



## UPCOMING IN WORSHIP

Sunday, February 25<sup>th</sup>. Pastor Jack continues our Lenten Message Series with *Jesus and the Prophets – Something Greater than Jonah!* Worship is in person or online at [Live.WaterfordCUMC.org](http://Live.WaterfordCUMC.org)

## Dear Central Family,

The Rev. Dr. Peter Gomes was the chaplain at Harvard Memorial Church in Cambridge while I was a student across the river at Boston University School of Theology. He was a constant voice against intolerance and an incredibly gifted writer. Gomes died in 2011 at the age of 68. He wrote an article in 1994 in *Pulpit Digest* ("Confessions And Consequences," January/February 1994, 23-29). I'd like to share a quote from that article:

"Why bother with Lent? Because it allows us, for me in particular, a form of spiritual practice. The musicians understand this; that is, the good ones understand it at least. And no musician will remain a good musician long without regular practice. It is a discipline, this practice that enables freedom; not a freedom that avoids discipline. Horowitz, the great pianist, said, "If I skip practice one day, I know it. If I skip practice two days, the critics know it. And if I skip practice three days, everybody knows it.

"Lent is Christian practice-time. It is spring training for the Christian who wants to stay in shape, or who wants to get into shape. Such spiritual health and the means to it is not a luxury. It is a necessity.

"No one is so well-off spiritually that he or she can afford to skip Lent. And no one is so bad-off spiritually that Lent can't be helpful. So Lent, why bother with it? The first instance, because it is practical, it works, it is necessary."

So what will become your practice during this season of Lent? We're not yet a week into Lent and it's not too late to make some plans. In our Ash Wednesday scripture Jesus advises his disciples, including us, to give to the poor, pray and fast. Let me share with you how you might work on these spiritual disciplines throughout this season of Lent. A portion of our Lenten Offering this year will support the HAVEN Shelter, Jail and Outreach Ministries in Pontiac and our own Central Food Pantry. There are a number of devotionals available in the Narthex outside of our Sanctuary that can guide you toward scripture reading and prayer. You can join our Lenten Study on Wednesday evenings (except this week, February 21) or Coach Patty's Body, Mind, and Spirit sessions on Thursday mornings and evenings. Prayers are offered at those studies, and of course you can always make an effort to join us for worship on Sunday mornings, when prayer is offered.

That leaves fasting. To offer some thoughts on fasting I'm going to refer you to the work of Colin Maclver, a teacher and campus minister at St. Scholastica in Covington, Louisiana. There is a little article in this issue of the Chimes that will offer reasons to consider fasting.

As always, you are in my prayers during this Season of Lent. I am praying that you will make plans for your Lenten journey, including Bible reading, prayer, generosity, and that you will contemplate fasting, which can include fasting not just from food but from certain behaviors or habits.

May your Lenten journey draw you closer to our Creator God and to our Lord and Savior, Jesus the Christ. I look forward to seeing you in worship.

*Pastor Jack*

## CONNECT

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## Why Fast During Lent?

Campus Minister and Instructor, Colin MacIver, shared seven reasons for fasting in his article *25 Weird Things to Give Up for Lent*, (March 4, 2019, [media.ascensionpress.com](http://media.ascensionpress.com).)

"Why fast ... ? Here are seven reasons:

1. Fasting offers spiritual sacrifice in solidarity with Jesus himself (Matthew 4:1-11).
2. It can help us grow in discipline and therefore virtue.
3. Fasting brings us into solidarity with the poor.
4. It helps us to subordinate created goods to the creator.
5. Along with alms-giving and prayer, fasting trains us to be a self-gift (love).
6. Fasting, along with prayer, is a powerful mode of penance and supplication.
7. When we fail at it, fasting reminds us that we are in need of redemption."

Remember that fasting can be more than just about food or treats. You can "fast" from watching too much TV or spending too much time on your phone. You can "fast" from using language you'd rather not or from people who have a toxic effect on your life. Look again at the seven reasons for fasting above. What's your reason?

## Lenten Worship, Sundays @ 10:30am

**February 25<sup>th</sup>—Second Sunday in Lent**

*Jesus and the Prophets: Something Greater than Jonah! Matthew 12:38-41.*

**March 3<sup>rd</sup>—Third Sunday in Lent**

*Jesus and the Prophets: Hosea's Vision of Intimacy. Hosea 2:14-20 and Romans 9:15-26.*

**March 10<sup>th</sup>—Fourth Sunday in Lent**

*Jesus and the Prophets: Micah and God's Requirements. Micah 6:1-6 and Matthew 5:1-12.*

**March 17<sup>th</sup>—Fifth Sunday in Lent**

*Jesus and the Prophets: Isaiah's Suffering Servant. Isaiah 42:1-9 and Matthew 3:13-17.*

## Lenten Studies

**Wednesday Message Study**

**7:00-8:30pm with Pastor Jack, via Zoom**

A weekly deep dive into our Lenten message series *Jesus and the Prophets*. We'll explore scripture, review key points of the message and discuss how it applies to our lives as followers of Christ. To get on the distribution list for the Zoom link contact the church office or email Pastor Jack at ([jmannschreck@waterfordcumc.org](mailto:jmannschreck@waterfordcumc.org)).

**Thursday Study, 10am–11am and 6:30–7:30pm**

**February 8<sup>th</sup>–29<sup>th</sup>—Mind. Body. Spirit.**

Upcoming topics are Stress Reduction/Time Management, Children/Teens and Mental Health, Coping Skills, Meditation and Balance, and Gifts of the Spirit.

**March 7<sup>th</sup>–21<sup>st</sup>—Small Changes Make a Big Difference**

These workshops will focus on nutrition basics, dietary recommendations and some myth busting. We will also look at wisdom from the Bible so you can be equipped to live an abundant life through a deeper understanding of health and wellness in and through God's Word!

## 2024 Advocacy Day

Wednesday, March 13, 2024

As part of Central's continuing commitment to gun violence prevention, we will be participating in the next United Methodist Advocacy Day at the Michigan State Capitol. During this session, we will be advocating for better mental health care access. The focus in 2024 is to ensure that all persons have access to affordable mental health care and to reduce the stigma of mental illness that impacts every family in Michigan.

If you would like to join us for this Advocacy Day event, please visit our website at [News=>Advocacy Day 2024](#) for more information and a link to register. So that we can plan to carpool, please email Robin Danek ([rdanek@waterfordcumc.org](mailto:rdanek@waterfordcumc.org)) if you are planning to attend.

## Craft Show Volunteers Needed

April 20<sup>th</sup>, 2024, 9am–3pm

We have several opportunities to volunteer for our SPRING FOR IT Craft Show. To be a part of this fun event sign up online at [bit.ly/spring-for-it-24](http://bit.ly/spring-for-it-24).

## Scholarships

High school graduate and continuing college scholarship applications are available in the church office or at [waterfordcumc.org/forms/](http://waterfordcumc.org/forms/). Please have applications back to the office by May 5, 2024.

## Sympathies

Our sincerest condolences to Kathy and Scott Saffron on the passing of her father, Ray Bush, on February 8, 2024. Condolences also to Karli Saffron and Zack (Jenny) Saffron on the passing of their grandfather. Our prayers are with Ray's family and friends.



## Kids Ministry Calendar of Faith & Fun

February 25 – KidVenture Sunday Morning Adventures in Faith @ 10:45am

February 29 – JUMP Kids Younger Youth Ministry @ 5:15pm to 6:15pm

**MARCH BIRTHDAYS**

**HAPPY 80+ BIRTHDAY TO:**

- Donna Ritchie, 3/4
- Marge Frazier, 3/13
- Sue Shipley, 3/25



**BORN TO ETERNAL LIFE**  
*Stephanie Marilyn Shawl*

January 25, 1940 – January 29, 2024  
Member Since January 29, 2006

Our prayers are with Lisa Albertson and Renee (Ron) Sherry on the death of their mother, and with her many grandchildren.

Condolences also to Sue Shipley on the passing of her sister, Duffy Bowman on February 14, 2024. Our prayers are with Duffy's family and friends.

Condolences to Ellen Dempsey on the passing of her husband, Mike Dempsey, on February 2, 2024. Our prayers are with the family and friends of Mike and Ellen. There will be a Memorial Mass on Tuesday, March 5 at 10am at St. Benedict Catholic Church, 80 S Lynn St., Waterford, MI 48328.

## Rummage Sale Planning Meeting

### Sunday, February 25<sup>th</sup>, After Worship

If you are on the rummage sale planning committee or would like to help out with planning this year's sale, please join us after worship in Room 104.

## Jesus Christ Superstar to Be Presented by the Lakeland Players

In March, The Lakeland Players, a local community theater company, will present Jesus Christ Superstar, and Pastor Jack will be playing the part of Herod Antipas (not to be confused with Herod the Great who was the local leader when Jesus was born).

There are six performances—March 15 at 7:30pm; March 16 at 2pm and 7:30pm; March 22 at 7:30pm; and March 23 at 2pm and 7:30 p.m.

There is a call for volunteers to take tickets and work the concession stand during these performances. Volunteers will be able to see the play for free. See Pastor Jack about these opportunities and he will pass on your name to the proper people.

BONUS! Want to tell Pastor Jack to break a leg? You can sponsor an ad in the play program for a very reasonable amount. Sponsorship forms will be in the church office.

## The Office Will Be Closed for the Primary Election on February 27, 2024.

Make sure to vote! The staff will be working from home if you need to contact anyone.

## The next issue of the *Chimes* will be dated March 10<sup>th</sup>. Please have any articles submitted by Thursday, February 29<sup>th</sup>.



Saturday, March 2<sup>nd</sup> @ 6pm

## Queen Bees

After reluctantly agreeing to move into a senior's facility, an independent woman encounters a clique of mean-spirited women and flirtatious suitors. She eventually finds friendship and love, things that she has been missing in her life. Rated PG13.

Mott Music Boosters Present

## Sweet Music



## Chamber Music Recital and Bake Sale Fundraiser

Friday, February 23, 2024

6:30pm Bake Sale

7:15pm - Recital

@ Central United Methodist Church

\$8 cash cover includes three dessert tickets. Extra tickets are available for purchase.

## Can and Bottle Drive.

Friday, February 23<sup>rd</sup>, 4–6:30pm

To benefit the Waterford Mott Music Department.