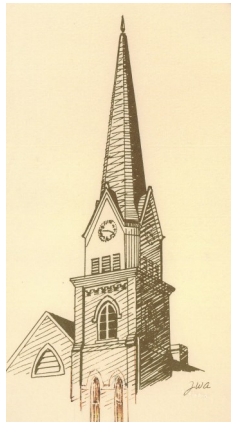


Sewickley United Methodist Church



March 2024 Newsletter

The Pastor's Peace

"In Luke 22 so much takes place before Jesus heads to the cross. He knows the cross is coming and he knows it is going to be painful. He also knows that the pain is going to be worth the outcome in the end. So vividly was his understanding of what he was going to face that verse 44 says, "He prayed more fervently, and he was in such agony of spirit that his sweat fell to the ground like great drops of blood." All the while, those who followed him, who swore to give their lives for him, who worshiped him, slept. Being on this side of the resurrection we can praise the Lord that Jesus did hard things for you and me.

I would like to report to you that the Leadership Board is working on some very exciting and culture changing, church transforming administrative things at this moment, but we are not. What we are working on is filling the holes in our administration so we can free up the energy to do the sexy things. We are putting together a financial policy, making a Strategic Plan for our building and maintenance needs, finishing up an Employee Handbook. Sometimes we must do things we don't want to do so that we can do the things we want to do.

We want to work on increasing congregational giving by 20%. We want to make intentional connections with our African American siblings and the Hispanic community. We want to become a vital ally in the LGBTQIA+ community starting with the Quaker Valley School district. We want to support the youth program as they get up and running. We want to expand the music ministries of the church. That is a lot of wants but those are our God-Sized goals. There is no small thinking here. As the Leadership Board our job is to do the unsatisfying work (i.e., policy creation, in my opinion) so that those in leadership positions within our church's ministry have the energy, the resources, and the support to do the things God is calling us to do. We find the resources needed to do fun things.

None of the work that God is calling us to is going to require us to sweat blood, but it might not always be glamorous. We do it because we are so thankful for what Jesus has done for us. We do it because we want others to know this love of Jesus that held him to the cross, that sent him to the grave, that rose him to life once again. That is at least one hard thing we won't have to do. Jesus has defeated sin and death for you and me. Now we respond by doing all we can to share this good news with others.

What hard thing have you been putting off lately? What are you not doing that you know Jesus is nudging you to do because it doesn't seem all that interesting? In a time of just about every modern convenience we can think of and every form of constant entertainment we dream up the temptation to do the easy things is real. However, the easy things are not usually the most rewarding things. Jesus didn't promise it would be easy but if we follow the will of God, it will be easier. This is true no matter how unpleasant it may seem right now. Amen!

From one light to another,

Pastor Hannah Loughman

Pastor Hannah's availability: I am available Monday—Wednesday and Friday, 9 am—5 pm. After 5 pm, by appointment only. On Sundays I am available following the church service till 4 pm. If I am not in the office, I can be reached via my cell phone. I am available after-hours on my cell phone for emergencies. My email address is open 24 hours a day and, with the exceptions of Thursdays, which is my day off, I will respond in a timely manner.

Church Office: (412) 741-9430
Pastor's Office: (412) 741-9433
Cell Phone: (412) 294-7587
E Mail: pastor@sewickleyumc.org
Website: www.sewickleyumc.org



ECUMENICAL LENTEN SERVICES

During Lent we are gathering to worship with our siblings in Christ at St. Matthews AME Zion, St. Paul's Lutheran and Sewickley Presbyterian Churches. Here is the schedule:

March 3: 3rd Sunday in Lent

Host: St. Paul's Lutheran Church
 Preaching: Rev. Emily Miller
 Time: 6pm with fellowship to follow

March 10: 4th Sunday in Lent

Host: Sewickley Presbyterian Church
 Preaching: Rev. Hannah Loughman
 Time: 6pm with fellowship to follow

March 17: 5th Sunday in Lent

Host: Sewickley UMC
 Preaching: Rev. Cariño
 Time: 6pm with fellowship to follow

March 24: Palm Sunday

Host: St Matthews AME Zion Church
 Preaching: Rev. Charissa Howe
 Time: 6pm with fellowship to follow

March 28th: Maundy Thursday

Host: Sewickley Presbyterian Church
 There will be no preaching
 Time: 7pm

March 29: Good Friday

The Cross Walk begins at 5:30 at St. Matthews AME Zion Church
 Service will be held at St. Paul's Lutheran at 6pm
 Preaching: Rev. Hannah Loughman

March 31: Easter Sunrise Service

Host: Sewickley Cemetery
 Preaching: Rev. William Rankin
 Time: 6:30am



WORLD DAY OF PRAYER

Everyone is welcome to attend the 95th Annual World Day of Prayer Observance in Sewickley which will be held in our church on Friday, March 1st at 11am. A luncheon will follow at noon.

World Day of Prayer is a worldwide, ecumenical movement of Christian women of many traditions who come together to observe a common day of prayer on the first Friday in March each year. Women in more than 170 countries and regions participate in this movement. Through World Day of Prayer, women affirm that prayer and action are inseparable and have immeasurable influence in the world. The motto of World Day of Prayer is, "Informed Prayer and Prayerful Action."

UMCOR SUNDAY



On **March 10th** we will celebrate UMCOR Sunday. The United Methodist Committee on Relief (UMCOR) provides relief, response and long-term recovery grants to communities and individuals whose lives have been upset by war, storms or other crises. Last year, UMCOR delivered \$1.7 million toward:

- U.S. Disaster Response including relief after Hurricane Idalia, the Maui wildfires, tornadoes in the Mid-South and Oklahoma, and California floods and landslides.
- Global Migration including food aid, basic necessities, and legal and transportation services for vulnerable migrants and refugees.
- Relief Supplies including the collection and storage of cleaning kits, hygiene kits and menstrual hygiene kits so that they can be distributed whenever the need arises.

The UMCOR Sunday offering underwrites UMCOR's "cost of doing business," allowing UMCOR to keep the promise that 100% of any gift to a specific UMCOR project will go toward that project and communities in need, not administrative costs.

- International Disaster Response including relief for those impacted by the conflicts in Israel, Gaza, Ukraine and Sudan; earthquakes in Morocco and Turkey, floods in Haiti and Africa, and cyclones in Asia and Africa

You can donate to UMCOR Sunday through your regular offering or eGiving (please designate to UMCOR Sunday). For more information about UMCOR or to donate directly online, go to:

<https://umcmission.org/umcor/>

Worship Opportunities - March 2024



Contemporary Worship Service: 9 am
 Traditional Worship Service: 11 am
 Our Worship Services are live streamed on
sewickleyumc.org and youtube.com

The recorded services are also available later on Sunday afternoon



LENT

March 3, 2023
Third Sunday in Lent
Sacrament of Holy Communion

Liturgist: Kim Benjamin
 Jr., Rainbow & Rainbow Ringers, 11 am service
Scripture Lesson: Psalm 19

Message: Wandering Heart: "Praise the Mount"

Praise the mount of God's unchanging love. . . This lyric represents Peter's mountaintop faith moment. It speaks to spiritual euphoria and feeling the closeness of God. In this story, Peter proclaims who Jesus is. He speaks with conviction. Peter claims his faith. If you had to speak your faith in one sentence or phrase, what would you say? When we have the courage to say, "This, I believe..." then that conviction has a ripple effect on others. When life gets rocky, we lean on mountaintop moments and our deepest convictions to see us through.

March 10, 2024
Fourth Sunday in Lent
Liturgist: Martha Boward
 Clocktower Ringers, 11am Service
Scripture Lesson: Psalm 107:1-3, 17-22

Message: Wandering Heart: "I'm Fixed Upon It"

When your world unravels and your beliefs are tested, you may cling to what you know. As Jesus foretells his death and resurrection, Peter protests. Peter is fixed upon the way he thinks things should go; he resists the pain of what will come. But Jesus is fixed upon his calling and calls Peter out. For everyone, there comes a time when your faith is tested and you will have to face difficult and inconvenient truths. We may want to take the easier path, the path with less pain. We may want to cling to easy or simplistic answers. Instead, what does it look like to welcome complexity? Can you stay fixed upon your convictions while also expanding your perspective?

March 17, 2024

Fifth Sunday in Lent

Liturgist: Lynn Colosi

Scripture Lesson: Psalm 119:9-16

Message: Wandering Heart: "Teach Me"

Peter is often all or nothing—either resisting Jesus or drawing closer to him in earnest. In this scripture, we see a version of Peter who is hungry to learn. His posture is humble and open—he wants to absorb Jesus' teachings like a wet sponge. He asks a question and might expect a straightforward answer: "How many times should I forgive?" Instead, Jesus' math is not predictable—it's infinite. Forgiveness is abundant; grace is not earned. In your own faith, do you find comfort in theological formulas? Do you wish for straightforward answers? Can you let go of black-and-white thinking and instead embrace the infinite colors of grace?

March 24, 2024

Palm Sunday

Liturgist: Kristine Swaney

Scripture Lesson: Psalm 118:19-29

Message: Wandering Heart: "Songs of Loudest Praise"

As Holy Week begins, Peter is no longer front and center, and so we imagine he is with the rest of the disciples when Jesus enters Jerusalem on a colt. As they witness crowds shouting hosannas, the disciples are confused. When they look back on this experience, perhaps they will remember the songs. The singing is surely etched in their memories. As we imagine ourselves in the crowd on this day, may we remember that they are supposed to be praising Caesar, but instead they are shouting for the one entering the city on a donkey. Their singing is subversive, courageous, and contagious. Their praise shows the ripple effect of public displays of faith.

March 31, 2024

Easter

Liturgist: Carole Ford

Easter Choir Performance

Scripture Lesson: Psalm 16

Message: Wandering Heart: "And I Hope"

We might expect that, after denying Christ, Peter would cower in shame—or perhaps even run away in an attempt to leave his past behind him. Instead, when he hears the news from the women, he doesn't dismiss them like the other disciples. He gets up and runs to the tomb. When he peers into the empty tomb and sees the linen cloth, he is filled with awe. Even after the biggest failures, even after the worst case scenario has happened, can we run toward hope? Like Peter, will we keep going? Will we keep looking for God in our midst?

THANK YOU—Dear SUMC family,
The Fellowship of the Cross would like to extend our gratitude for the way you embraced and encouraged our “Candygram” campaign in February. Your generosity allowed us to exceed our fundraising goal of \$100 for school fees and supplies for the student we sponsor in Zimbabwe. The remaining money will be go toward Operation Christmas Child shipping fees and costs. Beyond your generosity, we were moved by the enthusiasm you poured into sharing love with brothers and sisters in our church family. In one small campaign, we were able to make an impact in the world while encouraging and appreciating children, youth, adults and entire ministry teams at home. As always, we are inspired and encouraged by the way you share His Love and Light. Sincerely, The Fellowship of the Cross

SOUPER THANK YOU! — SUMC members delivered “souper” results and helped the local food pantry tackle hunger by donating \$355 in cash and several dozen cans of soup during the Souper Bowl of Caring. Thank you to all who participated.



The United Women in Faith (UWF) - will meet on Sunday, March 10, 2024 in the Simpson Room following the traditional service. Everyone is invited to attend our meetings. Please bring your own lunch; beverages and dessert will be provided. Again, all are welcome. Kristine Swaney, 412-716-5772 (cell) or 412-741-2092 (home).



Seasonal Choir for EASTER—The seasonal choir is assembling for Easter Sunday! Rehearsals are on Thursdays at 7:30, and we’ll have a final Easter Choir rehearsal on Saturday, March 30, at 1pm. All are welcome. Contact Erik at 412-508-0073 or by email: music@sewickleyumc.org if you are interested or know someone who might be interested. Let’s lift our voices and celebrate Our Lord!

Love travels. Hope travels. Prayer travels.

The Operation Christmas Child shoe boxes we launched in November have landed in the hands of children on four continents and two Caribbean islands. Some of them travelled more than 12,000 miles from our sanctuary at the corner of Thorn and Broad streets. Our 2023 boxes were distributed in the African nations of Zambia, Madagascar, Liberia, Burundi, South Africa and Kenya. Additional boxes were distributed in Ukraine, Honduras, Columbia, Ecuador, the Dominican Republic and the Bahamas. Some of our boxes were delivered to countries designated as “hard to reach” because of war or cultural, religious or custom issues, according to the OCC website. “Your prayerfully packed boxes ... provide a creative way for us and our ministry partners in these locations to share the Gospel in a culturally sensitive way.”

In 13 years, the Fellowship of the Cross youth have led annual OCC drives that have produced more than 1,400 boxes. FOTC accepts donations year-round, hosts a packing party in late September or October and blesses the boxes in worship services before delivering them to a regional collection center in November. Collection boxes are located in the narthex and outside the church office. We accept donations of school supplies, small toys and stuffed animals, clothing such as socks and T-shirts, ball caps, jewelry, and personal items including toothbrushes, combs and brushes. We cannot accept toothpaste, bar soap, liquids of any kind, war-themed gifts or candy. For more information on the Fellowship of the Cross youth, or Operation Christmas Child, see Grace Rogansky, Pamela Mayo or Bill Utterback.



Leap of Faith in Concert

After 15 years serving as the worship band at Sewickley United Methodist Church, Leap of Faith is preparing to release their first album, *The River Rises*. The band is performing a concert of their original songs and Contemporary Christian favorites on Saturday, April 20th, at 7:00 pm. The concert is free, but they will accept freewill offerings to help support their ministry.

The concert promises to be a great outing for youth groups, growth groups, and families. Please know that we provide a welcoming, inclusive, and safe space for everyone. Join us for uplifting music, praise, worship, and fellowship. Refreshments will be served during intermission.

Who: Leap of Faith

What: Contemporary Christian Music Concert

When: April 20, 2024 from 7:00 to 9:30 pm

Where: Sewickley United Methodist Church
337 Broad Street, Sewickley, PA

sewickleyumc.org

Why: God loves you!



As we step into March, we're also stepping into sneakers and running toward summer, running toward Jesus.

The theme of our 2024 Community Vacation Bible School will be "Seekers in Sneakers." Young seekers will learn to see Jesus moving in the world, in other people, and in themselves. We will gather at Sewickley UMC from 6 to 8 PM on August 5 through August 8. Our VBS is a shared ministry with St. Matthew's AME Zion and St. Paul's Lutheran churches. VBS is free and open to everyone. We will offer opportunities for students from pre-school through middle school, and will present volunteer opportunities for teens and adults. Registration details will be shared later in the spring. Individuals interested in helping with imagining, planning, preparation and/or presentation can contact Grace Rogansky, Felicity Moffett, Pamela Mayo, Bill Utterback or Pastor Hannah. Our VBS will offer storytelling/drama, music, science, recreation, art and snack stations. On their "Seekers in Sneakers" journey, children will learn to ask questions, work with others, shine their light in the world, follow Jesus, discover examples of serving others, and trust Jesus when life becomes challenging. The curriculum features daily Jesus stories.

DONATIONS NEEDED FOR EASTER EGG HUNT
The Education team will be conducting an Easter Egg Hunt



between worship services on Easter Sunday (March 31). We will be collecting donations of candy, treats, small toys, stickers and other gifts that may fit inside plastic eggs through March 24.

Donation bins will be located in the Narthex and outside the Church Office.

Children of all ages are invited to participate. Guests are welcome! On Easter morning, we will gather in the Simpson Room before heading on to the church lawn (weather permitting) to search for prizes.

There will be an indoor plan as well.

For more information, see Grace Rogansky, Felicity Moffett or Bill Utterback.



EASTER FOOD BAGS FOR SEWICKLEY COMMUNITY FOOD PANTRY



Sewickley UMC is collecting Easter Bags for the food pantry. You are asked to take a bag with the grocery list attached, purchase the non-perishable items, and return the filled bag with the list attached. Alternatively, you may donate cash, which will be used to purchase eggs, fresh produce and other perishable products. Completed Easter Bags and cash donations are needed **by Sunday, March 24**. Grocery bags with lists are available in the back of the sanctuary and outside the office. Cash donations may be included with your regular offering or by e-giving – please indicate "Easter Bags."

YOUTH CONNECT

"BRING A PARENT CHALLENGE"

WE ARE CHALLENGING EVERYONE IN YOUTH CONNECT TO BRING A NEW PARENT OR COMMUNITY MEMBER TO THE NEXT YOUTH CONNECT MEETING

MARCH 7, 2024
9:30 AM

THE FAITH HOUSE
414 GRANT STREET, SEWICKLEY



YOUTH CONNECT

Our next meeting will take place Thursday March 7 at 9:30 AM. We will meet again at the Faith House next to the Presbyterian Church, 414 Grant Street, Sewickley. For this meeting, we are presenting a challenge to everyone (including educators, community members, etc.) to bring a new parent or community member to the meeting. We are going to discuss the potential for building a directory of local services that are available to youth and their families. All of you are valuable in this endeavor! Please bring a list of resources that you know of so that we can start compiling them and organizing them! This area has a wealth of resources at the local, county, and state level and it would be great if we can all use our personal knowledge and experience to bring those together. It could be something as simple as a list of the local mini food pantries and their addresses.




THANK YOU! THANK YOU! THANK YOU!

We received numerous thank yous from the kids at the Bethany House. The notes were handwritten and so expressive at how much they felt cared for this Christmas.


Thank you for the gifts
It was really helpful
for my mom because she
really didn't want waste
her money so

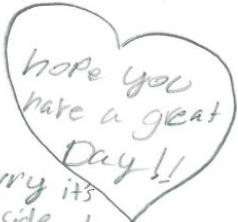
thank you again

thank you
for the gifes
I had fun unraping
them!!!...
Avele
Thank you
for the
toys →

thank you for the
presents!
love, Aniyah 

thank you for
the gifts I love
this program,
thanks for
the gifts
Jahara
Dremer
Julya.
Isabelle Thomas
Yussif
Thank you for caring
for our children!
Rise
Thank you kindly for giving
our kids wonderful gifts!!
~ Fardosa


Thank you for
the Christmas gifts
I really enjoyed
the bracket making
kit.


hope you
have a great
Day!!
Sorry its
up side down

Easter Flowers Order Form



To sponsor flowers to adorn the chancel on Easter, you may [order online here](#) or complete this form and bring/mail it to the church office on or before Wednesday, March 20.

PLEASE DON'T INCLUDE PAYMENT WITH YOUR OFFERING. WRITE A SEPARATE CHECK OR PUT YOUR CASH PAYMENT IN A SEPARATE ENVELOPE MARKED "EASTER FLOWERS." IF USING VANCO, PLEASE INCLUDE THE SERVICE FEE.

Name: _____ Phone Number: _____

Payment: Vanco Cash Check # _____ Total Amount Enclosed: _____

Indicate below what type of plant(s) you will order:

<input type="checkbox"/> 6 1/2" Pot Mum @ \$ 10 ea. # _____ of Plants Colors: <input type="checkbox"/> Yellow <input type="checkbox"/> White <input type="checkbox"/> Purple	<input type="checkbox"/> 6 1/2" Pot Easter Lilies @ \$12 ea. # _____ of Plants Color: White—1 stem, 3 blooms & up
<input type="checkbox"/> 6 1/2" Pot Hyacinths @ \$11 ea. # _____ of Plants Colors: <input type="checkbox"/> White <input type="checkbox"/> Pink <input type="checkbox"/> Blue	<input type="checkbox"/> 6 1/2" Pot Tulips @ \$11 ea. # _____ of Plants Colors: Assorted Colors

To be published in Easter Sunday's Bulletin:

In Honor of: _____ In Memory Of: _____ Given by: _____

In Honor of: _____ In Memory Of: _____ Given by: _____

In Honor of: _____ In Memory Of: _____ Given by: _____

Do you wish to keep plant (s)? Yes No Plants not taken will continue to be used on the chancel

Remember our Shut-ins

Please write to our shut-ins and keep them in your prayers. The church office can provide you with contact information.

Sylvia Bajsec
 Jim and Olive
 Chewing
 Renee Gittins
 Shirley Graham
 Virginia Harriger
 Pat Rudy
 Lura Zaremba

MARCH ANNIVERSARIES

Breonna Frisk & Matt Miller	3/8
Hurst & Diane Bartley	3/19
Steve & Cara Dotterer	3/21
Hannah & Todd Loughman	3/23
Bill & Laura Kuriger	3/25

- Shirley Graham 3/2
- Bill Ferguson 3/3
- Paige Geason 3/3
- Meg Mayo 3/3
- Liam Spencer 3/8
- Lisa Jankowski 3/10
- Archie Dripps 3/13
- Tom Barwell 3/15
- Lucia Martinez 3/15



MARCH BIRTHDAYS

- Amanda Pelphrey 3/15
- Murch King 3/19
- Luke Spencer 3/20
- Gideon Burnett 3/22
- Sebastian Cymbalak 3/23
- Steve Grossarth 3/24
- Don Dotterer 3/26
- Krista Ream 3/26
- Ginny Heinzl 3/27
- Joe Lombardo 3/31

If you or a family member is missing from our birthday or anniversary list, please let the office know. We don't want to leave anyone out of special wishes.

MAKING YOUR DONATIONS HAVE A BIGGER IMPACT

Thank you for supporting SUMC’s mission and ministry through your prayers, presence, gifts, service and witness. It is your generous financial gifts that make our ministries and witness possible. We are able to accomplish the following and much more:

- we make disciples of Jesus Christ for the transformation of the world
- we create meaningful worship experiences to know and love Jesus better
- we support missions of all shapes and sizes, locally and across the globe
- we mentor our children and youth to become godly examples to others
- we care for the marginalized through outreach ministries

Vanco using Credit or Debit Card	<ul style="list-style-type: none"> • Vanco reduces your donation by \$0.45 plus 3% of your total donation • Vanco gives you the option of helping offset the processing fees by giving an additional 3% <ul style="list-style-type: none"> - As an example, if you give \$50 and add the 3% processing fee, \$49.56 is what SUMC receives - If you don't add the processing fee to a \$50 donation, SUMC receives \$48.10 • If you are a weekly giver, you can help reduce the number of \$0.45 fees by giving less often, for example monthly • You can easily setup recurring giving.
Vanco using your Bank Account	<ul style="list-style-type: none"> • Vanco reduces your donation by \$0.45 plus 1% of your total donation • Vanco gives you the option of helping offset the processing fees by giving an additional 1% <ul style="list-style-type: none"> - As an example, if you give \$50 and add the 1% processing fee, \$49.55 is what SUMC receives - If you don't add the processing fee to a \$50 donation, SUMC receives \$49.05 • If you are a weekly giver, you can help reduce the number of \$0.45 fees by giving less often, for example monthly • You can easily setup recurring giving
Personal Check	<ul style="list-style-type: none"> • 100% of your donation goes toward the church's annual budget or to the cause or fund you designate
Cash	<ul style="list-style-type: none"> • 100% of your donation goes toward the church's annual budget or to the cause or fund you designate
Check issued through your bank account through online bill pay	<ul style="list-style-type: none"> • Your financial institution can automatically mail your check to the church based on the schedule you set, including recurring. • 100% of your donation goes toward the church's annual budget or to the cause or fund you designate

2024 FINANCIAL SUMMARY THROUGH JANUARY



	2024 Budget	Budgeted to Date	January	Over or (Under) Budget
TOTAL BUDGETED EXPENSES	622,644.65	28,545.97	24,123.16	(4,422.81)
TOTAL RECEIPTS	351,876.00	23,579.00	18,658.34	(4,920.66)
OVERAGE (DEFICIT)	29,231.35	(4,966.97)	(5,464.82)	

Notes from the LEADERSHIP BOARD

Hello Congregation,

I wanted to give you an update from your leadership board.

We have had our second meeting and are working on measuring progress towards our God-sized goals:

1. Connect with LGBTQ in the Quaker Valley Community
2. Connect with other cultures (Hispanic focus)
3. Improve and expand music ministry (into the community)
4. Expand youth ministry. Goal is 25 additional children in Children’s Church and Sunday School
5. Increase congregational giving by 20%
6. Increase weekly attendance by 100

Do these seem possible to you? We did say they were God-sized.

We have also completed an employee handbook.

Submitted by Mark Benjamin. I am the recording secretary of the leadership board, but different members will be reporting each month.

Pam Honeychurch



Jere Cowden



Dan Gittins



Meet our new Leadership Board

Mark Benjamin



Lynn Colosi



Kristine Swaney



Ron Smith



Laura Powell



Jenine Furry (chair)



I feel like I am hypersensitive to prayer possibilities during Lent. Everything inspires another prayer.

On the night before Ash Wednesday, I attended a high school swim meeting. It was Senior Night, the home team's final meet. The bleachers were full of family and friends. The home team was winning in unexpected fashion. The energy was good.

In a high school meet, the strongest swimmers compete in the center lane. The less experienced, less confident swimmers travel in the outside lanes. But while the Senior Night triumph was being shaped in the center lanes, I noticed one of the coaches spending the evening supporting athletes in the outside lanes.

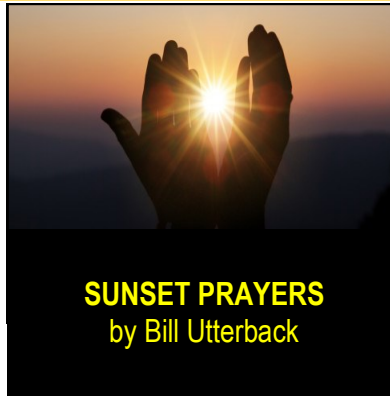
Coach was encouraging. Coach was connecting. I could see something positive happening in conversations before and after each race. The swimmers in the outside lane were being valued. Those swimmers were being seen. As their season ended, they walked away knowing their work, their dedication, their presence on the team, was appreciated and affirmed.

Can you remember being in high school, feeling invisible and ineffective, and hearing a teacher or a coach or a parent validate your work? I do. Encouraging words resonate.

I was inspired, and I found my first Lenten prayer. I found a prayer for all of us.

As the sun sets at 6:15 p.m. on Sunday, March 5, from wherever you are, with whomever wants to join you, let us pray together as we continue through the Lenten season.

"Lord, let us see each other, let us value each other, let us encourage and appreciate and support each other as we walk with you toward the cross. Let us see beyond the center lanes. Let us see the people moving in the outside lanes and ways to connect with them."



The night following Ash Wednesday, I heard a youth group leader (a former coach!) talking to middle schoolers. She said, "Some people give up sweets or caffeine or screen time for Lent, but I'm giving up negativity. My negativity sometimes keeps me from getting closer to Jesus."

Three days later, while attending a workshop in a church in Beaver County, I wandered into a middle school classroom. On the wall I found some interesting posters: "Be as quick to pray as you are to text" and "Faith is like Wi-Fi; it's invisible but it has the power to connect you to

what you need" There was a third, my favorite:

"CTR + ALT + DELETE.

Control yourself
Alter your thinking
Delete negativity"

In a youth leader's voice, and again on a classroom wall, I found our second Lenten prayer. Lord, help us all to eliminate the negativity in our attitudes and relationships. Help us remove all the attitudes that keep us from moving closer to you.

It is Lent, a time for extra prayer, so I am moved to attach a final prayer that we can share. I found it in World Day of Prayer literature. Sewickley UMC is hosting a World Day of Prayer event on March 1. This is taken from a prayer offered by people of Palestine. "In this time of war, we pray for the healing of hearts and the restoration of peace. May compassion prevail over hatred, and may the suffering of all those affected by the war be alleviated. Grant them strength, solace, and hope for a brighter and harmonious future. "...You are our Saviour, the one who taught us the real meaning of peace. Guide us and give us power to practice peace in our daily lives. Amen."

If we can encourage and affirm the people around us, and eliminate negativity from our thoughts, perhaps we can move closer to the place where compassion prevails and suffering is alleviated. Lord help us.

Peace in the Holy Land
Hurst Bartley
Betty Burrows (Wilma Hamilton's sister-in-law)
Dee Bursick (Family Friend of Carol Egenlauf)
Sydni Canney
Anne Clifford (Jenine Furry's sister-in-law)
Bruno Crapis
Mollie Devine (Renee Gittins' sister)
Betty Dornetta
Nick Devine (Renee Gittins' great nephew)



Clyde Grossarth (Steve's brother)
Steve Grossarth
Candy Grudovich (Joe Boward's sister)
Rev. Jim Hamilton
Beate Henkel
Lucas James (Sel Dean's brother)
Matthew Kania

Grace & Murch King
Family of Walt & Henrietta Kretzler
Carol Lewis (Susie Moffett's mom)
Nikki and John
Sandra Obeng
Lorraine Offner
Keith Pelphrey
Jean Reed

Jim Rogansky
Jasmine Ross
Megan Shong (Renee Gittins' great-niece)
Nancy Shuluga
C.R. & Lorraine Simpson (Edie Erkert's parents)
Jacqueline Stancil
Family of Shirley Sye
Bill T
Lauren Tillman
Morgan W. and Family
Karen Yant
Rich Zahrobsky
Dennis Zeveny

MARCH 2024

*Children's Church and Nursery offered during services

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service 12:30pm VBS Planning Meeting 6pm 2nd Lenten Community Service	26 5:30am Wandering Heart: Zoom 7pm AA	27 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	28 6:30pm Leap of Faith 7pm Library Committee	29 6:15pm Bell Choir 7:30pm SUMC Singers	1 11am World Day of Prayer 6:30pm AA	2
3 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service 6pm 3rd Lenten Community Service	4 5:30am Wandering Heart: Zoom 12pm Shirley Sye Funeral 7pm AA	5 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	6 6:30pm Leap of Faith	7 6:15pm Bell Choir 7:30pm SUMC Singers	8 6:30pm AA	9
10 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service 12pm UWF (UMW) Luncheon Meeting 6pm 4th Lenten Community Service	11 5:30am Wandering Heart: Zoom 7pm AA 7:30pm Council Meeting	12 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	13 10am SUMC Prayer Group 6:30pm Leap of Faith	14 6:15pm Bell Choir 7:30pm SUMC Singers	15 6:30pm AA	16
17 5th Lenten Community Service 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service	18 7pm AA	19 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	20 6:30pm –8:00pm Leader Board Meeting 6:30pm Leap of Faith	21 6:15pm Bell Choir 7:30pm SUMC Singers	22 6:30pm AA	23
24 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service 6pm Palm Sunday	25 5:30am Wandering Heart: Zoom 7pm AA	26 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	27 6:30pm Leap of Faith	28 7pm Maundy Thursday 7:30pm SUMC Singers	29 5:30pm Good Friday: Cross Walk 6pm Good Friday Service 6:30pm AA	30 1pm SUMC Singers Rehearsal
31 6:30am Easter Sunrise Service 9am Contemporary Service 10am Adult Sunday School 11am Fellowship of the Cross 11am Traditional Service	1 7pm AA	2 10am Women's Group: Wandering Heart 6pm Growth Group Study 7pm AA	3 6:30pm Leap of Faith	4 6:15pm Bell Choir	5 6:30pm AA	6

Life Line Screening, the nation's leading provider of preventive health screenings, will offer affordable, non-invasive and painless health screenings at Sewickley United Methodist Church on **Wednesday, April 19.**



A package of four screenings to identify risk for stroke, heart disease and other chronic conditions will be offered:

1. **Carotid Artery Screening (Plaque)** — An ultrasound is performed to screen the carotid arteries (a pair of blood vessels in the neck that deliver blood to your brain) for buildup of fatty plaque. This buildup, called atherosclerosis, is one of the leading causes of stroke.
2. **Peripheral Arterial Disease Screening** — An Ankle-Brachial Index (ABI) test is performed using blood pressure cuffs on the arms and legs. It is important to screen for PAD because it increases the risk of coronary artery disease, heart attack, or stroke.
3. **Abdominal Aortic Aneurysm (AAA)** — An ultrasound is performed to screen the abdominal aorta for the presence of an enlargement or aneurysm. AAA can lead to a ruptured aortic artery, which is a serious medical emergency.
4. **Atrial Fibrillation** — A 6-lead electrocardiogram (EKG) is performed by placing sensors on the arms and legs to screen for Atrial Fibrillation. AFib can lead to blood clots, stroke, and heart failure, and other heart-related complications.

These 4 vital screenings cost \$149 and take 60-90 minutes to complete. Register by calling toll free 1-844-591-7160, text the word "circle" to 216-279-1607 or online at <https://llsa.social/HC>.

SEWICKLEY UNITED METHODIST CHURCH

337 Broad St., Sewickley, PA 15143
Rev. Hannah Loughman, Pastor
412-741-9430
secretary@sewickleyumc.org
sewickleyumc.org



*Adult Sunday School: 10 am
(September—May)*

*9 am: Contemporary Worship
& Children's Church*

*11 am: Traditional Worship
& Children's Church*

Sewickley United Methodist Church is a faith community that meets in the building with the clock tower, which stands at the entrance to the village.

Our motto is: "The Church with Time for You."

In a world that knows hostility, we give time for hospitality, community, and fellowship.

In a world that knows aimless searching, we give time for spiritual development.

In a world that knows idols, we give time to creatively worship the God of love.

In a world that knows ignorance, we give time to hear and learn the biblical story.

In this world God loves, we seek to be followers of Jesus, the one who gave His life to demonstrate trust, hope, and love.

As we use the gift of time to meet on Sundays for education and worship, we invite you to meet with a community that gathers under the clock to pay attention to the One whose love is ever timeless.