



LOWER UNITED METHODIST CHURCH

# Check Your Faith

by Rev. Yosub Namgung



Hosea 6:1, "Come, let us return to the Lord."

We are in the season of Lent. The benefit of Lent is that it gives us an opportunity to reexamine our lives and return to God.

Looking back on our lives, we discover that God's grace was with us. When we are sick, God pours out His healing grace. When it seems all the doors are closed, God opens another way. When we think we have failed, God gives us the strength to rise again. When we can't see our future, God becomes our future. All of our lives are given by God's grace and are filled with His hand.

Although God is so merciful and faithful to us, we often become distant from Him. We have to make a choice because of practical problems in life. And

such a choice has more to do with our greed and interests than with the love of God. Or, we think that a certain amount of laziness or greed is okay. We think God will understand to some extent and we live as we please. Or, we completely lose sight of God and become totally lost in what we have to do or want to do.

So, we have to check ourselves again. In this world, it is not easy to look only at God. If we don't recheck our focus, we'll be looking at the world and circumstances, not God.

How far are you from God? Or are you getting closer to God every day? I pray that this period will be a time to move closer to God by checking your faith and your focus.

# Lower Light

March 2023

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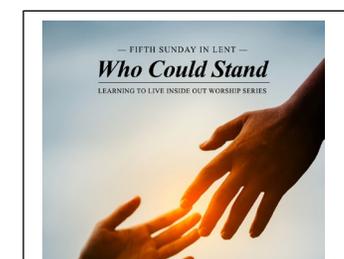
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## MARCH SERMONS

- 5 "Go From Your Country"  
Psalm 121, Genesis 12:1-4a
- 12 "Give Me Water"  
Exodus 17:1-7, John 4:5-14, 28-29
- 19 "In The Presence"  
1 Samuel 16:1-13, John 9:35-41
- 26 "Who Could Stand"  
Ezekiel 37:1-14, John 11:32-45



## Learning to Live Again - Part 4

by Vicki Hogge



The next few days were quite surreal. I couldn't believe that this was happening to me, and like so many of us do, I questioned and I prayed to "God! God, why me! Why me!", with tears in my eyes. The answer was easy, why not you Vicki? You're no different than anyone else...and then the peace that came with it...I Am with you. I learned long ago that everyone has something that is burdensome to them. This would be mine if I allowed it to be. However, I had decided that I was going to fight this cancer and beat the odds.

My family and I went through the practical parts of having a terminal illness. We got second opinions. We went to the lawyer to make sure we had wills and power of attorney'. We even went to the funeral home because I did not want to leave that burden on my children. We went to the extreme of selling our homes, and buying one that would accommodate all seven of us. As I mentioned before, Bubba would not be able to live by himself, and he needed to be in a place where he was comfortable and safe. Things moved quickly, and by the first week of July, I was already receiving my chemotherapy. I had received a nice new port-a-Cath and medication was infusing hopefully to kill my cancer. Unfortunately, what happened next was not what we expected.

I became gravely ill from the chemotherapy and was hospitalized. Those days are a blur and quite honestly, I don't believe I would want to remember them. My oncologist, hospitalist, and primary care physician all thought the only thing that would bring me back from the brink would be a miracle. My prayer warriors did not give up on me nor did my family. Kristin would sit by my bedside and sing, and as she sang, she was saying, come on mom, sing with me. I felt peace. Peace. Only the peace that God can bring. I spent my birthday that year of 2020 looking out the window to the best surprise ever! It is one of the few things I remember of that hospitalization, but my family and my church choir, all of whom I love so dearly, stood outside my hospital window to sing me happy birthday! I loved you all then and I love you all now!



## News From Hands Across Middlesex

by William Will, LUMC Representative

Hands helps those who may otherwise have no place to turn and it serves without charge.

- The Food Pantry is available to residents of Middlesex, Essex and the Northern Neck.
- For residents of Middlesex, Clothing Closet at the Cryer Center; Furniture, Household items and Appliances
- Emergency Home Repairs
- Handicap Ramps (medically necessary/wheelchair required)
- ...and more (call 804-758-2044)

Hands is currently serving approximately 500 families living in Middlesex and is the oldest organization to serve in the Back Pack Buddies feeding program. Since its inception there has been a 50% increase in numbers of children needing nourishing food during weekends. Unfortunately, food costs have risen by as much as 500 to 800% since the program's inception. Currently it costs 40 - 50 thousand dollars (\$200 for six weekend meals per child) annually to sustain it. The Board of Directors "is committed to seeing that no child will go hungry." **YOU can help by sending a monetary donation to Hands across Middlesex, and if you wish to volunteer, go to the web site.**

**To Donate: Hands Across Middlesex**  
**PO Box 85**  
**Locust Hill, VA 23092**  
**To Volunteer: [Handsacrossmiddlesex.org](http://Handsacrossmiddlesex.org)**  
**Or call: 804 758-2044**



**Next Class: Tuesday, March 21<sup>st</sup> at 11:00 a.m. in the Fellowship Hall**

All women are invited to attend. For detailed information regarding the class, see our website at [lowerumc.org](http://lowerumc.org).

If you were unable to attend the first monthly class in February, no problem – you can still join us in March. Contact Kathie Noffsinger if interested, (Cell: 804-832-1387, Email: [Noffsingerart@gmail.com](mailto:Noffsingerart@gmail.com)) and she will gladly supply you with study materials.

## REMINDER: Scholarships Available

by Susan Chaney



Are you graduating from high school this year and planning to enroll in a 2-year or 4-year college? Maybe you are graduating and have plans to enroll in a specific career school, technical school or trade school. Or, possibly, you graduated from high school years ago, but are looking to change careers or pursue that career that you have thought about for years and need additional education. If you are an active member of Lower Church and fit into any of those categories then you are eligible for a scholarship from Lower Church or Lower United Methodist Women.

The Scholarship Committee awards scholarships to all qualified applicants each year. These scholarships are funded from five scholarship funds- the Rachel Bridger Scholarship, the Laura McIntyre Scholarship, the Piankatank Shores Scholarship, the Miles Scholarship and the Rosser Memorial Scholarship. Each scholarship is renewable for up to 4 years if you meet eligibility requirements. You don't want to miss out on this opportunity!

Scholarship applications are available on the church website ([lowerumc.org](http://lowerumc.org)), in the church office, or by contacting Susan Chaney at [flihi@va.metrocast.net](mailto:flihi@va.metrocast.net). All applications, along with supporting documents, must be returned to the church office by **May 1, 2023**.

## The Cinderella Project - March Update

by Kathleen Noffsinger



Your Local Missions Team thanks you for your generous support of our Cinderella Project! We are delivering your donated products to the nurses and their clinics at Middlesex High School, St. Clare Walker Middle School and Middlesex Elementary School several times a month! We are happy to hear that the snack bars have been a special blessing for students who arrive late and miss breakfast!

Our church donation box is in the hallway to our fellowship hall and updated lists of needed supplies are in the box. We also appreciate the cash donations we have received to help us buy supplies that have not been donated. If you prefer to make a cash donation, checks may be made out to Lower United Methodist with "Cinderella Project" in the memo line. Thank you to those members who gave monetary donations! They were especially helpful in purchasing needed products.

### Current needs include:

Transparent [Refillable](#) Water Bottles, Juice Boxes, Nabs and Cereal Snack Bars, Boxes of Tissues, Chapsticks, Hair Scrunchies

**A VERY BIG thank you from your "local" missions committee:** Kathie Noffsinger, Margaret Montgomery, Mary Francisco, Pat Tinsley



## Lent - Season of Repentance and Forgiveness of Sin - Verses from the Holy Bible

by Elizabeth Johnson

**Jonah 3:5-8** The people of Nineveh believed God's message. So, they decided that everyone should fast, and all the people, from the greatest to the least, put on sackcloth to show they had repented. When the king of Nineveh heard about it, he got up from his throne, took off his robe, put on sackcloth, and sat down in ashes. He sent out a proclamation to the people of Nineveh: "This is an order from the king and his officials: No one is to eat anything; all persons, cattle, and sheep are forbidden to eat or drink. All persons and animals must wear sackcloth. Everyone must pray earnestly to God and must give up his wicked behavior and his evil actions."

**1 John 2:15-17** Do not love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world – the desires of the flesh and the desires of the eyes and pride of life – is not from the Father but from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.

**Isaiah 2:11-12** A day is coming when human pride will be ended and human arrogance destroyed. Then the LORD alone will be exalted. On that day the LORD Almighty will humble everyone who is powerful, everyone who is proud and conceited.

**Matthew 24:11-14** Then many false prophets will appear and fool many people. Such will be the spread of evil that many people's love will grow cold. But whoever holds out to the end will be saved. And this Good News about the Kingdom will be preached through all the world for a witness to all mankind; and then the end will come.

**Colossians 3:5-6** Put to death therefore what is earthly in you; sexual immorality, impurity, passion, evil desires and greed, which is idolatry. Because of these the wrath of God is coming.

**Mark 1:15** Jesus said, "The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel."

**Romans 6:5-8, 12** For since we have become one with Him in dying as He did, in the same way we shall be one with Him by being raised to life as He was. And we know that our old being has been put to death with Christ on his cross, in order that the power of sinful self might be destroyed, so that we should no longer be the slaves of sin. Since we have died with Christ, we believe that we will also live with Him. Sin must no longer rule in your mortal bodies, so that you obey the desires of your natural self.

**2 Corinthians 5:17** Therefore, if anyone is in Christ, he is a new creature. The old has passed away; the new has come.

**Peter 1:15-16** "As he who called you is holy, you also be holy in all your conduct, since it is written in the scriptures: 'You should be holy, for I am holy.'"

## March Birthdays

|                      |    |
|----------------------|----|
| Grayson Johnson      | 1  |
| Samuel Matthew Fleet | 11 |
| Ryan Smith           | 12 |
| Mildred Townsend     | 13 |
| Robin Atwood         | 14 |
| Makoi Emanuel        | 20 |
| Beverly Pace         | 29 |

**HAPPY  
BIRTHDAY**

## Casual Sunday February 19th



Photo Credit: Matthew Fleet

## Q&A: Answering Questions About Disaffiliation

For those who did not see the Q&A document which was sent out by email, you can access it [HERE](#).



## Notes from the February Council Meeting

Pastor Yosub was not able to attend but provided a written report and Sally Gayle Revere read his opening paragraph in which he thanked Terry Rogers for her four years of leadership as the Church Council Chair. Tim Earnhardt was welcomed as the new Council Chair who will take over as chair beginning with the next meeting scheduled for **March 7, 2023**.

United Methodist Men – John Fleet III reported that an initial meeting will be held in March. Plans for future meetings will be discussed and planned at that meeting.

United Women in Faith – will continue to meet and elect officers and would like to get together with the United Methodist men in future meetings.

Pre-School - Kelly Walden provided a written report and stated she still needed chapel time volunteers. Chapel Time is approximately 15 minutes, one day a week (alternating Wednesdays and Thursdays), anywhere from 9:30 to 10:30 a.m.

Building – in his written report to the Council, John Groves provided updates regarding maintenance at the parsonage and stated work is progressing concerning two projects aimed at preventing rainwater from entering classrooms on the lower floor. He also followed up on recent discussions concerning the ability of congregation members to hear announcements, etc. during Sunday services. Hearing assist devices are available at the main entrance of the sanctuary. Ushers will bring wireless microphones to those who raise their hands to make announcements.

Trustees – in his written report to the Council, Johnny Fleet stated the Trustees met at the end of January and elected officials as follows: John I. Fleet Jr. = Chairman, Kathleen Noffsinger = Vice Chair, Tom Holland = Secretary. The Trustees have begun the process of incorporating, which is one of the requirements for disaffiliation, but it was noted this should be done whether the church disaffiliates or not. Outlined in the Trustees report were pending projects: removal of dead tree stumps, parking pull off by the crosses and garden, replacement of the historic landmark sign, and protection of sanctuary building bricks. All items required by the Conference to move forward with a vote on disaffiliation have been completed and delivered to the District Office. No date has been set for the vote yet.

# March

2023

## Lower United Methodist Church

### Sundays

Adult Sunday School at 9:00 a.m.

Choir Practice at 9:00 a.m.

Worship at 10:30 a.m.



| Sunday                             | Monday                    | Tuesday  | Wednesday   | Thursday | Friday | Saturday |
|------------------------------------|---------------------------|--|---|----------|--------|----------|
|                                    |                           |  | 1<br>10:30 – 12:00 noon Lenten Study<br>5:00 – 6:30 p.m. Prayer Meeting<br>6:30 p.m. Worship Committee<br>7:00 – 8:30 p.m. Lenten Study | 2        | 3      | 4        |
| 5                                  | 6                         | 7<br>6:00 p.m. Council Meeting                                   | 8<br>10:30 – 12:00 noon Lenten Study<br>5:00 – 6:30 p.m. Prayer Meeting<br>7:00 – 8:30 p.m. Lenten Study                                | 9        | 10     | 11       |
| 12<br>DAYLIGHT SAVINGS TIME BEGINS | 13                        | 14<br>11:00 a.m. Martha-Sarah Circle of United Women in Faith    | 15<br>10:30 – 12:00 noon Lenten Study<br>5:00 – 6:30 p.m. Prayer Meeting<br>7:00 – 8:30 p.m. Lenten Study                               | 16       | 17     | 18       |
| 19                                 | 20                        | 21<br>11:00 a.m. "Painting With Words" Women's Bible Study Group | 22<br>10:30 – 12:00 noon Lenten Study<br>5:00 – 6:30 p.m. Prayer Meeting<br>7:00 – 8:30 p.m. Lenten Study                               | 23       | 24     | 25       |
| 26                                 | 27<br>NEWSLETTER DEADLINE | 28   | 29<br>10:30 – 12:00 noon Lenten Study<br>5:00 – 6:30 p.m. Prayer Meeting<br>7:00 – 8:30 p.m. Lenten Study                               | 30       | 31     |          |

Lower United Methodist Church  
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# Lower Light

Contact Us  
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lumc@va.metrocast.net

Check Us Out on the  
Web  
www.lowerumc.org

And on Social Media



P.O. Box 98  
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23071

Office Hours:

Monday – Thursday

9:00 to 12:00



March 12