

### WALKING WITH GOD DURING LENT

Lent, the season that helps prepare us for the celebration of Easter, commemorates the 40 days Jesus spent fasting in the desert, according to the Gospels of Matthew, Mark, and Luke, before he began his public ministry. We believe that Jesus went to the wilderness to set aside the distractions of normal life and focus on God and God's will for him. So we attempt to do the same during Lent.

Fasting, or giving up certain foods, is a traditional way of observing Lent, but here are some additional ideas:

#### Plug In

Consider adding something that helps you connect with God.

- Study a book of the Bible in depth, perhaps reading it straight through at one sitting, and then again, slowly, praying for understanding.
- Start the bishop's Bible Challenge for 2020, if you are not already doing it. Lists of daily readings are found outside the church office, and are included in your Sunday bulletin at the beginning of each 21-day period.

#### Give It Up

Consider giving up something that distracts from your important relationships, like too much time on Twitter or watching TV or playing games. Maybe cut out screen time for several hours a day. Or, give up toil for 24 hours: take a day of true rest.

#### Give Alms

Lent is a marvelous time to distribute "alms" to people who are less fortunate. Ask yourself what you can give. Your time? Your talents? Money?

#### Express Your Kind Side

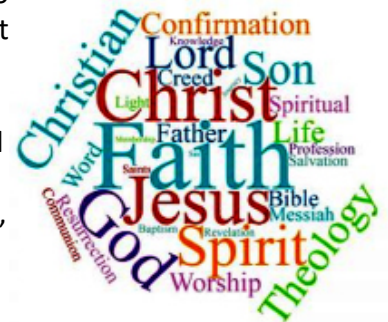
Show your love for Jesus through Christian kindness to others. Surprise others by doing something special for them.

— Sources: *Rethink Church*; *UMC.org*

### Confirmation Classes to Begin

Confirmation classes help our young people explore Christian faith and make an informed decision about being a Christian. After an orientation session on March 1, classes will begin on Sunday evenings on March 8. Eventually, on Confirmation Sunday, some will confirm the promise made by their parents when they were baptized, while others may choose to be baptized into the faith on that day.

Let's keep these young people and their families, as well as Pastor Cho, in our prayers during this time.



### New Defibrillator Is Installed

Please note the location of the defibrillator that is now installed in the hall outside the church office. Defibrillator technology has come a long way in the past few years, such that operation of this unit is so simple almost any adult could do it in an emergency. Once the device is opened, you hear clear, simple instructions. The device will not administer a shock until it has verified that a shock is needed. After a shock, it gives instructions for CPR compressions, and it will advise if another shock is needed before emergency help arrives.

To see a video showing its operation, google **Philips Head Start Onsite AED Demonstration Video**.



### Ordering Easter Lilies

Forms and instructions for ordering Easter lilies for the sanctuary in memory or honor of someone will be available soon. Look for them outside the church office. If you cannot pick up a form, they will be available on the church website, or you may call the church office after March 9 for more information.



## We Have Sold the Parsonage!

The Trustees have sold the parsonage (141 Stratford Place), and there is furniture to dispose of before the closing on 3/27. If you are a member of Mount Vernon and are interested in purchasing any of the furniture, the parsonage will be open on 3/12, 2–4 p.m., and 3/14, 10 a.m.– noon, for you to look over the items. The sale will be by blind bid, and your bid must be received in writing in the church office by 5 p.m. on 3/18. Sales will go to the highest bidder, and buyers must remove the items by 3/20. Arrange a time to pick up your purchase by calling Gary Benefield at 434.489.9530 or Tom Underwood at 434.203.1481.

*Please mark your calendar!*



### Sunday, March 15: Children's Sabbath

Our youth and children's choirs will be singing three songs, and the whole service will be led by our children and youth. The speaker will be Dr. Maklin Eugene of Cap Haitien, Haiti, who will tell about the medical clinic he established and currently directs.

### Sunday, April 5:

#### Youth and Children's Spring Musical

### June 4–7: Kaleidoscope Camp

(for rising 5th – 9th graders)

### July 19–25: Appalachia Service Project

**ASP** Mission Trip

## wednesday suppers and programs

	MEAL	PROGRAM
March 4	Covered-dish supper	Fun!
March 11	Orange chicken, rice & gravy, green beans, dessert	Speaker: Rev. Jae Cho
March 18	Menu to be announced. Vida Wilkes cooking.	Speaker: Rev. Jae Cho
March 25	Meat lasagna or veggie lasagna, salad, bread, dessert	Speaker: Faye Kushner, local author

**Serving begins at 6 p.m.**

Cost: \$7. Children under 12, no charge.

For covered-dish suppers, there is no charge and no reservation is necessary. Bring something to share.

For all other meals, reserve your dinner at church on the preceding Sunday or by calling the church office (793.6824) by 4 p.m. on Monday.

**Programs: 6:30–7:15 p.m.**

## A Word from the Fire Marshall:

If there is an emergency during worship, ***please leave it to the ushers to call 911.*** If many people call at once, it could cause a problem at the dispatch office and delay the response.

*A hardy group of 18 or so showed up for our clean-up days, February 21 and 22! Some worked one day, some worked both. What started out as a kitchen cleaning was extended to many corners of the church.*

*One of the first things we did was wash and put away our new stainless flatware. We were able to purchase this with a generous gift from an anonymous donor and a grant from Memorial Gifts. We are more than grateful for both.*

*Much was accomplished and all was appreciated!*





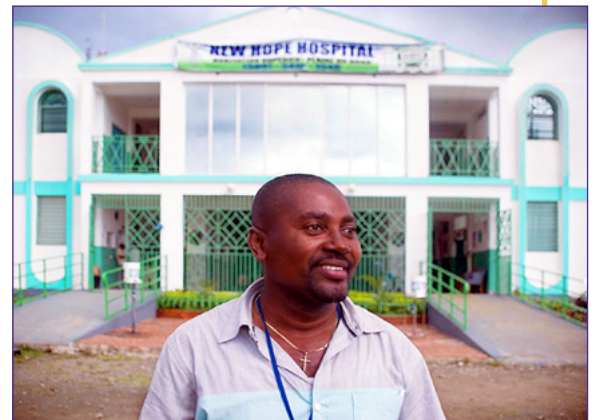
March 3, 2020

Dear Church Members:

As we enter the Lenten season, it is important that we take time to consider what we are doing to serve Christ, not only in our own lives, but also through the work of those who have dedicated themselves to the purpose of serving God's children all around the world. The Missions Committee has decided that this year's Easter Offering will go to Dr. Maklin Eugene of Haiti.

A few years ago, in the Plaine-Du-Norde (northern) region of Haiti, over 250,000 people in this mostly rural, low-income area had little access to adequate healthcare. Many died, simply because the nearest hospital was too far away, and many could not afford transportation. Many others suffered unnecessarily or went untreated. Dr. Eugene, a family physician in Haiti, worked tirelessly raising funds to build a hospital in this region. His plan was straightforward: employ Haitian workers to build the hospital, use a Haitian medical staff, and thus provide hope to a large area of northern Haiti. The New Hope Hospital is now a reality!

Dr. Eugene's love for Haiti is profound. He is not only the coordinator of New Hope Hospital but also of Haiti Mission Branche Norde (HBMN), a non-profit organization working for long-lasting social development in Haiti. HBMN aims to improve the well-being of its citizens. Through it, Dr. Eugene has been involved with projects to bring clean drinking water to the area, and to provide micro-loans to promote economic independence.



You can learn more about Dr. Eugene online at <http://www.haitimissionbranchenord.org/drmaklin> or by Googling *Dr. Maklin Eugene, Haiti*.

We are very fortunate that Dr. Eugene will speak at Mount Vernon for the Children's Sabbath service on March 15! Dr. Eugene is the father of Samuel and Krystie Eugene, who are living with Lude Labieville, their aunt, and her family. We are so blessed to have them living among us, as their father and mother serve the poor in a challenging setting.

Our goal for our Easter Offering this year is \$3,000. We ask that you prayerfully consider your offering for this season and respond by Easter Sunday, April 12. Please indicate "Easter Offering" on the memo line of your check.

May the Lord's peace be with you during this miraculous time of year.

Sincerely,

The Missions Committee



## Barbecue Dinner

Many thanks to Eddie Blachura and the Turner Clan for cooking and donating our delicious barbecue dinner on February 26. All proceeds from the dinner will benefit our summer youth and adult mission trip, Appalachia Service Project. Approximately \$1200.00 was raised!



**Spring forward  
on March 8!  
Daylight Savings Time**



A big thanks to all who participated in the food packing on February 9: people of all ages from Mount Vernon, and the GWHS football team! We packed 10,600 meals.





Temple Beth Sholom

Dear People of Mount Vernon Church,

At this time, when anti-Semitic attacks nationally are at an all-time high, the congregation of Temple Beth Sholom feels particularly blessed to have friends and neighbors who appreciate religious diversity and respect our beliefs. As a "thank you" to the community we would like to invite all interested persons to our interfaith Open House Sabbath service on Friday, March 20, beginning at 7:00 p.m. at Temple Beth Sholom (129 Sutherlin Avenue).

Rabbi Tracy Klirs will lead us in Sabbath prayer, including reading from the Torah. In lieu of a sermon Rabbi Klirs will field questions from our guests regarding Jewish beliefs, customs, and practices (so please come with questions). After the service we will have refreshments in the social hall, where we can continue the conversation and get to know each other better.

There is no charge for admission but due to limited seating we ask that you RSVP to [pkhlov@comcast.net](mailto:pkhlov@comcast.net) or 799-3505. We look forward to seeing many of you on March 20.

Jo Ann Howard, President  
Temple Beth Sholom

## March Birthdays



- |                        |                       |
|------------------------|-----------------------|
| 1 Parson Jacob Lutz    | 19 Don Cairns         |
| 2 Anne Hatton Mitchell | James Gauldin         |
| Sam Newell             | Curt Harden           |
| Lauren Harless         | Gary Miller           |
| 3 B. G. Lewis, III     | 20 Valerie Booker     |
| Judith Terry           | Patti Clifton         |
| 4 Fran Darkis          | Tafton Trent          |
| 5 Caroline Brande      | 21 Guy Cooter         |
| Frankie Jean Thomas    | Bill Cornett          |
| Anne Wayne Patterson   | "T" Leggett           |
| 6 Sandy Burch          | Ashley Strader        |
| Shirley Duncan         | 20 James L. Thompson  |
| Margaret Harden        | 22 Ella Weber         |
| 7 Lauren Miller        | 23 Phillip Kirkland   |
| 8 Jan Lester           | 24 Christopher Waters |
| 10 Louise Anderson     | Patrick Adkins        |
| Michael Compton        | 27 Harriett Cook      |
| Todd Fowler            | Sara Garrett          |
| Elizabeth Payne        | 28 Faith Newell       |
| 11 Ashley Acker        | 29 Allison Miller     |
| Weber Harris           | 31 Vera Stephens      |
| Matt Parrish           |                       |
| Robert Wooding         |                       |
| 13 Lin Benefield       |                       |
| Lauren Foster James    |                       |
| Bill Hickson           |                       |
| 14 Rosalind Morton     |                       |
| Zara Zickefoose        |                       |
| 15 Susan Swicegood     |                       |
| 16 Bill Hood           |                       |
| Angela Longerbeam      |                       |
| Berkley Keck, Jr.      |                       |
| 17 Henry Thomson       |                       |
| 18 James Feldmann      |                       |
| Linda Saunders         |                       |

## April Birthdays

- |                    |
|--------------------|
| 2 Von Cannon       |
| John Gibbs, III    |
| 3 Kathryn Blachura |
| Sarah Hawkins      |
| Harry Lea          |
| 5 Ken Larking      |
| 6 Lee Shreve       |
| Jack Spainhour     |
| Morgan Wall        |
| 7 Rebecca Daniel   |
| Beth Payne         |

*A gift in memory of*

***Douglas Wrenn***

*has been received from  
the Landis Sunday School Class.*



At Blue Ridge Rehab: **Betty Jennings**

At Brookdale: **Jean Beach**

At Roman Eagle: **Betty Adkins, Tom Darkis**

At Commonwealth/Stratford House: **Ruth Waggoner**

At home: **Frances Stoneburner, Mary Ellen Dean, Bill Hardy, Dorothy Stephens, Berkeley & Van Keck, Rev. Joyce Johnson**

## Attendance

	8:30	11:00	Total
FEB. 2	27	86	116
FEB. 9	23	129	156
FEB. 16	24	82	107
FEB. 23	28	74	104



**MARCH:**

**Joyce Underwood, Leah Cooter, Ellen Dey**

**APRIL: Bonnie Griffith, Tammy Waters**

## Gluten-free communion bread

is available. Contact the pastor, at 434.793.6824, before Communion Sunday (usually the first Sunday of each month) if you would like gluten-free wafers.

