

PRETZEL MAKING: A LENTEN TRADITION

For a long time Pretzels have been a symbol of Lent and in Austria on Palm Sunday Pretzels were hung from the palm branches. Some traditions designate a particular Sunday as Pretzel Sunday. Like many of our family traditions and faith traditions, a variety of stories are told about the beginnings and meanings of these traditions.

One such story says that in about 610 A.D. a very creative Alpine Monk decided to make use of the pieces of dough left over from baking bread. The Monk formed them into thin strips folded into a looped twist to represent the folded arms of children in prayer. This scrumptious treat was given to the children as they learned their prayers. They began calling the treat “Pretiola,” which is Latin for “little reward.” Soon it was known the world over as a pretzel. The simple shape of the pretzel, arms folded in prayer, reminds us to pray each day.

Another story posted by Grady Barbour in [Liturgical Piety, Making Word and Action Relevant](#) : Long, long ago, or it seems to me, Lent was a time of sadness, reflection and repentance, when Christians felt they *should* suffer. For 40 days these early church Christians ate no rich foods; no meat, cheese, eggs or even milk. However, what these early Christians did eat was fish, and they baked special bread shaped into arms crossed, a symbol of rest and meditation as Christians sadly contemplated their sins. They called this bread *Bracellae*, the Latin word for “little arms.” Through the following years these Lenten customs spread to central and northern Europe. But the people there said *betzel* instead of *bracellae* and in time the word *betzel* became pretzel. In fact, the Sunday before Ash Wednesday became known as “Pretzel Sunday” to remind people to think about the meaning of Lent, and it became a custom in many places to bake this bread for use during Lent.

Why not start your own Lenten tradition. Make some pretzels for yourself or perhaps include one with a prayer card and give a homemade pretzel and prayer to a friend.

Remembering you in my prayers.

Pastor Vicki



PRAYERS, CONCERNS & CELEBRATIONS

LET US PRAY FOR...

- ✠ John Mockler at the Jewish Home
- ✠ Susan Ramsay at home following surgery.
- ✠ Russell Stone at home
- ✠ William Robbins at The Meadows in Leicester
- ✠ Dorothy Norcross in the hospital
- ✠ Betty Small, now at 'The Woods' at Eddy Pond
- ✠ Joyce Sutherland in Fairlawn Rehab. after being hit by a car in Florida and having knee surgery.

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 21st are given in loving memory of Peter Mayhew Merrill by Lorna, Kate, Steve and Karen on the 5th anniversary of his passing.

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.

UMCOR OFFERING MARCH 21 : ONE GREAT HOUR OF SHARING

March 21, 2010 is the designated Sunday for Wesley UMC to celebrate the ministry of UMCOR and receive the **One Great Hour of Sharing** offering in 2010. The One Great Hour of Sharing offering allows UMCOR to use 100 percent of other gifts for the purpose designated.

“UMCOR is able to make this promise because administrative expenses are covered through the One Great Hour of Sharing,” said Bishop Joel Martinez. “Because UMCOR does not receive World Service funds or any other apportionments, the costs of doing business are underwritten by The One Great Hour of Sharing.” Let us continue to support our church being prepared to respond to crisis situations wherever and whenever needed.

EASTER EGG HUNT ON APRIL 3RD

You are invited to the Easter Egg Hunt and Crafts on Saturday, April 3rd, 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.

Remember the Sabbath

Wordswithoutspacemakenosense

wordswithout space makenosense

words without space make no sense

lifewithoutspacemakesnosense

lifewithout space makesnosense

life without space makes no sense

Remember the Sabbath

~ *George White, Alive Now 1989*

SUNDAY SCHOOL NEWS...

Come this Sunday and celebrate the exciting room changes for our children's Christian Education ministry with a special pancake breakfast and blessing, at 9:30 AM, in Wagner Hall! We are happy to announce that our Preschool and Toddler childcare rooms have moved to the third floor! The Preschool classroom is now located off of Wagner Hall, the Toddler Room, and, the High School Bible Study room is now located off the main entrance hallway. Special thanks to Phil Johnson for the amazing job in renovating the classroom for the High school group. I am so thankful for the helping hands of the Flionis family, Mark, Carol, Nick and Lottie, Lori and Zachary Conlon, Isaac Boateng, and Brian Jansson, it was a joy to work with you! Let us welcome our little ones with a new or gently used toy for their new classrooms!

Vacation Bible Camp 2010! "Galactic Blast: A Cosmic Adventure Praising God!" Board the starship *Galactic Praise* to see our awesome universe-and our awesome God-in a whole new way!

The fun begins Monday, June 28 and ends Thursday, July 1 from 6-8 PM here at Wesley Church, with Brett Maguire leading our music program! VBC is for all ages, there is something for everyone, adult Bible study to Preschool/Toddler care, in this adventure combining faith and fun bringing us into a closer relationship with God through Jesus Christ.

We want you part of the excitement, so be sure to save the date, and begin thinking about where you would like to serve... recreation, discovery, crafts, music, decorating, mission, assembly, food, hospitality, publicity, provide transportation, set-up & take-down, donate supplies, cadet leader, preschool, and Bible story time. Most of all we ask that you partner with us in prayer! We will be holding a special leader training event for all involved to learn about this Galactic Blast program.

We have started to gather items for our themed decorating needs and would like to request your help! Here is a list of some of the items (remember borrowed items will be labeled with lender's name and phone number to be sure it is returned)... telescopes, black lights, silver disco balls, glow-in-the-dark stars, artificial vines/greenery, aluminum foil, aluminum pie plates, old CDs, stuffed animals, space-related posters and books, model rockets, and clean shoe boxes. All items will be stored in a locked classroom on the third floor. Please see Val Jansson or Ann Openshaw for more details.

Let everything that breathes praise the Lord! Psalm 150:6

~ Valerie Jansson

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.

CARTY CUPBOARD NEWS

THE FEINSTEIN CHALLENGE IS ON !!!!

From March 1st 2010 thru April 30th 2010 all donated food and money will be counted in the Challenge. Please put "Feinstein Challenge" in the memo field of your check. Even though the item of the month is instant oatmeal any food item that you would like to donate during the Feinstein Challenge will be great!!

Please take a minute to check the expiration date on any food that you donate, because we can not use old food.

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 508-886-6376.

The food item for Easter Sunday, April 4th is, **Grape Jelly**. Seeing that it falls on Easter Sunday, the baskets to collect the food of the month will be in Brewer Hall this time only, instead of the Narthex, so they will not to be in the way.

Epworth United Methodist Church presents...

ANNUAL PROFESSIONAL CRAFT FAIR
Saturday, March 27, 2010 ~ 9 am—2 pm

Luncheon, Craft Class for Spring Door Basket, Jewelry, Pottery, Books & much more.

Contact Jane Oliver at 508-736-4659 for more information or to sign up for classes.

7TH ANNUAL INTERNATIONAL FELLOWSHIP LUNCHEON

Date: April 11, 2010 at 12 Noon

Hospitality / Events committee is planning a luncheon for fellowship. This will be an all church event and is asking for everybody's participation. **March 21st** and **March 28th** there will be people at a signup table after services. On Easter, **April 4th** Renelle & I will be in the coffee window if you have not signed up see us there. What we are looking for are families or groups of families to provide a cultural dish. Hospitality Event will provide the chaffing pan liners for hot dishes (either large or small size) to be filled by a family or group of families. The signup is to establish the menu. Speak to us at the table or around the church. We are looking for volunteers to help with kitchen duty and set up. **Please stop by our table to see how you can participate.**

Thank You, Gary & Renelle Picard
Co-Chairpersons, Hospitality/Events
508-885-1301

WORCESTER HISTORICAL MUSEUM: Thursday, March 25 at 5:30pm

FIRST FRUITS OF FREEDOM: *The Migration of Former Slaves and
Their Search for Equality in Worcester Ma, 1862-1900*

Janette T. Greenwood, Professor of History at Clark University, relates the fascinating history of a network forged during the Civil War between Worcester County and eastern North Carolina as Worcester soldiers protected refugee slaves from former masters, set up schools, and led them north at the war's end. Learn about the small black community, with its distinctive southern flavor established in Worcester.

Thank you, THANK YOU, THANK YOU!!!

I want to thank so many of you who prayed for me, sent cards and called following my hip replacement in February. I was so pain-free that I tried to rush the rehabilitation, but that is coming along slowly. *Thanks again, Carolyn Bellil*

I want to say thank you for the beautiful flowers, the calls and cards I received since I came home from Florida to Fairlawn Rehab. *Many thanks, Joyce Sutherland*

UNITED METHODIST WOMEN

The UMW Combined Circle meeting is planned for Thursday, March 18, at 6:30 p.m. in Brewer Hall. Our featured speaker is Kathleen Lovenbury, the Director of the Stetson School in Barre, a school for emotionally disturbed boys. An important business meeting will follow. Dessert will be provided by the Priscilla Circle. All UMW members and prospective members are encouraged to attend.

The Central District of the United Methodist Women plans a conference on Saturday, April 10, from 9:30 am to 2 pm at the First United Methodist Church in Westboro. The theme is "Living with Illness." There will be two workshops: Being a Caregiver and Life Changing Events. For further information please check the UMW bulletin board or see Margaret Watson.

ADULT BOARD GAME NIGHT

What's not to love about an adult board game night? We'll have all sorts of games from strategic to goofy and social, there will be an abundance of laughter, and it's completely free! Please consider joining us for a fun evening. We'll be meeting in Brewer Hall on Monday, March 22, at 7:30 PM.

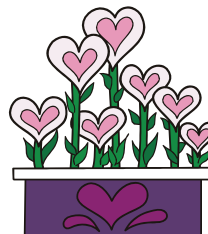
Spring has Sprung!

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)*

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



DID YOU KNOW?

For many years, our celebration of Easter has included a sunrise service. The tradition of Easter sunrise services has its origins in the much more elaborate and ancient Easter Vigil. The word *vigil* derives from the Latin *vigilia* meaning watch or wakefulness and is a general term that refers to a service on the eve of a festival. In the early church vigils preceded Sunday worship as well as the great festivals of the church, and the Easter Vigil is one that has existed in various forms throughout the ages of Christian worship. In the early church Christians kept a “Night Watch” (which often lasted the entire night!) on the eve of Easter, gathering in dark churches for the baptism of new converts who had been prepared during Lent and to wait for the coming of morning, when Jesus arose from the tomb.

The ancient symbols of light, story, water, and feast each are the basis for the four principal parts of the Easter Vigil:

Service of Light: It is known that by the 5th century in Jerusalem the vigil of Easter began with the bishop’s kindling new fire which was used to light candles at the beginning of the Easter vigil. It is also known that by the 6th century in Ireland and the 8th century in Gaul, bonfires were lighted outside churches prior to the Easter celebration. In our times the lighting of the Paschal candle symbolizes the triumph of Resurrection over the darkness of sin and death.

Service of the Word: The scripture readings for the Easter Vigil are quite extensive and demonstrate the entire scope of salvation history beginning with Creation. There is a heavy emphasis on Old Testament readings, as the Easter Vigil has roots in the Jewish Passover.

Service of Baptism/Renewal of Baptismal Covenant: In the ancient church Easter was the primary—and at certain times almost the exclusive—occasion for the observance of the sacrament of baptism. In fact the season of Lent which we use as a time of general spiritual preparation for Easter originated as a time for final instruction and intensive preparation for baptism. Baptism as well as reception of new members and the sprinkling of the congregation with water are all often part of modern Easter Vigils.

Service of the Table: Holy Communion is celebrated in the context of the Resurrection rather than as a remembrance of the Last Supper as on Maundy Thursday.

The Easter Vigil is described in the *Handbook of the Christian Year* as “the most evangelical, biblical, sacramental, and liturgical occasion of worship in the whole of Christian life.” *The United Methodist Book of Worship* does include a service order for an Easter Vigil, also known as “the first service of Easter.” Presently we do not hold an Easter Vigil at Wesley, but you may want to experience this tradition by attending an Easter Vigil at another church. There will be opportunity to join a group from Wesley attending the Easter Vigil at Trinity Lutheran.

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.

<u>Article Deadline Date</u>	<u>Herald Mailing Date</u>
Mon., Mar. 29	Wed., Mar. 31
Mon., April 12	Wed., April 14

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 26TH

How becoming a mom changes friendships.

APRIL 23RD

How becoming a mom changes your relationship with the world .

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



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Brett Maguire

Ghanaian Choir Master

Charles Ato Brown

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WESLEY HERALD
MARCH 17, 2010

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