



East Columbus United Methodist Church

A Church for Everyone!

MARCH 2025



Ecclesiastes 5:7b, NIV



40-Day Journey of Lent

May the peace of God be with you all. I would like to introduce an article by Joe Lovino titled "40 Days of Lent: Finding Your Own Spiritual Discipline."

During the Ash Wednesday service, which marks the beginning of Lent, many pastors encourage their congregations with the following words: "Keep a holy Lent through self-examination and repentance, by prayer, fasting, and self-denial, and by reading and meditating on God's holy Word." There are no set rules. Instead, we each need to find the approach that works best for us—one that allows us to confront our own sinfulness, remember our responsibilities, and be grateful for the gift of salvation through the life, death, and resurrection of Jesus Christ.

1. Fasting (Self-Discipline)

One of the most common spiritual practices during Lent is giving up something. Some people abstain from things like chocolate, social media, or shopping during this season. This practice is known as fasting. The purpose of fasting is to give up such things and redirect our hearts back to God.

2. Reading the Bible

Many who attempt to read the Bible are unsure where to begin. The Upper Room or Alive Now, published by The Upper Room, can assist believers in their efforts to read the Scriptures. These resources provide a daily scripture passage along with thought-provoking reflections and readings that nourish the soul.

3. Praying

Amid our busy lives, we often find ourselves praying out of obligation. Lent is a valuable opportunity to cultivate a voluntary prayer life. During this time, you can try different prayer methods or deeply engage with just one new form of prayer. Enriching your prayer life is an excellent way to observe Lent meaningfully.

4. Serving

Another way to keep Lent holy is to find a new way to serve. During the 40 days of Lent, why not consider serving the local community, offering financial support to a charitable organization, volunteering in the choir, or developing a habit of participating in a small group?

5. Resting

One of the vital spiritual disciplines that many believers neglect is rest or Sabbath. It does not necessarily mean resting on a traditional Sabbath day like Saturday or Sunday. We can still take time to dwell in God's presence on weekdays. You could dedicate a few minutes during lunch to meditate at your desk, listen to sermons during your commute, or read soul-nourishing poetry. All of these can be wonderful ways to experience a fulfilling Lent.

My Beloved friends, starting from Ash Wednesday on March 5, the 40-day journey of Lent begins. How about trying out a spiritual discipline that suits you, as suggested above? I bless you in the name of the Lord.

In the Love of Christ,

Pastor Jongmin



*A Note
from
Terry Snyder*

I've mentioned going through old digital song scores I have arranged / transcribed / adapted etc.) I don't have time to devote to organizing and compiling (maybe a little while the video is rendering etc.), but have come across some "good ones". One I finished is a fun one that you should have heard by now (and soon a praise song) is "We'll Not Be Defeated".

Another, "Amazes Me", is one that I didn't recognize when I came across it again, so I listened on YouTube I had done it almost exactly 12 years ago. I still love it. Looking at when I saved the file, it was after evening service. I suspect I discovered the song looking for songs to fit the sermon. Or maybe it played after I started another song as I was cleaning the office / putting music away etc. that evening. I liked it enough to do a quick arrangement on it that night. I had taken some creative liberties on some of the melody, but changed those back a few weeks ago, but kept much of my harmonies. I had also cut a lot out (part of the songs went on and on, that although good, didn't seem like it was necessary for the song) (and maybe even detracted) These "cuts" took it from over 6 minutes long to just over 3 minutes. I'm not the only one who loved it, the choir did (we did it as an anthem the first week) and Sherri Hanna liked it enough to tell me.

I suspect that I didn't have us learn it at the time because we were immersed in working on Easter, and then on to the something else after that. The choir works hard and is dedicated (sometimes practicing two times a week during cantata seasons), and sometimes come 15 minutes early to learn or refresh our memories on congregational songs.

We typically get at most 45 minutes to rehearse (not including tardiness or absence, problems, or things that arise, communication, etc.) then do joys and concerns for the last 15 minutes. Trying to learn new praise songs and choir songs is tough sometimes (especially challenging ones) from a time standpoint. I often have the choir introduce them as a special the first week. That helps us have time to introduce new praise songs, but still have new anthems. I also do it to give you all a chance to hear the new songs first, and then use it as a praise song the next week (while your memories are fresher). I also try use the demo of the song with the pre-service slides to remind you what it sounds like. I then try to repeat the song two Sundays in a row, skip a Sunday, then once again, to reinforce it.

An exception has been "Going There". I heard that in concert and even the less young people seemed to really love it. I had to slow it WAY down to teach to the choir, before taking it up to tempo (speed) as an anthem. Some of you may have wondered why we have sung it several weeks in a row. I have repeated that so much not because I like it (though I do), but because it has so many words and syllables and I want you to know it so you can sing with us. I plan on having taken it up to tempo by the time you read this.

I have visited churches where the praise team is singing songs, and the congregation looks like deer in headlights, not having a clue how to sing them. I was in the same boat without music to read. Churches do a disservice to do new songs once or seldom where the people on stage are the only ones singing. Repetition is how we learn (times tables, ABCs (the music with it helps) or Scripture etc.) Times have changed. Even the best loved hymns today were new songs at one point. None of us exited the womb singing one of the songs we hold dear today. But, hymnals were used back then, and if people couldn't read music, could at least see if the notes went up or down, and whether close or a larger jump. It is a shame that those days are gone and that they are cutting music and choirs in many schools. I think we are worse off for it. Not all of the choir reads music (many don't, some have basics, and some good ears), but the music helps the choir as a road map (oops another old technology) that gives them an idea of how it goes.

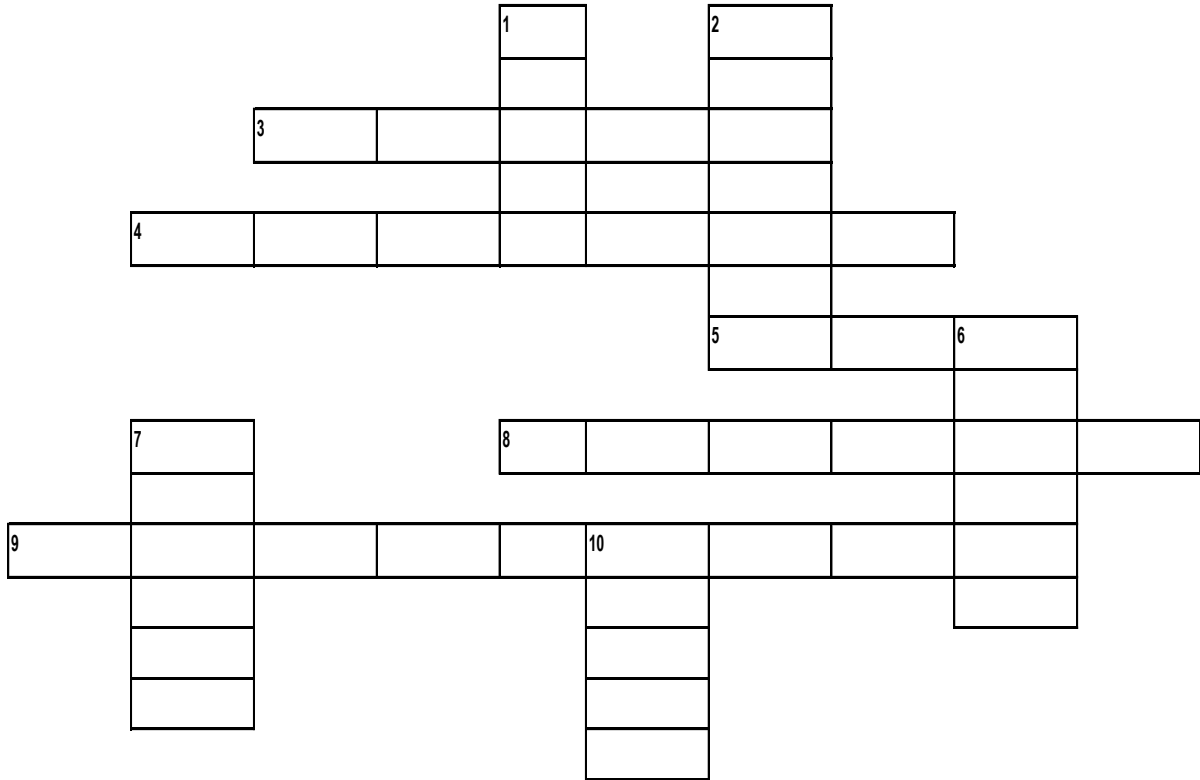


This month I thought I'd try something new ... here's a crossword puzzle I created for you to try ... and all the answers can be found in the Bible ...

- 3 This person fasted 40 days and 40 nights
- 4 Feeling or expression of reverence and adoration for God
- 5 Who is the Father of Jesus?
- 8 This word means to smear or rub with oil
- 9 An act of surrendering a possession to God

DOWN

- 1 This person received the 10 Commandments
- 2 Abstaining ... like during Lent which begins March 5 this year
- 6 This person fasted for 3 weeks
- 7 This is a solemn request for help or expression of thanks to God
- 10 How many days did Jesus fast?



Get your Bible, have fun and good luck! Timothy

- Answers:
- 1. Moses
 - 2. Fasting
 - 3. Jesus
 - 4. Worship
 - 5. God
 - 6. Daniel
 - 7. Prayer
 - 8. Anoint
 - 9. Sacrifice
 - 10. Forty

HOOSIER TRAILS COUNCIL
Troop 549



On February 22, we attended the Hoosier Trails Council Merit Badge day in Madison Indiana. We had 5 boys attend. All the boys were able to get a lot of requirements checked off for merit badges and their personal rank advancement. We are going to another merit badge in the fall.

March 7th and 8th

The troop is going to Madison Wisconsin to a canoeing event called Canoe-copia. This will be a great time of fun and education for the troop. The weekend will consist of fun seminars where they will hear stories of camping and canoeing in all different types of water and weather conditions. There will be educational seminars that will teach them how to navigate on the water and on land with no trail markers only using a compass and a map. They also have music entertainers that will perform during the show. They will have all kinds of camping and canoe sports there to look at and talk to the people who sell or manufacture the equipment.

March is also the time we pick out the merit badges the boys will take at summer camp. The summer camp this year will be the 2nd week of June.

If you know any boys that are interested in scouting the door is always open for their visit on our scout nights. Please feel free to pass my contact information to anyone interested in visiting or joining our troop. Boys ages need to be 11 years old to join and less than 18. Meeting time Thursday is at 6:30 – 8:00 at the Youth Center.

Bruce McIntosh, Scoutmaster
812-374-9009
brucemcintoshbsa@yahoo.com

News



From the Mail Box...

Here's what's
happening!

Dear Church family:

Thank you so much for the lantern in honor of our mother, Vivian. Thank you for your prayers and love. Thank you for the funeral meal. It was so very good.

Many blessings, Vivian Thayer family

March 5, Ash Wednesday services will meet at 5pm. in the Sanctuary.

March 6, Trustee Meeting at 5:30pm in the Chapel.

Saturday March 8, District Workshop will be meeting 9am-5pm. (*Pre-Registration is required*)

Daylight Savings Time begins March 9. Don't forget to set your clocks forward.

Grace's Table Free Meal, Sunday, March 9 at 5pm in the Youth Center.

Weekly Prayer Hour, 10am in the Sanctuary. Every Tuesday a prayer time is held from 10am to 11am for anyone to come and lift up their personal prayers. Come and pray for a few minutes or the whole hour. Please enter through the Elevator Door.

Sunday, March 23,

We will welcome special guest, Will Speaker to the pulpit.

Will is currently serving at the Children's Ministry Director at Asbury UMC and is a member of Whitecreek UMC.

GUEST
SPEAKER

*In Christian
Sympathy*

In Memory of
Rob Murphy
who went home to his
Heavenly Father
February 15, 2025

Condolences to

To the Rob Murphy family at his passing.

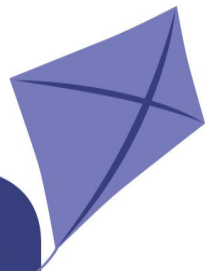
To Don Wilson's family at the passing of Don's brother, Rev. Jerry L. Smith.

Health Clinic
March 4, 2025
1:00pm-3:00pm
East Columbus United Methodist Church

The Bartholomew County Health Department will be offering:
A1C screening
Blood pressure screening
Immunizations



march



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2 Communion 9am Worship 10:10 - Sunday School	3	4 10am Prayer Hour	5 5pm - Ash Wednesday Srvc 6pm-Choir	6 5:30pm-Trustee Meeting 6pm-Cantata Prct 6:30pm-Scouts	7	8 District Workshop 9am-5pm
9 Daylight Saving Time Begins 9am Worship 10:10 - Sunday School 5pm-Grace's Table	10	11 10am Prayer Hour	12 6pm- Choir	13 6pm-Cantata Prct 6:30pm-Scouts	14	15
16 9am Worship 10:10 - Sunday School	17 St. Patricks' Day	18 10am Prayer Hour	19 6pm-Choir	20 First Day of Spring 6pm-Cantata Prct NO Scouts	21	22
B C S C Spring Break March 17-21						
23 9am - Worship 10:10 - Sunday School	24	25 10am Prayer Hour	26 6pm-Choir	27 6pm-Cantata Prct 6:30pm-Scouts	28	29
30 9am - Worship 10:10 - Sunday School	31	<p>Mar. 6..Bruce McIntosh</p> <p>“ 9..Dorothy Lane</p> <p>“ 11..Dorothy Brown</p> <p>“ 12..Joan Dudley</p> <p>“ 14..Cheri Reeves</p> <p>“ 24..Karen Lambert</p> <p style="text-align: center;">Belinda McIntosh</p> <p>“ 29..Garry Taylor</p>				





East Columbus United Methodist Church
2439 Indiana Avenue, Columbus IN 47201

Return Service Requested

Jongmin Lee, Senior Minister
Angie Sherfick, Adm. Assistant
Terry Snyder, Music Director

Church Office: 812.376.7418

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Pastor Email: jongmin.lee@inumc.org

Worship Director Email: music@eastcolumbusumc.org

Church Website: www.eastcolumbusumc.org

9:00 am - Worship Service

10:10am - Sunday School

OUR CHURCH MISSION

**Growing the Family of God by Making
Loving Disciples of Jesus Christ.**