



March 2022 - Newsletter

Coldwater United Methodist Church

Rev. Julie Yoder Elmore

Pastor's Ponderings

Rev. Julie Yoder Elmore

As I continue in my life-long spiritual journey, I find that seasons such as Lent and Advent bring more and more meaning to my life. I find them to be opportunities for spiritual growth - an invitation to dig deeper into something God has placed on my heart. Lent 2022 is no exception. As we get closer to Lent, I get more and more excited for us to journey together in worship, study, and reflection focused around Kate Bowler and Jessica Richie's book entitled, Good Enough: 40ish Devotions for a Life of Imperfection.

I look forward to this study because I continue to feel that the last two years have been traumatic for all of us and in many ways the trauma continues. We have had to continually pivot and learn new rhythms since March 2020, which has been and continues to be beneficial, yet exhausting. As much as we have sought to find creative ways to still be in ministry and community, there are some things that really are not the way they used to be. We have lost people to COVID-19 and other illnesses over the last two years. Some have moved away because of changing circumstances in their own lives. More people are engaging online, which is awesome, yet we long to see one another face to face. Dynamics around us are changing as various places of business find it hard to meet all of their staffing needs, which impacts the speed at which things are able to happen. These are just a few of the changes.

With all the changes and trauma, we have experienced as a church and society, I am grateful for the time to look at things from a different perspective as we seek to move forward. I look forward to this time to pause and consider how God is at work right now in our individual lives as a child of God and as a collective body of Christ. How is God at work right now, even as we grieve those things that used to be and are no longer? How is God speaking to us and calling us to what is next in the midst of the chaos?

*In Christ's Love & Service,
Rev. Julie Yoder Elmore*



Connect with Us

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www.coldwaterum.org

www.facebook.com/coldwaterum

<https://www.youtube.com/channel/UCRGbDaBqke3ctmHq1ctf37w>

Service Times & Church Office Hours

Service Times

9:00 am Classic service
9:15 am Children's Sunday school
10:30 am Casual service

Church Office Hours

Monday — Thursday
9:00 am — 3:00 pm

"Special" One-Service Sundays

April 10	Easter Music Special
April 24	Service with Our Neighbors Sunday
June/July	Worship in the Park
September 25	Service with our Neighbors & Stewardship Kick-Off
December 11	Christmas Cantata/ Christmas Music Special

Worship Series

Lent Worship Series 2022 ~ Good Enough

We live in a culture bent on definitions of a good life as continuous upward mobility - climbing ladders of prosperity with increasingly fabulous experiences that we can post to evermore-likable social media accounts. We may comb the shelves of the self-help section in search of just the right formula to gain success. Perhaps we even gravitate towards spiritual leaders who promise great rewards if we only do "the right thing." But life happens, right? Most times we are not moving upward but trying to repair the rung we've just slipped from. So, what if we stopped climbing and started fertilizing, watering, and blooming right where we find ourselves? Welcome to a Lent of affirming faith in which we are blessed, regardless, and where we can lean into embracing our "good enough" lives.

Worship Series Details:

First Sunday in Lent ~ March 6 ~ 9:00 am & 10:30 am Services

Scriptures: Luke 4:1-13

Message Title: "Ordinary Lives Can Be Holy"

Special: Communion

Second Sunday in Lent ~ March 13 ~ 9:00 am & 10:30 am Services

Scriptures: Luke 13:31-35

Message Title: "So Much is Out of Our Control"

Third Sunday in Lent ~ March 20 ~ 9:00 am & 10:30 am Services

Scriptures: Luke 13:1-9

Message Title: "Lots of Things Can Be Medicine"

Fourth Sunday in Lent ~ March 27 ~ 9:00 am & 10:30 am Services

Scriptures: Luke 15:1-3, 11b-32

Message Title: "We Often Believe We are the Problem"

Fifth Sunday in Lent ~ April 3 ~ 9:00 am & 10:30 am Services

Scriptures: John 12:1-8

Message Title: "We Are Fragile"

Special: Communion

Sixth Sunday in Lent ~ April 10 ~ One Service

Scriptures: TBA

Message Title: TBA

Special: Chancel Choir will sing a variety of songs from past Easter Cantatas.



Ash Wednesday ~ March 2, 2022—Ash Wednesday Service this year will be at noon and 5:30 pm, both in the Sanctuary at Coldwater UMC. The noon service will be led by Rev. Julie Yoder Elmore of Coldwater UMC, Pastor Sean LaGuire of Girard UMC and Pastor Rachel Labram of Quincy UMC. The 5:30 pm service will be led by Rev. Julie and Coldwater UMC Lay Leadership.

Ash Wednesday begins the season of Lent, a time when many Christians prepare for Easter by observing a period of fasting, repentance, moderation, and spiritual discipline. Ash Wednesday emphasizes two themes: our sinfulness before God and our human mortality. The service focuses on both themes, helping us realize that both have been triumphed through the death and resurrection of Jesus Christ.

These Ash Wednesday services will begin our Lenten Worship Series based on the book, Good Enough: 40ish Devotionals for a Life of Imperfection, by Kate Bowler and Jessica Richie. Ashes will be available for all who desire to receive them on their foreheads or on a card. Let us begin this Season together in a special way.

"Mark Your Calendars"

Change your clocks Daylight Savings Time begins March 13th at 2:00 am



Giving Sundays

March 27 – UMCOR Sunday

- Together, we reach children, families and communities who have experienced devastation in the wake of disaster.

May 1 – Native American Ministries Sunday

- Together, we empower local spiritual development and educate Native American Seminary Students to serve God faithfully.

June 12 – Peace with Justice Sunday

- Together, we spread the Gospel of peace and encourage cooperation locally, in the United States, and globally.

October 2 – World Communion Sunday

- Together, we enable national and international graduate students to change the world.

November 27 – United Methodist Student Day

- Together, we educate students so they can make a difference in the world.

Nurse's Notes

Here I am sitting in my recliner with my left leg propped up with pillows. Instructions given by my physician for optimal healing of my broken left foot. It's uncanny, one minute you can be active and the next minute you're not. Sitting here my thoughts are I can't wait until I can walk my dog twice a day and go to water aerobics 5 days a week. Then I'm thinking, what are

the American Heart Association's recommendations for heart healthy exercise for a relatively healthy adults and children.

The American Heart Association's recommendation for physical activity of and adult is to get 150 minutes per week of moderate-intensity aerobic activity or 75 minutes of vigorous activity or a combination of the two. Then add moderate to high-intensity muscle strengthening activity with weights on at least two days a week. Spend less time sitting. Unfortunately, that's what I'm doing these days. You can offset this risk by doing a light intensity activity throughout the day. You can gain benefits by being active at least 300 minutes or 5 hours a week. Most importantly increase your amount of exercise over time.

The recommendations for children ages 3-5 years old should have ample opportunity be active throughout the day. Children from 6-17 years old should have at least 60 minutes a day moderate to vigorous physical activity. This includes to have at least vigorous-activity at least 3 days a week. This also should include muscle and bone strengthening activities 3 times weekly.

The Heart Association says it's never too late to make healthy choices in your life. Such as, start with a reachable goal daily. The simplest way is to start walking. It's free and you can take short bouts throughout the day. A brisk walk for five or ten minutes a day adds up and you will feel better for it.

If you have a health concern or a disability, please ask your healthcare professional what kind of physical activity is right for you. Remember sitting is not an exercise. The benefit of being more active helps us live longer and healthier lives.

The American Heart Association tells us exercise decreases the risk of heart disease, stroke, several types of cancer, high blood pressure, dementia and Alzheimer's and type 2 diabetes. Folks that exercise have improvement with sleep, with less obstructive sleep apnea, with memory, with fewer symptoms of depression and anxiety and a better quality of life.

I'm looking forward in increasing my activity in a few weeks when hopefully I again can walk my dog two times a day. I hope and pray that we all can increase our activity to be in optimal health so we can do what the Lord wants us to do here on earth.

*Source: heart.org Next blood pressure check is March 20, 2020.
Keep healthy! Lana Hunter, R. N.*

Groups

Rev. Julie leads Daily Devotions via Facebook Live. To participate, simply go to the church's Facebook page, "Coldwater United Methodist Church," and you will find a devotional video Monday through Saturday at 6:45 am. Rev. Julie is leading from *Disciplines: A Book of Daily Devotions 2022* published by Upper Room Book of Nashville, TN.

FAITH & FOOD

Faith & Food - A Bible Study for those in their 20's, 30's & 40's—The group is now meeting on the first and third Wednesdays monthly from 6:00-7:15 pm.

All God's Children meets on the first Monday of each month at 6:30 PM in the Fellowship Hall. Please come and find out what we are all about. Please bring a friend.

Committee News

MISSION NEWS—The Mission Committee is planning for their annual Potato Bar and Auction to be held on Sunday, May 1st. We are looking for donations for the live and silent auction as well as baked goods. If you can donate, please let give that information to Sherry Dart.

UNITED METHODIST WOMEN—The Coldwater United Methodist Women are planning to have their Lenten Luncheon on Wednesday, April 13th at Noon. The speaker will be the Rev. Faith Fowler, who works in the inter-city of Detroit. She is also involved in building "Tiny Houses" so those in the inter-city have the possibility of home ownership. Everyone is invited to attend.



Registration for 2022 Summer Church Camp Has Begun! It may be snowing outside, but it's already time to think about church camp for this summer. Coldwater UMC is very blessed to have a trust fund gifted to us from the Faulkner Estate that will pay for 100% of church camp fees for children and adults who attend our church. Camping isn't just for school age children. There are adult camps, family camps and camps for young children with an adult. The Endowment Committee would love to send everyone to camp who wishes to attend.

Check out the following websites for camp information and how to sign up:

- **Michigan Conference Camps:** <https://umcamping.org> = Wesley Woods, Lake Michigan Camp & Retreat Center, and Lake Huron Retreat Center. Includes camping programs for elementary, middle school, high school, adults, and families
- **Lake Louise Christian Community:** <https://lakelouisecommunity.org> – includes Teddy Bear Camp (beginning at age 4) and camps for elementary, middle school and high school ages

Here is what to do:

1. Register for camp and pay the camp deposit, which will be reimbursed to you later.
2. Fill out a Camp Scholarship Application form and return it to church by Monday, April 18. The

forms will be in the Endowment mailbox or contact Michele for a form.

3. The Endowment Committee meets that week to vote on funding camp scholarships.
4. Coldwater UMC will pay the balance of your camp fees directly to the camp.
5. Enjoy camp this summer!
6. Coldwater UMC will reimburse you for your camp deposit after you return.

With a week of camp costing about \$400, this is a wonderful opportunity for our youth.

Please contact me or Pastor Julie with your questions.

Ruth Proctor, Endowment Chair: (517) 741-3817 or email:

ruth@accountingtaxpros.com

Pastor Julie: (517) 279-8402 (church) or email: jyelmor@gmail.com

Announcements and Updates

At this time, you may mail your contribution to the church or contact financial institution to do bill pay.

Blood pressure checks will be taken between services in Friend's Place. We will continue this service every third Sunday of the month throughout the year. Hope to see you. Lana Hunter, R.N.

MARY AND MARTHA help wanted:

Looking for a co leader for one of our teams. **Hours:** Thursday afternoons once every seven weeks. **Pay:** lots of happy people, gratitude from the M & M team and a free meal. Apply to Tom 517.227.6311; Sharon 517.617.4643

The Chancel Choir is currently rehearsing for their musical offering on April 10th, Palm Sunday. Our seven dedicated choristers are working very diligently, but they (and I) NEED YOUR HELP!

If you've ever wanted to sing with the choir, now is the time! We have plenty of room in each section, especially for tenors and basses. We rehearse every Wednesday from 6:45pm until 8pm. I have music and practice CDs available for those who would like to practice/get up to speed at home. We understand how busy everyone is, so come when you can. If you know of anyone else who might be interested in participating, share this information with them or have them contact me. Masks are being required for rehearsals.

We look forward to being overwhelmed with new (and returning) participants! The more people we have, the more glorious the offering will be. Thank you so much!
Cindy Garn, Director of Music Ministry

Coffee/Tea/Chai with the Pastor – Mondays in March

Come connect with Rev. Julie for light conversation at the Everfresh Café (Old Northwoods Building in Downtown Coldwater ~ 34 W. Chicago St.) on Mondays in March between 10:30 am & noon. All welcome!



Needed: A Few Good Jokes—The Worship Team is looking for a few good Bible, faith and religious jokes to include in this year's Holy Humor Sunday services the week after Easter. Please submit the jokes you find or create to Michele in the church office by April Fools' Day (April 1).



Accessing Amplify Media

Here is how to access Amplify Media:

- Go to my.amplifymedia.com
- Find the person icon on the far right and click on it.
- You will see a drop-down menu. Click on "Enter Access Code"
- Once you get to that page, input our Congregation Access Code which is YMDBXS and click on "Verify."
- From there, you will input your information and set up your account.

Amplify Media offers a variety of video studies for all ages to grow in faith and understanding of God. Once you have an account, you can access Amplify Media from a computer, smartphone, tablet or smart tv.

If you need help setting up your free account, please contact the church office and someone will assist you.

Lent to Begin March 2!!

Good Enough: 40ish Devotionals for a Life of Imperfection by Kate Bowler & Jessica Richie

This year's Lenten Study is Good Enough: 40ish

Devotionals for a Life of Imperfection by Kate Bowler & Jessica Richie



Here is a bit about the study from the Cokesbury website:

Written gently and with humor, *Good Enough* is a permission slip for all those who need to hear that there are some things you can fix. And some things you can't. And it's okay that life isn't always better. In these gorgeously written reflections, Kate Bowler offers fresh imagination for how truth, beauty, and meaning can be discovered amidst the rubble and chaos of life. Her words celebrate kindness, honesty, and interdependence in a culture that rewards ruthless individualism and blind optimism. And ultimately, in these pages we can rest easy in the encouragement to strive for what is possible today - while recognizing that though we are finite, the life in front of us can still be beautiful.

There will be several sessions of this study offered as follows:

- **Daytime In-Person ~ Rev. Julie Elmore**
 - Wednesdays 1:30 to 3:00 pm beginning March 9 and wrapping up on April 13.
- **Evening via Zoom ~ Rev. Julie Elmore**
 - Thursdays 6:45 to 8:15 pm beginning March 10 and wrapping up April 21. We will skip April 14 for Maundy Thursday.
- **Faith & Food**
 - Wednesdays, March 9 & 23, April 20, May 4 & 18, June 1 from 6:00 to 7:15 pm.

Books for this study are \$16.00 each and can be ordered now by contacting Michele in the office at 279-8402 or coldwaterum@gmail.com.

Mary & Martha Menu

3-Mar	Waffles and more; breakfast
10-Mar	Goulash
17-Mar	Spaghetti
24-Mar	Pulled Pork Sandwiches
31-Mar	Chicken & Biscuits



Prayer List

Annette
Ann Boltz
Jean Brayton
Lee Brayton
Kenneth & Phyllis Briggs
Ann Carlisle
Irene Frambes
Nikki Fullbright
Cheyanne Jonas
Rich Johnson
Lisa H.
Kim K.
Henrietta Kerkstra
Cathy Marbaugh
Jim Miller
Cindy Paul
Jenna Purdy
Ruthie Richards
Ashley Wilcox
*Family of Dr. Robert W. Browne
*Those diagnosed with COVID-19
*Our leaders, our nation, our world
*People of Israel and Palestine, Afghanistan, and Haiti
*People at the Texas/Mexico Border
*Schools—students, teachers, school secretaries, paraprofessionals, custodians, administrators, volunteers, bus drivers, social workers, lunch personnel, school counselors, and school board



Calendar

*6:45 am Mon-Sat Devotional Videos on Facebook

1 Tuesday

7:00 pm Administrative Council
Mtg

2 Wednesday—Bulletin Deadline

12:00 pm Ash Wednesday Service
5:30 pm Ash Wed. evening svc
6:45 pm Choir Rehearsal

3 Thursday

7:00 am Rotary
4:00 pm M&M Diner
6:30 pm SPRC Meeting

4 Friday—Offices are closed

5 Saturday

6 Sunday— Rev. Julie Yoder Elmore

9:00 am Classic Service
9:15 am Children's Sunday School
10:30 am Casual Service

7 Monday—Rev. Julie returns

10:30 am Coffee with the Pastor
12:30 pm Prayer Group
6:30 pm All God's Children

8 Tuesday

12:00 pm MARSP

9 Wednesday—Bulletin Deadline

6:45 pm Choir Rehearsal
1:30 pm Lenten Study/Rev. Julie
6:00 pm Faith & Food

10 Thursday

7:00 am Rotary
4:00 pm M&M Diner
6:30 pm Trustees Meeting
6:45 pm Lenten Study/Zoom

6:45 pm Choir Rehearsal

11 Friday—Offices are closed

12 Saturday

13 Sunday—Rev. Julie Yoder Elmore

9:00 am Classic Service
9:15 am Children's Sunday School
10:30 am Casual Service

14 Monday

10:30 am Coffee with the Pastor
11:00 am Young MI Dances Mtg
12:30 pm Prayer Group

15 Tuesday

16 Wednesday—Bulletin Deadline

1:30 pm Lenten Study/Rev. Julie
6:00 pm Faith & Food
6:45 pm Choir Rehearsal

17 Thursday

7:00 am Rotary
4:00 pm M & M Diner
6:45 pm Lenten Study/Zoom

18 Friday—Offices are closed

19 Saturday

10:00 am Worship Team Mtg

20 Sunday—Rev. Julie Yoder Elmore

First day of spring

9:00 am Classic Service
9:15 am Children's Sunday School
Blood pressure checks
10:30 am Casual Service

21 Monday

10:30 am Coffee with Pastor
12:30 pm Prayer Group
6:30 pm Care and Outreach

22 Tuesday

23 Wednesday—Bulletin Deadline

1:30 pm Lenten Study/Rev. Julie
6:00 pm Faith & Food

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6:45 pm Choir Rehearsal

24 Thursday—Newsletter Deadline

7:00 am Rotary

4:00 pm M&M Diner

6:45 pm Lenten Study/Zoom

25 Friday—Offices are closed

26 Saturday

27 Sunday

9:00 am Classic Service

9:15 am Children's Sunday School

10:30 am Casual Service

28 Monday

10:30 am Coffee with Pastor

12:30 pm Prayer Group

29 Tuesday

30 Wednesday—Bulletin Deadline

1:30 pm Lenten Study/Rev. Julie

6:00 pm Education Team Mtg.

6:45 pm Choir Rehearsal

31 Thursday

7:00 am Rotary

4:00 pm M & M Diner

6:45 pm Lenten Study/Zoom

September 11 Back to School Sunday

October 6 Laity Sunday

November 6 All Saints Sunday

November 27 First Sunday in Advent

December 18 Blue Christmas

December 24 Christmas Eve

Birthdays & Anniversaries

3	Linda Lintner
4	Pat Taylor
8	Judy Moskalik
10	Brady Lindblom
11	Nancy Fidler
12	Ron Rowland
12	Rev. Betty Smith
17	Joseph Renshaw
20	Cindy Paul
21	Sebastian Gillette
21	Steel Gillette
24	Ron & Tracy Rowland
25	Jefry Robison
26	Amanda Meredith
28	Paul & Nora Meredith
31	Caleb Malefyt


Liturgical Holidays 2022

March 2	Ash Wednesday
March 6	First Sunday in Lent
April 10	Palm Sunday
April 14	Maundy Thursday
April 15	Good Friday
April 17	Easter Sunday
May	Children's Sabbath/Service
June 5	Pentecost Sunday



March 2022

February '22							April '22						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28						24	25	26	27	28	29	30

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	1 6:00 pm Lenten Study 7:00 pm Admin Council Mtg	2 Bulletin Deadline Ash Wednesday 12:00 Ash Wed Service 5:30 pm Ash Wed evening s 6:45 pm Choir Rehearsal	3 7:00 am Rotary 4:00 pm M&M Diner 6:30 pm SPRC Meeting	4 <i>Church Offices Closed</i>	5
6 Communion 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service	7 10:30 am Coffee with Pasto 12:30 Prayer Group 6:30 pm All God's Children	8 12:00 pm MARSP	9 Bulletin Deadline 1:30 Lenten Study W/ Rev 6:00 pm Faith & Food 6:45 pm Choir Rehearsal	10 7:00 am Rotary 4:00 pm M&M Diner 6:30 pm Trustees Mtg 6:45 Lenten study zoom	11 <i>Church Offices Closed</i>	12
13 Daylight Saving 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service 	14 10:30 am Coffee with Pasto 11:00 am Young MI Dances 12:30 Prayer Group	15	16 Bulletin Deadline 1:30 Lenten Study w/Rev 6:45 pm Choir Rehearsal	17 St Patricks Day 7:00 am Rotary 4:00 pm M&M Diner 6:45 Lenten study zoom	18 <i>Church Offices Closed</i>	19 10:00 am Worship Team
20 Blood Pressures 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service	21 10:30am Coffee with Pasto 12:30 Prayer Group 6:30 pm Care & Outreach	22	23 Bulletin Deadline 1:30 Lenten study w/Rev 6:00 pm Faith & Food 6:45 pm Choir Rehearsal	24 Newsletter Deadline 7:00 am Rotary 4:00 pm M&M Diner 6:45 Lenten study zoom	25 <i>Church Offices Closed</i>	26
27 Palm Sunday 9:00 am Classic Service 9:15 am Children's SS 10:30 am Casual Service	28 10:30am Coffee with Pasto 12:30 Prayer Group	29	30 1:30 Lenten study w/Rev 6:00 pm Education Mtg 6:45 pm Choir Rehearsal	31 7:00 am Rotary 4:00 pm M&M Diner 6:45 Lenten study zoom	1	2



Coldwater United Methodist Church

For the most current information view our online church calendar at

www.coldwaterum.org