone is invited to come join in. Walk-in’s welcome, no reservation or experience needed!**

### **HOUSE BANK for HUNGER: April 2<sup>nd</sup>- 31<sup>st</sup>**

This missions’ project seeks to help alleviate hunger here and around the world. Funds raised will aid UMCOR World Poverty and Hunger, Horseheads Food Pantry and Bread for the World.

If you would like to support this effort, please put your gift in the large House Bank in the Narthex during the month of April. Remember to put House Bank in the memo of your check or on your envelope if you are giving cash. Thank you! ~ missions committee

### **Native American Ministries Sunday: April 23, 2023**

This ministry serves to remind us of the gifts and contributions by Native Americans to our society. This special offering supports Native American outreach within annual conferences and across the USA and provides seminary scholarships for Native Americans. Please mark any offering for this ministry as Native American Ministries in the memo of your check or on your envelope. Thank you. ~ missions

**Upper Room: The new Upper Room for May and June are here and on the office window (due to construction) for this Sunday.**

**It's time! That awesome event you were waiting for!!**

(Drum Roll Please....)

## **\$\$\$UMC of Horseheads Annual Spring RUMMAGE SALE\$\$\$**

### **THE GUIDELINES:**

We will have our Spring rummage sale with the following for people who would like to donate items:

1. No items to be brought to the church until Friday, April 28 after 10:00am
2. **DO NOT PUT ANYTHING IN THE CHURCH GARAGE OR LEAVE OUTSIDE CHURCH DOORS.**
3. All items need to be clean and usable. This includes clothing, children's items, kitchen items, etc.
4. We will not accept TV's, computer equipment, mattresses, bed pillows.
5. We cannot pick up large furniture.

### **RUMMAGE SALE DROP OFF DAYS AND TIMES**

You can bring items on Friday, April 28 after 10:00am  
Saturday, April 29 and Monday, May 1 from 9:00am – 4:00pm  
Tuesday, May 2, 9:00am – NOON (no items accepted after noon)

#### **RUMMAGE SALE BEGINS:**

Wednesday, May 3 – 5:00pm – 8:00pm Full Price  
Thursday, May 4 – 9:00am – 4:00pm ½ Price  
Friday, May 5 – 9:00am – Noon \$2.00 pr. Bag  
Wednesday evening, we are offering a free dinner from 5:00pm – 7:45pm  
Holy Grounds Kitchen Staff will be selling food on Thursday and Friday during the sale.  
Prices will be posted.

**NO PRE SALES!**

**Mid-Week Fellowship sponsored by Faith Builders: 5:30-8pm.** Card games, board games, open gym time. Pizza and salad provided. All ages are welcome to join in.

Do you have a high school or college graduate this year? Please submit their information to Shannon Majiros, Christian Education Chair, [majiroshfumc@gmail.com](mailto:majiroshfumc@gmail.com). We will be celebrating our students on June 4th and want to make sure we include everyone.

**A heartfelt *THANK YOU* to all who participated in the Spring Clean & painting projects**

Ten years ago, Outreach began collecting clothing items for the Bath VA. Once again, the committee would like to collect sweatpants ( L-XL-2XL-3XL-4XL) and sweatshirts (XL-2XL-3XL-4XL) as they are always requested. Plain colored or white T-shirts or even three button shirts (same sizes and no writing) are accepted. Additionally, men's underwear has been requested with no size or type specified. We will begin to collect items on May 15 and continue through June 18. Thank you for supporting the Outreach Committee as we Reach Out to the Veteran's in Christian Love.

**Karren's Clothing Cupboard:** Things are moving along in the cupboard; we have started changing out clothing for Spring and getting some things around for the spring rummage sale. Many of the things we are taking down will be packed away for next winter but will be tagged so we are sure what is moving and what isn't. There are some adorable outfits for little guys and very cute dresses for Easter for girls up to size 12 girls. We have some dresses for women, dress shirts and pants for guys. One day in March we had 5 customers looking for items for at least 10 or more people in their families. That was a busy day and thankfully we had 4 of us working. Because of that day we have decided realistically we need to have at least 3 people most days. To date we have served 32 people coming from Candor, Millport, Elmira Heights, Elmira and Horseheads. It doesn't sound like a lot but as we opened the last week in November as an unknown, we feel like it is doing well. We have only had to purchase a few items and that money has come from free will donation money. Thank you all for your generosity.

**Parish Visitor: Cindy Ellis: HAPPY SPRING!** As we wait for the newness of spring flowers, etc. let us remember those who are experiencing health issues. Bev Ring at Bethany Manor and Larry Madison at Chemung County Nursing facility and Doris Vaughn at Arnot for tests. They are having rehab. We also want to remember those at home who can't get to our church services. We miss them. They are, Carol Erway, Letha Padgett, Julia Ames, Bonnie Flashphaler, Cynthia Stansfield, Susan Carpenter, Dick Davies, Gladys Kucher, Barb and John Harvey. They would love a phone call or greeting card. Let us keep RaeAnn and Dick Brigger in our thoughts and prayers. We keep the family and friends of Carol Kirkwood in prayer. She passed away on March 7. Now here are two JOYS – First grandchildren: a grandson for LuAnn Longenberger and a granddaughter for Janell and Monty Sullivan. Congratulations to the families. May you all have a blessed Palm Sunday, Holy Week and Easter.

**Hats Off: to Mary Daniels** for creating greeting cards for our "Friends at Home" four times a year. And thank you to Josie Knapp and Alberta McAtee for signing and mailing them.

**Women in Faith news for April:** Sisterhood in Grace circle meeting for April 19, Noon in the large Conference room. ALL women are welcome. Bring a sandwich. Beverages and dessert will be provided by our hostesses: Liz Newbury and Teri Hauptman. We will have Deb Sebura, a representative from the Neighborhood Transformation Center, Elmira – with us to explain what they do for families, etc. Come and bring a friend.

**District event:** On Saturday, April 1, 10:00am, we will be going to the Hammondsport UMC for communion and brunch. It is an inspirational time as we prepare for Holy week. Contact Cindy Ellis at 607-739-5185 for more information. All are welcome.