



Spirit Connection

MONTHLY NEWSLETTER | DEWEY UNITED METHODIST CHURCH | MARCH 2019

Three Essential Personal Spiritual Rituals

The Unofficial United Methodist Handbook
Abingdon Press
Nashville

A spiritual ritual is a routine for building one's faith. Ritual involves action, words, and often images that work together to center one's daily life in Jesus Christ.

1. Morning Devotions: Directly upon awakening, turn your attention to God. Try to make prayer the first activity of the day.

2. Mealtime Grace: Human beings naturally pause before a meal. Use those moments to give thanks. Consider establishing mealtime grace as a ritual. When eating in public, be considerate of others, but do not abandon your ritual.

Many people pray a rote or memorized prayer at mealtimes. Perhaps, consider departing from your regular prayer occasionally with an extemporaneous one.

3. Evening Prayer: The other daily rituals you perform in the evening, like brushing your teeth or letting the dog out, create a natural structure for evening prayer. Establish a regular time and commit to it. Confess wrongdoing, ask for forgiveness, and give thanks. Think about involving other members of the household in this ritual. This would get the whole family involved including the children.

Church Events

COMING UP...

- Mar. 3**
10 am Covenant Renewal Service
- Mar. 6**
6 pm Ash Wednesday Service
- Mar. 10**
10 am Silence
- Mar. 13**
9 am DMA New Hope
- Mar. 17**
10 am Struggle
- Mar. 19**
5-7 pm UMM Bean & Soup Dinner
- Mar. 24**
10 am Journeying
- Mar. 31**
10 am Hospitality
Pot Luck Luncheon

WEEKLY EVENTS

- Sundays**
9 am Sunday School
10 am Worship
6:30 pm Chick-Lits
- Wednesdays**
5 pm One:10 Youth
6 pm Choir Practice

Sentenced to Death

Posted on 07/28/2017

By Bishop Jimmy Nunn

Three sentences that can basically destroy you" was the title. The article continued, "When these utterances start to become commonplace around the office, it just might be the beginning of the end." The story originally appeared in Inc. Magazine and was reprinted in Time in 2014.

The article presented three sentences about organizations that may indicate "you may be heading down a dead-end path."

Reading the article, I asked myself if I had heard those sentences in church.

The third sentence of destruction: "We'll make it happen...somehow."

That sentence betrays an unwillingness to make difficult choices and attempts to make everyone happy.

It is a strength to be positive about things. But mere wishful thinking will reap destruction. It can drag the church through the darkness of high hopes based on a false view of reality.

The second sentence of destruction: "But that can't be true!"

Churches sometimes have a hard time defining or accepting reality. We have a tendency toward "confirmation bias." Simply put, confirmation bias exists when we see what we want to see. And what we want to see blinds us to what is there.

Confirmation bias blocks our ability to adjust, because we hold on to the view we want.

And the No. 1 sentence of destruction? "We've always done it that way."

I love the analysis in the article about this sentence. "Clinging to what's 'tried and true' leads to pursuing wooden-headed strategies long after it's clear that those strategies aren't working."

Since I first discovered the article a few years ago, I've detected a fourth sentence that can also destroy. It says: "We are already doing it."

That sentence betrays an unwillingness to examine what we are doing, why we are doing it, and how we are doing it. It assumes that we have the right answers within ourselves and need no outside perspective.

These four sentences can basically destroy a church when they become commonplace.

How does our faith tradition respond?

Contrast those four sentences with one that the

Apostle Paul wrote to Timothy: "This saying is reliable and deserves full acceptance: 'Christ Jesus came into the world to save sinners' — and I'm the biggest sinner of all." (1 Timothy 1:15, CEV)

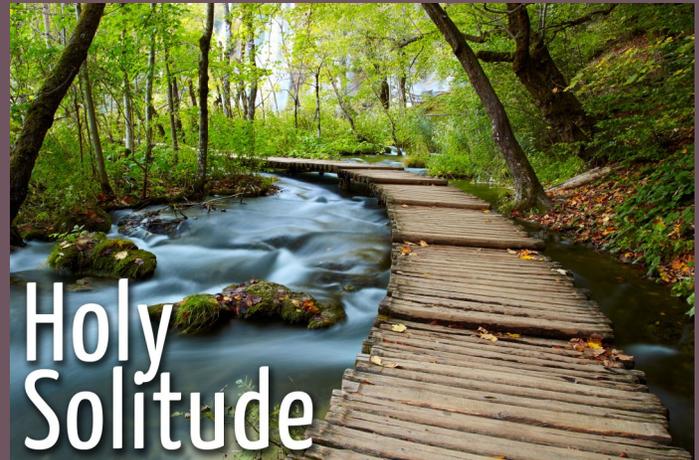
Paul's sentence frames our missional perspective and mutes the destructive sentences. The missional perspective moves us from sentences that can "basically destroy" and ponders things that point to life.

Also in his letter, Paul wrote, "The goal of instruction is love from a pure heart, a good conscience, and a sincere faith. Because they missed this goal, some people have been distracted by talk that doesn't mean anything." (1 Timothy 1:5-6, CEV)

Sometimes in our haste to fix things around us, we say destructive things. But the scriptures point us to the things of life.

What we hear and speak matters. Replace sentences that can "basically destroy" with words that bring hope and life.

What are we hearing? What are we saying?



JOIN US DURING LENT SEASON

Lent is a special season in the church of prayer, contemplation, repentance, and self-denial.

March 3– Covenant Renewal Service

March 10– LENT: Holy Solitude: Silence

March 17– LENT: Holy Solitude: Struggle

March 24– LENT: Holy Solitude: Journeying

March 31– LENT: Holy Solitude: Hospitality

Special Music & Potluck Sunday

Lenten Discipline

Lent is a special season in the church of prayer, contemplation, repentance and self-denial. It helps us to prepare for Easter by putting us in a vacuum, which makes Easter all the more special when it finally comes. Traditionally when we celebrate Lent, we will not sing hymns with Hallelujah in them, so when we sing them on Easter morning, they burst forth, as a celebration that can no longer be contained.

Many people use the time to reflect on a big decision. Others give up something for the season, so they appreciate it more when they can enjoy it again. Some, even use it as a time to refocus religious practice and spiritual discipline.

No matter how you intend to observe this time of Holy Solitude, I offer that we join together in a series of fasts (one each Friday) during Lent. If you are unable to do one of these due to health reasons, feel free to substitute it for another on the list. If you want a bigger challenge fast from Thursday at sunset until sunrise on Sunday.

Special Fasting Days -

Friday, Mar 8 - Drink Only Water (Eat As Usual)

Friday, Mar 15 - Fast From All Noise

Friday, Mar 22 - Skip Lunch To Pray

Friday, Mar 29 - Fast From Social Media, Games, And Other Diversions

Friday, Apr 5 - Skip Lunch, Donate The Cost Of The Meal To Charity

Friday, Apr 12 - Fast From Spending Money

Friday, Apr 19 - Contemplate The Cross



The Way Forward From GC19

As many of you know, the United Methodist Church held a special session of General Conference from Feb 23 - 26 in St. Louis, MO. This called General Conference was to discuss 3 plans to help the church best respond to the questions around same sex marriage and ordination of LGBTQIA+ persons.

A decision was reached, but unfortunately the discussions surrounding this conference were at times extremely divisive and many people have come away hurt. This may also unintentionally harm our ministry to/with/for our LGBTQIA+ siblings.

The traditional plan has been adopted along with punishments for violations of the Book of Discipline. Once the Judicial Council rules on the constitutionality of the whole plan and it's varying parts (in the last week of April), we will know more. But even with the passage of the plan, it does not stop the discussion, nor will it remain unchallenged in coming General Conference sessions. In fact, no matter what plan passed, the discussion wouldn't stop, nor would the challenges cease.

I have intentionally not been public about my personal feelings on this matter. I do not want you to think you must follow me. I want you to follow Jesus. We will not ever all agree on this, and many other issues. But what we can agree on is that Jesus calls us to love God with all that we are, and love our neighbor as ourselves.

At Dewey United Methodist Church our hearts, minds, and doors will remain open to all, as does our communion table; open to all of God's children, no matter what. And we will continue to welcome new members to the body of Christ and our local congregation, in the spirit of love and fellowship, as we have always done.

Someone once asked me what will happen after the ruling. My response was a series of questions.

Did we love God before? Did we love our neighbor before? Did we serve our neighbor regardless of who they were, or what they had done? Will we still continue to love God? Will we still continue to love our neighbor? Will we still continue to serve our neighbor regardless of who they were, and what they have done?

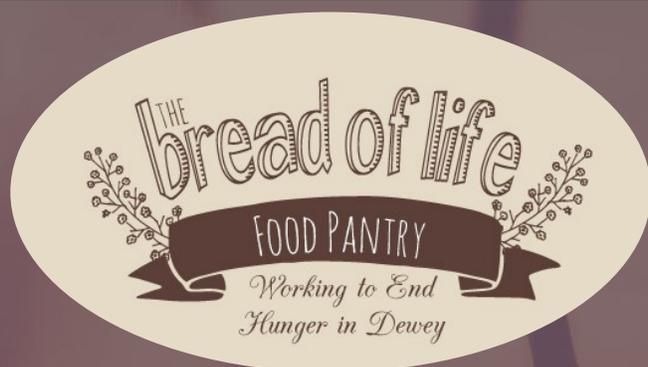
My answer is still yes, and I hope yours is too.

Rev. Jinx

Rev. Jinx M. Barber MDiv GDBL
Senior Pastor
Dewey United Methodist Church

ANNOUNCEMENTS

- Lost arts: **Quilting** will continue at **2 pm Saturdays**. If you would like to be a part, contact the office for a list of items needed. Clois Bengé will lend her expertise on how to put together comfy covers.
- We have a few copies of the new resource **Women United For Change: 150 Years in Mission** in the office. This is the book Rev. Dr. Ellen Blue was working on when she came to preach on UMW Sunday last year. If you would like one, let Jinx know, **they are \$12 each**.
- The **Ash Wednesday Service** will be on **March 6th at 6 pm**. The youth will be using a modern interpretation of the stations of the cross. Please join us as we prayerfully enter the Lenten season.
- The next **Dewey Ministerial Association** meeting will be held at New Hope Indian UMC on **March 13th at 9am**. Join us as we work together to serve our community.
- The **United Methodist Men's bean and soup dinner** will be on Tuesday **March 19th**. Come and enjoy food and fellowship as we raise funds that go toward scholarships and other community projects.
- March has a **Fifth Sunday!** This will be a **special music Sunday** followed by a covered dish **potluck luncheon** afterward. This is a great opportunity to bring a friend to join us for music, food and fellowship on Sunday, **Mar. 31**.
- The **UMW** are having a **Cook Book Sale** to help support our Mission Projects. They are priced at **\$7.00 each or 2/ \$12.00**. This cook book is a collection of recipes by Dewey United Methodist Church. Make checks payable to United Methodist Women.
- **What if we could end hunger in Dewey?** That sounds like a high and lofty goal, but if we all work together, we can do just that! **The Bread of Life food pantry** will **open** it's doors on **Sunday, June 9th** with an **open house**, from **11-1**, that all are invited to attend. The food pantry will be housed at **Dewey UMC** but will be open to anyone who wants to volunteer. The Dewey First Church of God & New Hope Indian UMC have agreed to be a part of this effort. Please join us as we work together as a community to end hunger in Dewey.



The Bread of Life Food Bank List:

- Canned Meats
- Canned Vegetables
- Canned fruits (low sugar)
- Canned Meals (Ravioli)
- Pasta Sauce
- Pork & Beans
- Broth/Stock
- Canned Soups/ Stews
- Cooking Oil
- Pasta
- Rice
- Saltine Crackers/Seeds/Nuts
- Dried Fruits
- Dry Beans
- Ramen Noodles
- Stuffing
- Mac & Cheese
- Boxed Meals
- Instant Potatoes
- Cornbread Mix
- Dry Cereal (wholegrain)
- Pancake Mix/ Syrup
- Rolled Oats
- Peanut Butter/ Jelly

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