

HOW GOES YOUR SOUL?

WRITTEN BY PASTOR PENNY

Dear Mount Vernon Family and Friends,

“How goes your soul?”

This is a question that Methodist Movement founder John Wesley instructed those who participated in covenant groups called “bands” to ask of each other. These groups met regularly and where members would share their temptations, successes and failures, creating safe space for confidential discussion and accountability. The purpose was to help each participant to grow in their personal piety and faithful living as disciples of Jesus Christ.

As your pastor I have endeavored to encourage, teach, preach, and live out the model of accountability and encourage discipleship growth as your pastor. Some things have gone well, some I will continue to work on to be a better disciple myself, and some things are yet to be experienced.

During this 2026 Lenten season I have asked you to consider “What Mount Vernon UMC means to You.” You have heard two excellent responses from John Ranson and Carla Holden, and we will continue to hear more in the coming weeks. This relates to our new style of church Stewardship awareness for 2026.

Our church, like many others, is experiencing a time of transition. Still, I believe that God is alive and at work among us. We are called to manage our time, talents, resources, our prayers, and our mission activities to God’s glory. I believe we must grow “deeper roots to see the fruits” of blessing. We serve a God who is great enough to supply every need.

The question we must ask is do we want to grow? Are we willing to serve God as directed by the “Great Commandment” found in Mark 12:30? This means dedicating our (yours and mine) entire being to God. Total devotion includes emotions, your soul (inner life), your mind(intellect), and your body (physical energy) and resources (financial).

The focus of our attention, and our anxiety, involves financial uncertainty. While money IS necessary to continue the upkeep and work of ministry, it is too often a hinderance to the ministry to which God is calling. I am recommitting to offer my whole life, heart, mind, soul, and strength to the glory of God and I am believing that the Spirit will show me how to give with more joy, love, and expectation. I believe that for our church, too.

I have clergy partners who regularly ask me about the state of my soul, and I appreciate their consistent love, support, guidance, and accountability. My soul grows fuller everyday even when the struggles of temptation to despair arise, my faith and commitment are strong. I want to grow in my discipleship. Will you join me?

“How goes your soul?”

Pastor Penny

MOUNT VERNON UNITED METHODIST CHURCH FOUNDATION

SCHOLARSHIP APPLICATION 2026-2027

SCHOLARSHIP APPLICATIONS DUE BY MARCH 25TH.
FORMS ARE ON THE TABLE OUTSIDE THE OFFICE.

CONTACT INFO BELOW:

CELL 585.322.3208

MLHERKE@GMAIL.COM



Confirmation Classes begin: Sunday, March 8th from 4:30-6pm. Please reach out to Penny if this is something your child would like to attend.

The purpose of the UMC confirmation class is to provide a space for youth to learn about the history of Methodism, understand what it means to be a united Methodist, and explore their own faith convictions. It offers opportunities for relationships that foster spiritual growth and accountability. This is a chance to immerse youth & parents in a holistic program supporting their faith journey and becoming full, active members in the UMC.

From December through January, there was a collection taken in honor of Beth Bauman and her ministry here at Mt Vernon. The totals for those are: \$1,087.50 for CROP walk & \$ 1,637.50 for Haiti (Bethel Hope). Thank you each who were able to give.

March Usher Schedule

March 1 – Hudson Dunn (Head Usher), Howard Lester, Butch Dalton

March 8 – Darrell Williamson (Head Usher), Frank Davis, Butch Dalton

March 15 – JG Hurt (Head Usher), Steve Daniel, Butch Dalton

March 22 – Dent Holden III (Head Usher), David Fuquay, Butch Dalton

March 29-- Chuck Sampson (Head Usher), Dent Holden IV, Butch Dalton



“THE KING WILL REPLY, ‘TRULY I TELL YOU, WHATEVER YOU DID FOR ONE OF THE LEAST OF THESE BROTHERS AND SISTERS OF MINE, YOU DID FOR ME.’” – MATTHEW 25:40

WEDNESDAY NIGHT MEALS

MENU

MARCH 11TH - LASAGNA & SALAD

DINNER WILL START AT 5:45 PM. \$10.00 KIDS 5 AND UNDER ARE FREE AND WE'LL HAVE NUGGETS AND APPLESAUCE FOR THEM, IF THEY SO CHOOSE.

APRIL 8TH - TACO BAR

DINNER WILL START AT 5:45 PM. \$10.00 KIDS 5 AND UNDER ARE FREE AND WE'LL HAVE NUGGETS AND APPLESAUCE FOR THEM, IF THEY SO CHOOSE.

MAY 13TH - CHICKEN, PARMESAN POTATOES, GREEN BEANS

DINNER WILL START AT 5:45 PM. \$10.00 KIDS 5 AND UNDER ARE FREE AND WE'LL HAVE NUGGETS AND APPLESAUCE FOR THEM, IF THEY SO CHOOSE.

JUNE 10TH - HAMBURGERS / HOTDOGS, BAKED BEANS, POTATO SALAD

DINNER WILL START AT 5:45 PM. \$10.00 KIDS 5 AND UNDER ARE FREE AND WE'LL HAVE NUGGETS AND APPLESAUCE FOR THEM, IF THEY SO CHOOSE.

FOR RESERVATION PLEASE EMAIL MLHERKE@GMAIL.COM OR CHURCH@MTVERNONUMC.ORG



COMMITTEE MEETINGS:

CHURCH COUNCIL WILL MEET
MARCH 16TH AT 5:30PM

SPRC WILL MEET MARCH 24TH AT
6:30PM

*Communion with Mount Vernon UMC
at Stratford House
Wednesday, March 4th at 11:30PM*



Mountain View Mission Day
Saturday, April 11, 2026
10:00 AM 5:30 PM

Mountain View Mission Day!

Saturday, April 11

One Day, One District, Three Locations

Serve Globally and Locally at Each Location!



*Meets at Two Witches Wine &
Brewery at 6PM, March 23rd.*

*Bring a dinner or snack and
join us for
in depth talks and fellowship!*

This year, the District is uniting churches of all sizes in a shared mission—**both global and local**. Together, we'll host Rise Against Hunger events in three locations to help feed people around the world, while each local community group of churches partner with local nonprofits to meet needs much more locally.

More details to come!

Locations:

Peaks View Region will gather at
Heritage UMC, Lynchburg

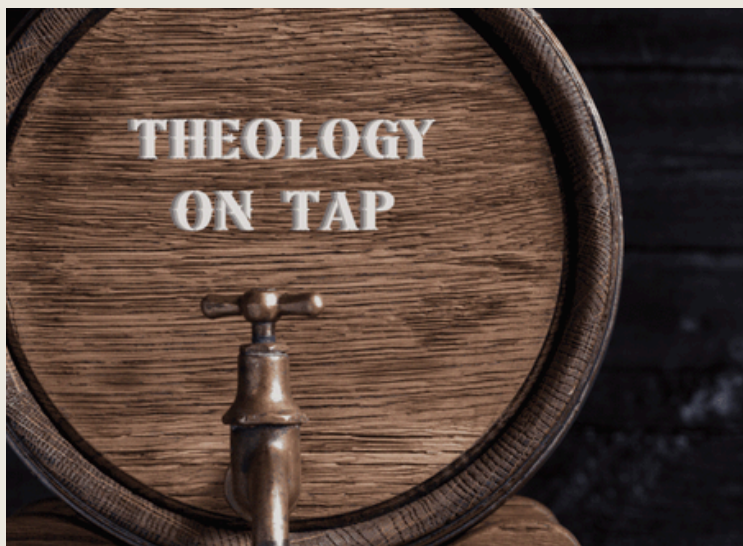
Ridge View Region will gather at
Redwood UMC, Rocky Mount

River View Region will gather at
First UMC Martinsville

A GLIMPSE OF THE KNITTING GROUP

this group of 12 active women keeps busy in the lives of many in the community- Hats & scarves to Henry Fork Center as well as homeless. Hats & blankets to newborns. Lap & shoulder blankets to the nursing home or shut ins.

These dedicated women do this and so much more!! They meet 1st, 4th & sometimes 5th Thursday's of the month. Much love and talent goes into each of these. Thanks for all you do!!





Here is an update from Youth...

Due to the weather, we only had two Sunday night meetings this month, where we continued our conversations about serving and giving back to others. We averaged about 25 youth and adults across these two meetings.

We also completed our first community service project, which included helping around the church by removing snow and ice and spreading salt. In addition, we did some cleaning and organization in the fellowship hall and kitchen. Combined, we completed 24 hours toward the 100-hour goal we set for the spring.

Moving forward, our lessons will shift toward preparing for ASP while continuing to emphasize serving others through both small acts of kindness and larger service projects.

I would like to express my deep appreciation to you, my church family, as I have transitioned to a new chapter in my life - my retirement. As I have reflected on the years since our family moved to Danville and I began working at Mount Vernon, I am flooded with wonderful memories. I am so thankful for each of you and the blessings we have shared in ministry with children and youth and in various mission projects - youth group, retreats and mission trips, VBS, Godly Play, children's choir musicals, Kaleidoscope Camps, the CROP Walk and more. You have given freely of your time, talents and resources to support these ministries as we sought together to share the stories of our faith and to grow in our relationship to God, to dialogue and support one another and to embrace opportunities to serve God's children in need.

I appreciate the beautiful retirement reception and for the cards, letters and your generous gifts to the offering for New Hope Hospital and the CROP Walk in my honor. I am thankful for each of you.

**In gratitude,
Beth Bauman**

You're invited to join us

FAST, FEAST, AND FAITH LENTEN LUNCHEONS

FEB 25TH

Saint Luke's United Methodist Church

MARCH 4TH

Mt. Vernon United Methodist Church

MARCH 11TH

Calvary United Methodist Church

MARCH 25TH

Rock Springs United Methodist Church

MARCH 28TH

Mount Olivet United Methodist Church

APRIL 1ST

Wesley Chapel United Methodist Church

Join United Methodists from across our city and county for a meaningful time of fellowship during Lent. We gather at **12:00 PM** for a brief devotional and a simple lunch of soup and bread. Take a sacred pause in the middle of your week, fast from hurry, feast on community, and deepen your faith. All are welcome. Bring a friend.

And if you spend yourselves in behalf of
the hungry and satisfy the needs of the
oppressed, then your light will rise in the
darkness, and your night will become like
the noonday.

Isaiah 58:10



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