

## OUR WORSHIPFUL WORK

This season of Lent, I am reflecting over some of the spiritual disciplines that form us as Christians. One of these disciplines is Worship. How many of you have ever thought of worship as a discipline?

I believe that worship is a both *response* and *discipline*. As a response, I believe that worship is a celebrative, praiseful act of service to God. Worship allows us to celebrate who God is - as the One who is our creator and whose grace is abounding. We worship because we acknowledge God to be the One “in whom we live and move and have our being,” as scripture teaches. Our celebration involves praising and glorifying God for God’s steadfast love and grace outpoured.

As a response, worship is also an act of service to God. Our service is a response to the grace of God. God revealing God-self to us as creator, redeemer, and sustainer is an act of grace itself. But, through this revelation we discover what God has done, is doing, and promises to do. This ought to inspire a response in us. Through worship, we are thus called to express gratitude for God’s gift and to offer ourselves in living praise. As a church, the gift we celebrate and for which we give thanks is the Word of God, made flesh in Jesus Christ whom God sent in order that we might be have life abundant and eternal. This is cause for worship.

Worship as a response to God, therefore, means that the experience of our encounter with God involves acknowledging what God has done, and then enacting and embodying it in order to proclaim it to all who need to know. The work of the people, *liturgy*, is designed to facilitate this worshipful experience through enacting and embodying. The liturgy is designed to help us proclaim the presence of God in our midst and to facilitate our response to the grace of God. For this reason, a worship service contains pieces such as a call to worship, confession and pardon, preaching of the Word, passing the peace, the holy sacraments, commissioning, etc. So, in worship, the Word of God, i.e. God’s self revelation, to which we respond, is proclaimed through word, deed, and sign.

Most powerfully, for me, is understanding worship as a discipline. I believe we are called to cultivate in our spirit this discipline to worship God. I have found that in times of hardship, in times of deep suffering and pain, it is most difficult to worship God. In times such as these I often prefer to remain isolated because I find it difficult to relate to those having a praiseful attitude. But, I am learning that it is precisely in these deep moments of human need that our worship is most profound. Imagine the power and witness of a people who worship even in the midst of suffering and death. Is this not what the Christian story is about?

I believe, then, that worship as a discipline means cultivating the desire to worship God even when we do not feel like it. Disciplines by their very definition are hard work. But isn’t that the kind of work we’re called to do as creatures of the One Creator? After all, we worship because we know that even in the midst of pain and suffering, hope persists. So, I hope you journey-on dear friends - on this Lenten journey to Hope.

*Pastor Shandi*

## PRAYERS, CONCERNS & CELEBRATIONS

### *LET US PRAY FOR...*

- ✠ Betty Small at home
- ✠ Mike McManus following surgery.
- ✠ Lois Johnson at Knollwood.
- ✠ Janet DeNapoli & Barbara Houston's brother, Walter Scott.
- ✠ Susan Ramsay awaiting surgery.
- ✠ John Mockler in St. V's Hospital.
- ✠ Russell Stone

### *OUR SYMPATHY TO...*

- ✠ Dot & Ralph Ellis and family on the death of their great-nephew Scott Lander in Bangor, ME.
- ✠ Family and friends of Shirley Garceau who died this week.

## LIGHTINGS AND ALTAR FLOWERS

**THE ROSE WINDOW** lighting for March is given in loving memory of Heik P. and Irene B. Garabedian by Shirley & Robert Demers & family.

**THE TOWER** lighting for March is given in loving memory of Dr. C. James Brenneman by his daughter Betsey.

**THE ALTAR FLOWERS** on March 7<sup>th</sup> are given in honor and celebration of Elaine Fletcher's birthday by Mary Demery & J.P.

**THE ALTAR FLOWERS** on March 14<sup>th</sup> are given in loving memory of Rembert and Miriam McLendon, parents of Kathryn Edmunds, by Michael, Kathryn, Mack, Sam and Sara Kate Edmunds.

**Altar Flowers...** Beautiful floral arrangements on the altar during Sunday worship is a special gift we offer to God as part of our praise and worship. The arrangements are usually dedicated in celebration of or in memory of a loved one. By your choice, you may take the flowers home to enjoy or you may request the flowers be delivered to a shut-in or member/friend in the hospital. If you are unable to join us in church, arrangements can be made for the flowers to be delivered to you at home after the service. A calendar of available dates and order forms are available in the Welcome Office. The cost for altar flowers is \$50. If you are not able to come to church but would like to dedicate flowers, please call Debi in the office (508-799-4191).

**The Tower Lighting for August and September is available.** If you are interested in lighting the Tower for either of these months please contact Debi in the office.

**IHN WEEK COMING IN MARCH...** We will again be hosting the families of Interfaith Hospitality Network (IHN) the week of March 14<sup>th</sup> to the 21<sup>st</sup>. A sign up sheet is on the board in Brewer Hall. Sign up early to get the time slot that fits your schedule. Supper hosts need to provide a nourishing meal for 10-12 people. Other times you simply need to be there. Any questions, phone Nancy Cook (508-393-6076) or Ron Ramsay (774-287-9002, cell or 508-842-4618, home). Your help is greatly appreciated.

**EASTER EGG HUNT ON APRIL 3<sup>RD</sup>...** You are invited to the Easter Egg Hunt and Crafts on Saturday, April 3<sup>rd</sup>, 10 to 11 am. Please provide one dozen pre-filled eggs for each child you bring. These can be filled with stickers, candy, etc. For the younger children who can't have candy, you can fill eggs with Goldfish, animal crackers, and Cheerios, and put stickers on those eggs so the older kids won't collect them. The event is sponsored by Education and Sarah Circle.

#### **MARCH MADNESS BASKETBALL AT WESLEY**

Calling adults and youth! Time to get in shape and practice for our game against Pastor Lisa's church! You need to show up for practice to be able to play. This is sure to be a fun night. So let me know if I can count on you! ~ Youl Bellil

Upcoming Friday Night Sports Schedule (7 to 8:30 ~ 2/26, 3/5, 3/12, 3/19: Sports Night March Madness Basketball Event with Chelmsford Aldersgate UMC.

#### **CONFRONTING RACISM, A SPRING RETREAT**

The Methodist Federation for Social Action and the New England Conference Board of Church and Society invite you to attend a Spring retreat, "Confronting Racism," on March 27, from 9 AM to 3 PM at St. Matthews UMC in Acton, MA. Our keynote speaker is the Rev. Kapyka Kaoma, Project Director at Political Research Associates and author of U.S. Conservatives, African Churches and Homophobia. His presentation will be followed by a time of spiritual reflection led by Gwen White. A soup lunch will be provided. A \$10 offering to cover costs is appreciated and suggested. Please R.S.V.P. Leigh Dry at [leighdry@comcast.net](mailto:leighdry@comcast.net).

#### **SUMMER SOFTBALL LEAGUE**

Epworth United Methodist Church is hoping to find at least three other churches who would be interested in being part of a church summer softball league. The teams would be adult (16+ years of age) and co-ed. Games would be played on Sunday afternoons between June and Labor Day (4<sup>th</sup> of July off) at 4pm and 5:30pm. Anyone who is interested in coordinating a team from Wesley see Pastor Vicki and she will give you contact information. Sounds fun!

**THINK ABOUT DISCOVERING WAYS TO DEEPEN YOUR FAITH THIS SUMMER THROUGH A CHRISTIAN CAMP EXPERIENCE!** There is something for everyone at one of the Christian Camps in our area: *Camp Aldersgate* in North Scituate, RI, *Camp Wanakee* in Meredith, NH, *Camp Mechuwana* in Winthrop, ME, and *Rolling Ridge* in North Andover, MA. Now is the time to reserve your spot for an amazing experience. Let's talk about the many opportunities! Important – June 1<sup>st</sup> is the registration deadline. We are blessed to be able to offer camp scholarships through the generous support of many individuals and groups. The average cost for a week at camp is \$350.00. If this is something that is on your heart and you would like to sponsor a camper, your support will be greatly appreciated! Please see Valerie Jansson for more information.

~Valerie Jansson

### **UMCOR RESPONDS TO EARTHQUAKE IN CHILE**

The United Methodist Committee on Relief (UMCOR) is responding to the needs of people affected by the 8.8 magnitude earthquake that struck Chile early on Saturday. On Saturday - the day the earthquake hit - Bishop Joel N. Martinez, interim General Secretary of the General Board of Global Ministries said, "I have just received the terrible news about the major 8.8 magnitude earthquake in Chile. The early reports of great destruction and widespread injuries and the increasing death count point to a need for a full response by all humanitarian agencies and governments in the coming days and weeks." UMCOR is working with partners in Chile: Iglesia Metodista de Chile (IMECH), Ministerio Social Metodista (MISOM) and Equipo Metodista de Acción Humanitaria (EMAH) to respond with resources and support.

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### **CARTY CUPBOARD NEWS**

#### **THE FEINSTEIN CHALLENGE IS ON !!!!**

From March 1<sup>st</sup> 2010 thru April 30<sup>th</sup> 2010 all donated food and money will be counted in the Challenge. Even though the item of the month is instant oatmeal any food item that you would like to donate will be great!!! **Please just take a minute to make sure that the food item has not expired.** If anyone is able to host a food drive at their workplace, and is also able to get the donated food to Wesley, I will be at the Cupboard to receive it. Just let me know, you may call me at 508-886-8376. Thank you. ~ Nancy Spencer

#### **CARTY CUPBOARD'S ITEM OF THE MONTH....**

Next Sunday March 7<sup>th</sup>, is the 1<sup>st</sup> Sunday of the month, and it is also Carty Cupboard's Item of the Month Sunday. **Instant oatmeal in the variety pack** is what we are in need of this month. People have already asked me what next month's item will be, so here it is... Grape Jelly...folks really like it and we do not get it very often. Thank you for thinking of those in need when you shop.

## UNITED METHODIST WOMEN

The UMW Steering Committee will meet on Saturday, March 13 at 9:15 a.m. in the John Wesley Room. We have some important programmatic and budget planning ahead of us. UMW officers and Circle Leaders are asked to attend. Thank you.

The UMW Combined Circle meeting is scheduled for Thursday, March 18, at 6:30 p.m. in Brewer Hall. Dessert will be provided by Priscilla Circle. More details to follow. Please plan to attend.

The Central District is planning a spring conference in April entitled "Living with Chronic Illness." Two panels are now being formed, and participants are asked to volunteer for one of them. One is a panel composed of those who have lived first-hand with chronic illness, and the second panel will be composed of care givers. Any woman in the church may volunteer to be on a panel. If you are interested, please check with Margaret Watson. Further details are available in the Legacy Newsletter posted on the UMW bulletin board.

Meatballs/spaghetti, bread and more  
Salad, dessert, that's what's in store  
Dance, story, instrument or sing  
Let's have fun and make the halls ring

**SATURDAY, APRIL 17, 2010**

**5:00 p.m.**

**Talent Show to follow**

Brewer Hall

\$7.00/each - \$21.00 – maximum per family

**WE NEED TALENT** — can you play an instrument, sing, dance, tell a joke, story!  
Please contact Linda Carlson 508-853-4264 or email at [lbcpgc@verizon.net](mailto:lbcpgc@verizon.net). I will have a sign-up sheet as we must know what talent is in store for the evening. We also need to know how many people in order to plan for food. Let's have FUN!!!!

You are cordially invited to .....

## Potluck Dinner and a Movie

FRIDAY, MARCH 5<sup>TH</sup> 6:00 – 9:00P.M.

Come and Enjoy box office hits like **A Beautiful Mind** starring Russell Crowe, **Bruce Almighty** w/Jim Carey, **Gifted Hands** w/Cuba Gooding Jr., **Amazing Grace** w/Albert Finney, **Antwone Fisher** w/Denzel Washington, **Faith Like Potatoes** w/Frank Rautenbach . . . and many more.

If you love good food, good movies and good fellowship then we'd love to have you be part of our new Adult Bible Study. We will meet once each month, enjoy a pot-luck dinner together while we watch a great blockbuster movie and then during dessert we will use a scripture based study guide to discuss the film.

For more information and to sign up, visit us in Brewer Hall or contact Earl or Chris Flagg @ 508-852-7745, you can also reach us via e-mail at [ERF115@MSN.COM](mailto:ERF115@MSN.COM)

**\*Please be sure and let us know if you are planning to attend so that we can plan accordingly.**

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### SMALL GIFTS FOR SHELTERS

Sarah Circle will again be collecting useful or edible items to fill large baskets for the People in Peril and Homeless Veterans' Shelters. You are invited to leave any of the following in the purple bag you'll find in the church pantry:

soap, hand sanitizer, shampoo, toothpaste, toothbrush, lotion, deodorant, chapstick

First Aid supplies

Chocolate, oranges, dried fruit, cereal bars, small bags of cookies or crackers , or other snacks which have some food value

Packets of hot chocolate, small juice containers

**Socks**, hats, washcloths, pens, Post-its, Scotch tape

Whatever else you think a person at a shelter would appreciate. The items will be delivered on Easter Sunday. Questions? Call Betsy Pennino at 508-829-7131.

*Spring has Sprung!*

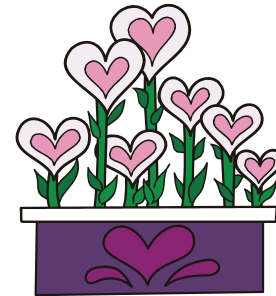
**UNITED METHODIST WOMEN'S BAKE SALE  
PALM SUNDAY ~ MARCH 28, 2010**

*To support the following UMW Mission Projects:*

*Wesley Camperships ++ Florence House  
Cottage Hill Academy (Protestant Youth Center)*

**COOKIES - BREADS - PIES - CAKES**

*Support the UMW in  
this Mission fund-raiser  
and enjoy "home-made"  
baked goods for your  
Easter Celebration.*



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**SUNDAY MORNING CHURCH CLOSING...** A decision will be made by Saturday night or early Sunday morning if worship will be held. It is possible that the 8:30 service will be cancelled and the 10:30 service held. To know if services are happening call the church office at 508-799-4191 for an updated recorded message announcing a cancellation. The message will indicate immediately whether or not worship has been cancelled. Our church IS NOT listed on the television station closings. There are several Wesley United Methodist Churches in our area so when you read "No Services Wesley United Methodist" it is not Wesley in Worcester.

## DID YOU KNOW?

One of the special opportunities at Wesley during the season of Lent will be the opportunity to participate in a labyrinth walk on March 25. Sometimes the terms *labyrinth* and *maze* are used synonymously, but there is a distinction, and that distinction makes the labyrinth particularly suited to be used as a spiritual tool that promotes meditation and serves as a metaphor for Christian journey.

The main difference is that while a maze is a form of a puzzle with complex branching passages, a labyrinth has only one entrance and exit with a single path that leads to a center. (Mazes usually do not have centers.) Still the path through a labyrinth often does meander with many changes of direction before one reaches the center. Another contrast to mazes is that labyrinths do not have any dead-ends. Because they are not puzzles, labyrinths help to quiet and focus the mind as one walks the path.

The labyrinth is not unique to Christianity but existed in many cultures and many religions and predated Christianity by at least 1000 years. The first known Christian labyrinth is in a 4<sup>th</sup> Century basilica in Algeria. It is believed it is at this time that the labyrinth began to be used for Christian prayer and meditation. Labyrinths in churches flourished during the era of the great Gothic cathedrals in France and Italy during a time when religious pilgrimages were very important. The ultimate pilgrimage destination for Christians at that time was Jerusalem, but the cathedrals of Europe also became pilgrimage sites as stations along various pilgrimage routes or as pilgrimage destinations in and of themselves. For those who could not make the pilgrimage to Jerusalem walking the labyrinth became a symbol of that journey with the center of the labyrinth the substitute goal representing Jerusalem.

The labyrinth came to be viewed as a very powerful symbol of spiritual journey, and some pilgrims “walked” the labyrinth on their knees as a symbol of repentance. At one time the labyrinth was also part of worship services. At Chartres during the Easter celebration the priest and congregation would dance into the center of the labyrinth to symbolize Jesus’ death and resurrection.

After the Protestant Reformation of the 16<sup>th</sup> Century and the rationalism of the Enlightenment of later centuries, the traditions of the use of the labyrinth in Christian worship, prayer and meditation were lost. Now in the late 20<sup>th</sup> Century these traditions have been rediscovered and offer us a new yet ancient means to explore our spirituality.

*Submitted by Deborah A. O’Driscoll*

## 2010 HERALD SCHEDULE

Below are the next couple of Herald mailing dates along with the deadline dates for each mailing.

*Please note that the deadline date is Monday at 9:00 AM unless otherwise specified.*

<b>Article Deadline Date</b>	<b>Herald Mailing Date</b>
Mon., Mar. 15	Wed., Mar. 17
Mon., Mar. 29	Wed., Mar. 31

If you have an article, please email it as a *Word* attachment to:  
**office@wesleyworc.org**



***Welcome!***

Here is the topic for the next meeting:

**MARCH 12, 2010:**

*Guest Speaker: Deanna Wong from Children's Music Academy*

**MARCH 26, 2010:**

*How becoming a mom changes friendships.*

If you are interested in joining our group or to just find out more, please contact Jean Grant at [grantgirl05@yahoo.com](mailto:grantgirl05@yahoo.com) or 508-886-6571. We look forward to meeting you!



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Director of Music Ministries  
Brett Maguire

Ghanaian Choir Master  
Charles Ato Brown

Music Assistant  
Deborah O'Driscoll

Sunday School Superintendent  
Valerie Jansson

Building Superintendent  
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**WESLEY HERALD**  
**MARCH 3, 2010**

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