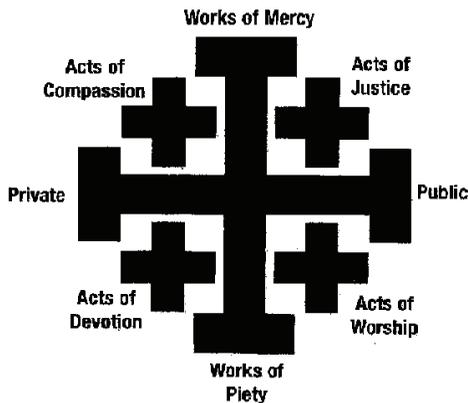


Changing From The Inside Out

*“Create in me a clean heart, O God, and renew a right and steadfast spirit within me”
~ Psalm 51:10*



The season of Lent is upon us. During this season, many Christians are entering into an intentional observance of spiritual practices or spiritual disciplines for growth and transformation.

Remembering that, in the early church Lent was a season of preparing new converts to Christianity for Baptism, Lent is sometimes understood as a season of intentionally forming, reforming, and transforming disciples of Jesus Christ. In our Wesleyan/Methodist

tradition, we understand that, “Christian disciples are formed by shaping their lives according to the General Rule of Discipleship, which is: *‘To witness to Jesus Christ in the world, and to follow his teachings through acts of **compassion, justice, worship and devotion**, under the guidance of the Holy Spirit.’*”¹ A holistic spiritual life and faith will seek to hold all these acts together and to grow in each of these areas.

This Lent, I invite you to consider which of the areas you feel you may need to intentionally grow. Then I encourage you to engage in a spiritual practice that will help challenge you toward growth and transformation. Above all, I invite you to open yourself up to the grace of God at work within us, so that God may shape us and transform us into the people God desires.

To help you on your journey, we’re offering you some opportunities for spiritual reflection and growth this Lent. You will find in this Herald an announcement about the spiritual practice offerings on Tuesdays in Lent. I hope that you can find, at least, one of those offerings inviting enough that you will give it a try for your Lenten journey.

May God bless you on your journey this Lent!

Pastor Shandi

Diagram and definition provided by David Lowes Watson in the book *“Forming Christian Disciples: The Role of Covenant Discipleship and Class Leaders in the Congregation.”*

LIGHTINGS AND ALTAR FLOWERS...

The Tower lighting for March is given in loving memory of Dr. C. James Brenneman by his daughter Betsey.

The Rose window lighting for March is given in loving memory of Heik P. and Irene B. Garabedian, Robert Demers, and my grandson Jason Sullivan by Shirley and family.

WE LIFT UP IN PRAYER THIS WEEK

- ✠ Those who are sick or struggling.
- ✠ Mary Ellen Brosnihan who is grieving the death of her roommate.
- ✠ Emily Smith's sister-in-law, Ann Smith, who is undergoing bypass and valve replacement surgery.
- ✠ An ailing aging uncle of Tim Hachey who is living in Las Vegas and has only a few months to live due to cancer. Pray for his comfort and peace.
- ✠ Stephanie Smyth who is home recovering from a recent surgery.
- ✠ Julita Crisostomo who is still in critical care ICU, and for her family who have come to the decision to remove Julita from life support.
- ✠ The family of Bishop Felton E. May who grieve his passing and celebrate his life.
- ✠ Stanley Gutridge as he celebrates his 100th Birthday on March 9th. Cards can be sent to: Stanley Gutridge, Rm. 135A, Knollwood Assisted Living, 87 Briarwood Circle, Worcester, MA 01606.



REMINDER... DAY LIGHT SAVINGS TIME BEGINS

Saturday night, March 11th, before you go to bed be sure to move your clocks ahead. You don't want to miss church on Sunday... *do you?*

NEW BUILDING SUPERINTENDENT

The Staff-Parish Relations Committee is happy to announce that we have added a new member to our staff team. We would like to extend a warm welcome to Tim Murphy who will be serving as our new Building Superintendent. Tim brings with him many skills and experiences that will help to enhance the operations and care of the building and other property. Tim has served as an Assistant Manager at Town Fair Tire and as Warehouse Manager for TSG Enterprise. He is currently self-employed as an Equipment and Sales Manager on a part-time basis. He is also a member of the United Parish of Upton where he serves on their Building and Grounds committee and as their interim custodian.

Tim will be working on a part time basis with us. His hours will be Monday through Friday from 8:00am to 1:30pm. Please join us in welcoming Tim and making him feel at home in our community.

~ Staff Parish Relations Committee



Small Gifts for Shelters... Sarah Circle will again be collecting useful or edible items for Worcester shelters. On Sundays in Lent through Palm Sunday (April 9th), you're invited to leave any of the following in the purple bag you'll find in the church pantry:

- Soap, hand sanitizer, shampoo, toothpaste, lotion, deodorant
- First Aid supplies, sunscreen, lip balm
- Chocolate, dried fruit, cereal bars, small bags of cookies or crackers, or other snacks which have some food value
- Packets of hot chocolate, small juice containers
- Socks, hats, washcloths, pens, Post-its, Scotch tape
- whatever else you think a person at a shelter would appreciate

The items will be delivered to shelters and Worcester Fellowship on Easter weekend. Questions? Contact Betsy Pennino.

MESSAGES FROM THE CHURCH BUSINESS ADMINISTRATOR

Final 2016 Budget Results

	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
Total Budgeted Income	613,718	622,792	- 9,074 less than budget
Total Unbudgeted Income	42,269*	0	42,269 * incl Quimby & HI dividend
Total Income	655,987	622,792	33,195 more than budget
Total budgeted Expense	642,867	667,668	- 24,800 less than budget
Total Unbudgeted Expense	9,178	0	9,178
Total Expense	<u>652,681</u>	<u>667,668</u>	<u>- 14,098</u> less than budget
Net Income	3,306	- 44,876	48,182

2016 Highlights

<u>Income</u>	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
General Fund	328,556	342,000	-13,444 less than budget
Easter	5,552	5,784	-231 less than budget
Thanksgiving	3,393	3,459	-66 less than budget
Christmas	9,894	6,200	3,694 more than budget
Harvest	44,289	39,000	5,289 more than budget
First Night net of expenses	509	1,000	-491 less than budget
<u>Expense</u>	<u>Actual</u>	<u>Budget</u>	<u>Difference</u>
Salary/Benefits	376,372	407,027	-30,655 less than budget
Building & Maintenance	125,441	132,300	-6,859 less than budget
Office Expense	39,184	32,917	6,267 more than budget
Program Expense	37,971	28,900	9,071 more than budget
Mission Shares paid in full	53,948	53,948	

Please let me know if you have any questions. Both January and February 2017 results will appear in the next Herald.

Peace, Lorna

CARTY CUPBOARD...

Carty Cupboard Food Pantry is in need of 2 volunteers to work Friday mornings.

The first one is to do the Friday morning set up. You must be able to lift heavy bags of food. The set up runs about 45 minutes starting at 8:30 AM.

The second is for a volunteer to work the Friday morning distribution line. You must be able to lift heavy grocery boxes. The opportunity runs from 9:30 AM to 12:15 PM. It could indeed be the same person to do both if you have Friday mornings free. Please remember that this mission to help feed those in need is one of Wesley's main and most important missions. We cannot continue to complete this mission if we do not get the necessary volunteers. If we do not find someone to volunteer we will be unable to provide food for those people who rely on our Friday distribution.

If you are interested please call Nancy at 508-887-1481.

CHILDREN'S EDUCATION

Vacation Bible Camp/School (VBS) - Mark your calendars for **July 10-13 (Monday-Thursday)**, from 5-8 p.m., with dinner included. Pencil these dates in for our free, fun Bible camp! More info to come on registration in the next Herald! This year's theme is **ROME: Paul and Underground church**.

Easter Egg Hunt - April 15th, 10-11:30 a.m.. Please join us for this event sponsored by Education and Sarah Circle. All are invited - Egg hunting is for children grades 6 and under. There will be crafts, snacks, and sharing of the Easter story! Invite friends. Please bring 12 regular sized plastic eggs filled per child. Younger preschool children can fill eggs with goldfish, etc., and be sure to attach stickers to these so we know they are for the young ones.

Christian Education needs **EGG CARTONS!** We need lots of egg cartons (the cardboard or Styrofoam kind) for an upcoming Easter project. Please bring in your empty cartons to the plastic bin in Brewer Hall or see Jean. Thank you! We need a lot so keep them coming!

Wesley UMC's "Giving To" for Lent

It has long been a tradition and practice for many Christians to "give up" something for Lent as an act of reflection and spiritual "housecleaning." This year at Wesley, the Mission and Christian Formation & Education Committees are inviting you to a "giving to" practice.

Each Sunday in Lent, we are asking that you bring two of the same food item to church with you. One of the items will be for Carty Cupboard and the other for the Elm Park Elementary School's weekend backpacks—for family's who need food to bridge days without meals at the school.

There will be collection boxes in the Narthex and in Brewer Hall labeled with "Carty Cupboard" and "Elm Park." Please drop one item in each box each week as you are willing and able.

Items and their weeks:

	Carty Cupboard	Elm Park
March 5 th	Jelly	Jelly
March 12 th	Instant brown rice	Instant brown rice
March 19 th	Can of vegetables or fruit/applesauce	Can of vegetables or fruit/applesauce
March 26 th	Tomato sauce or pasta/spaghetti	Tomato sauce or pasta/spaghetti
April 2 nd	Can or bag of beans	Can or bag of beans
April 9 th	Peanut butter	Peanut butter



Tuesdays in Lent

at Wesley United Methodist Church
March 7 through April 4th

This Lenten season, you are invited to join the Wesley UMC family each Tuesday for a simple supper, table fellowship, and your choice of small group activities. Childcare will be provided.

6 pm: Simple Supper & Table Fellowship



6:45-7:45 pm: Small Group Activities

- ❖ Roll Down, Justice!
A Lenten Biblical Reflection
with the music of Mark A. Miller
- ❖ The Transforming Way of Discipleship:
Changing from the Inside Out
Tuesday morning group from 10-noon will also be offered.
- ❖ Holistic Health as Spiritual Practice:
Tending to the Mind, Body and Soul
- ❖ Soulful Art:
Creative Expression as a Lenten Practice



Please contact the Wesley Church office with questions or for further information:
508-799-4191 or office@wesleyworc.org

Wesley United Methodist Church • 114 Main St. Worcester

MISSION MATTERS

Mission Committee "Listening Posts"... For 2017, we would like to hear more about what mission projects Wesley people are working on -- and projects you would like to begin. Is there a way that the Mission Committee could partner with you by providing info on similar projects, names of people with related experience, money? Or maybe there's a Wesley mission group/committee which you would like to join, after learning more about it? Or would you want to work with one of the organizations which the Mission Committee has given to? Lists of the latter committees and organizations will be at the Listening Post. We'll be at a table on just one more Sunday, 3/5, but you can talk with us at any time.

Community Supper on March 25... Linda D'Acri and family will be preparing and serving the March 25th supper of corned beef, cabbage, potatoes, carrots, peas; rolls, salad, drinks and cake for dessert. To those of you who could contribute desserts, Linda is looking for boxes of chocolate fudge or white cake mixes which she will creatively combine to produce sheet cakes.

Habitat for Humanity Build Day is June 3... We hope that many of you will reserve June 3 on your calendars for another Habitat Build Day. This one will be in Northboro, and you could work 8 am to 4 pm, or a half day before or after lunch. You can sign up with Betsy Pennino.



Notre Dame Academy ~ Open House

Notre Dame Academy's Spring Open House for prospective students will be held on Sunday, March 26th from 2-4 pm. Students currently in fourth, fifth, sixth, seventh, and eighth grade are encouraged to attend.

If you are interested in attending NDA's Open House, please contact their Office of Admissions at 508-757-6200, ext. 229 or email admissions@nda-worc.org.

NDA is the only Catholic private and independent college preparatory school for young girls in grades 7-12 in Central Massachusetts. Please visit our website www.nda-worc.org to learn more about the NDA experience.



A MISSION FOR ALL THE WOMEN OF WESLEY

DAYS FOR GIRLS

A SIMPLE SOLUTION TO MAKE A BIG IMPACT

INFORMATION MEETING

FRIDAY, MAY 13TH AT 10:00 AM

We, the women of Wesley, are beginning a new mission journey that will change the life of girls all over the world. We will be making washable, sustainable hygiene kits to give girls back their dignity, protect their health and give them back months of missed education and opportunity.

Feminine Hygiene Kits consist of the following:

- | | |
|------------------------------------|---|
| 1. Drawstring Bag | 5. Travel sized soap |
| 2. Moisture barrier shields | 6. One-gallon zip lock freezer bag |
| 3. Absorbent tri-fold pads | 7. 2 pairs panties |
| 4. Washcloth | 8. Instruction sheet |

Girls miss school and work for up to five days a month because they do not have access to feminine hygiene items. Girls worldwide suffer indignities, infection, even exploitation trying to stay in school. Some make do with newspaper, corn husks, and rags. In our world today this is unacceptable. We women need to do everything in our power to change this situation.

We will begin by sewing the first three items in the kit. You do not have to sew because we need your support in all areas: sewing, shopping, washing fabric, tracing and cutting patterns, and much more.

IF YOU ARE INTERESTED IN CHANGING A GIRLS LIFE JOIN US AT OUR ORGANIZATIONAL MEETING, FRIDAY, MAY 13TH AT 10:00 AM.

We will meet in the Prayers and Squares sewing room on the 2nd floor.

For more information call: Lorraine Kronberg 508 852-6629

Check the website: Daysforgirls.org

DID YOU KNOW?

The season on Lent begins this week on Wednesday, March 1 as we observe Ash Wednesday. We are all familiar with the custom of observing various spiritual disciplines, including such traditional practices as prayer, Bible study, and fasting during this season. Did you know that many denominations observe a kind of liturgical fasting by refraining from the use of the word *alleluia* in worship during this season? This past Sunday during the time for the children, the children in our congregation helped us to put away the word *alleluia* for the Lenten season.

Our English word *alleluia* comes from Greek and Latin transliterations of the Hebrew phrase *hallelu jah*, which is often written as one word *hallelujah* and translates as “Praise ye the Lord.” The word *alleluia* was used in early Christian liturgies as an expression of joy and praise viewed as being particularly appropriate for the season of Eastertide. Since the word is used by the church as an expression of great joy, its use is often discontinued during the somber penitential season of Lent. In some traditions, the word *alleluia* is not used at all during the season of Lent in order to heighten the sense of celebration at Easter. One possible exception to this is the use of *alleluia* in funeral services, which are always viewed as celebrations of resurrection.

In the historic liturgical tradition the suspension of the use of *alleluia* throughout Lent is known as the *despositio* (discontinuance) of the *alleluia*. The omission of *alleluia* during Lent dates back to the fifth century. In the Middle Ages it became the custom to actually bid the *alleluia* farewell by singing special songs. Our children placed banners bearing the word *alleluia* into a box to be saved for use in worship on Easter day but medieval church practice in some cases included the even more dramatic gesture of having a literal burial in the church graveyard of a box containing a physical representation of the *alleluia*.

Transfiguration Sunday, the final Sunday before Lent begins, marks the end of the period of ordinary time that follows the season of Epiphany. Texts of many of the hymns and anthems written specifically for this festival Sunday include the word *alleluia* for one last time as we celebrate the glory and deity of Jesus. During the weeks of ordinary time following Epiphany we have been singing an extended version of the doxology which includes multiple iterations of the word *alleluia*. However this past Sunday we sang that particular doxology for the last time until the Easter season. We will be singing a different doxology during the season of Lent as we “fast” from the use of the word *alleluia*. This liturgical fast from using the word *alleluia* in worship during Lent will hopefully enable our alleluias to resound all the more joyously when we sing them again on Easter Sunday.

Submitted by, Deborah A. O'Driscoll

2017 HERALD SCHEDULE

Below are the next Herald mailing dates along with the deadline dates.

<u>Article Deadline Date</u>	<u>Herald Mailing Date</u>
Mon., March 20	Wed., March 22
Mon., April 10	Wed., April 12

If you have an article, please email it as a Word attachment to:

office@wesleyworc.org

ALTAR FLOWERS on Sundays are available for donation in honor, celebration or in memory of a loved one or friend. Stop by the office and reserve the date in the Altar Flower book. You can reserve the chapel or the sanctuary. After church you are welcome to take the flowers home to enjoy or you may leave them to be delivered to a shut-in or member/friend in the hospital or in rehab. The cost for the two arrangements in either the chapel or sanctuary is \$50. Please be sure to complete a form with the dedication and return it to Debi with the payment as soon as you are able.



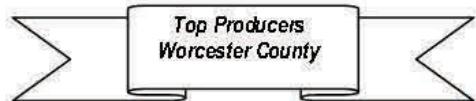
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Church Phone: 508-799-4191
Fax: 508-799-3725
E-Mail: office@wesleyworc.org
Web page: www.wesleyworc.org

WESLEY HERALD
MARCH 1, 2017

***DON'T MISS OUT...
READ THE HERALD TODAY!***

WESLEY STAFF & LEADERSHIP TEAM

- Pastor Rev. Shandirai Mawokomatanda
- Director of Christian Formation & Discipleship Lisa Fagerstrom
- Director of Children's Christian Education Jean Grant
- Director of Music Ministries Brett Maguire
- Director of Children's Music Nan Gibbons
- Music Assistant & Layleader Deborah O'Driscoll
- Toddler Care Leader Lori Conlon
- Building Superintendent Tim Murphy
- Business Administrator Lorna Mattus-Merrill
- Church Secretary Debi Ritacco
- Custodians April Dylewicz
Tom Friend
Gerard Piscitelli
- Security Steve Boyns
- Head Usher David Dagle
- Church Council Tom Ingrassia
- Board of Trustees Yaw Enyim
Co-Chairs Gary Robinson
- Carty Cupboard Food Pantry Nancy Spencer
- Communion Steward Linda D'Acri
- Finance & Stewardship Co-Chairs Michael Edmunds
William Wong
- Ghanaian Association Paul Hayfron
- Hospitality Co-Chairs Vivian Assie
Kimberly Lindsey-Amoah
- Medical Ministry Ron Ramsay
- Mission Coordinator Betsy Pennino
- Staff-Parish Relations Gifty Bentum-Asante
- Youth Directors Lisa Fagerstrom
Anthony & Adrienne Phillips
- United Methodist Women Co-Chairs Barbara Ingrassia
Allison Hansen

