



# Fremont United Methodist Church

*We seek to share the joy of God's love so that all might live with dignity and purpose.*

## **Reconciling Ministry Certification Vote**

March 1

## **Annual Green Brunch**

11:15 March 15

### **The Sacrifice for Joy**

"Give something up for Lent." It's a mantra. Every year people of faith attempt to relate to Jesus' sacrifice by embracing a sacrifice of their own. We give up chocolate, we give up coffee, we give up movies, we give up eating out, the list goes on.

I've been thinking about the paltriness with which most of us observe Lent, myself included. Some little time ago there came to my mind an idea about a different way to observe Lent that might help us be more faithful to the intent of Lent.

I want to propose we consider the following practices this Lenten season: be silent, laugh, eat in table fellowship, tell stories, and sing.

I know, these sound way more fun than we normally associate with Lent. But consider them. They each require that we give something up in order to enter into them. When we hold silence, we give up talking. When we laugh, we give up self-pity. When we enter into table fellowship, we give up isolation. When we tell stories, we give up literalism. When we sing, we give up apathy or desolation.

Think about the joy Jesus brought to those around him. Think about what it cost him to do that? How much of himself he gave to and for others. If we were to enter into these practices of holding silence, laughing, meal-sharing, telling (and hearing) stories, and singing we too would bring joy to others (as well as ourselves). Yes, it requires sacrifices to enter into these events, but what is given up are things that we shouldn't hold in the first place. The things we embrace in their place are the very things God wants us to fill our lives with.

Let's make room for these things this Lent. I can't help but think that when we come to Easter, we'll have a deeper appreciation for and understanding of what God gifted to us through Jesus.

A handwritten signature in black ink, consisting of a stylized 'L' followed by a horizontal line.



## WORSHIP & SPIRITUAL FORMATION

### The Important, Essential Work of Prayer

We are inviting those who feel called, to participate in a Centering Prayer Group, the purpose of which will be two-fold: to allow the practice of centering prayer to deepen and refine our personal relationship with God and also to offer prayers for the wellbeing of our congregation and all that will transpire over the coming year. Intercessory prayer of this kind is essential if we want to move through all that is to come with grace, good will and wisdom. If you see yourself partnering in this work, please contact Pastor Q [lq@fremontumc.org](mailto:lq@fremontumc.org)



## SERVICE & MISSION

### NE Emergency Food Program

For years, we have supported Ecumenical Ministries of Oregon's NE Emergency Food Program serving our neighbors with urgent food needs. To learn more about this vital program, go to <https://emoregon.org/nefp/>. We have a solid core of volunteers who show up several times each year on the fourth Saturday of the month. This truly is a nourishing experience for everybody involved and we want YOU to join us, too! Please consider volunteering a few hours of your time. Contact Wiki Smith for more information: [wikismith8267@msn.com](mailto:wikismith8267@msn.com).

### Connecting with Our Stay at Home Members

"They were so happy we came by!" That's the comment heard most often from folks at Fremont who take time to visit one of our 'stay at home' members. Fremont UMC has been blessed by many faithful members who in years past were active in church ministries – ushering, singing in the choir, teaching our children, tending to the business of the church. Now, years later, they are no longer able to attend, but still want and need the connection to the congregation.

On March 15th a training workshop will be held for all those in the congregation who would like to join a ministry of care to our 'stay at home' members. Topics to be covered include using music in your visit, praying and reading scripture, listening and the ministry of presence.

A music therapist who serves hospice patients will share her experience. For more information call Sandi MacFadden at [sandimacfadden@gmail.com](mailto:sandimacfadden@gmail.com).

### Ushers! Greeters! Prayer Team Members!

We have three ways to be a huge help at Fremont that take very little time and make a big difference. We have openings on our usher and greeter rosters, and we are hoping to find some new people to join the teams. Greeting and ushering at Fremont are a big part of making connections with those who join us for worship, and it's also a good way to get to know people and welcome our visitors. If you are interested in learning more or volunteering to greet, please contact Marianne West at [greatmwest@msn.com](mailto:greatmwest@msn.com). For ushering, please contact Susan Harwell at [sharwell503@gmail.com](mailto:sharwell503@gmail.com).

Our prayer team is a vital way that we live out our care for our community and our world. Each week, the prayer team receives an email with the prayer requests from worship that can help guide their prayers during the week. If you would like to be part of this group, please contact Kathy Elliott at [kdelliott200@gmail.com](mailto:kdelliott200@gmail.com).

### Columbia District Laity: The Story of Us

Inviting all lay persons in the Columbia District to continue the conversation and sharing experiences of community through worship, discussion, stories, and fellowship. Refreshments and lunch provided.

**When:** Saturday, March 14<sup>th</sup> 9:00am-2:00pm

**Where:** Gresham United Methodist Church 620 NW 8<sup>th</sup> St. Gresham, OR 97030

**Register** at <http://bit.ly/storyofus2020>



## FUN AND FELLOWSHIP

### Book Group

At our Monday night book group, we chose the next 3 books. For March, we will be reading Barbara Kingsolver's "Unsheltered". This story follows two families on the brink of homelessness. Please, join us at Donna Leslie's home at 7pm on Monday night, March 2nd. The book for May will be Portland's 2020 Everybody Reads choice: "There, There" by Tommy Orange.

In July, the book will be "Girl, Woman, Other" by Bernardine Evaristo. We are also interested in going to see the movie "Just Mercy" based on the nonfiction book by Bryan Stevenson, and hopefully reading that too. We hope you'll find these books stimulating and highly informative of contemporary social conditions, but that you will also appreciate their artistry. Great storytelling combined with emotional depth and social relevance!

### United Methodist Women

Come join the United Methodist Women at their monthly meeting, Wednesday, March 18 at Edie Stoaks, 2407 NE Regents Dr. All Fremont women are welcome. Please let Edie know if you will be attending, 503-288-3936, estoaks@msn.com

## COMMITTEE MEETINGS

**Trustees** meet Thursday March 12 at 7pm in the Bob Nelson room

**Finance Committee** meets Thursday March 19 at 7pm in the Bob Nelson room

**Ministry Council** meets Thursday March 26 at 7pm in the Bob Nelson room

## LETTERS OF THANKS

**Dear Fremont Community,**

Thank you so much for adopting Sherita & Dabrantay. They really enjoyed their gifts! They got pots + pans from someone else, so we gave them to Callie instead. You helped two families.

We are so grateful for your partnership and generosity. I feel personally supported by your love & prayers,

God Bless you!  
Linda Jo Devlaeminck  
Program Director  
Community of Hope

THANK  
YOU

### Extending Our Gratitude To:

Thank you to those who attended the memorial service for Charlene Harper. Darlene has expressed how much she appreciated your presence.

To all you who have stepped up and continue to assist in our ministry to our children and youth

I personally want to thank everyone for your prayers and Rev David Weber for stepping in at the last minute to oversee the service and preach on the 16th. Thank you so much!

Linda

## HERE'S TO 100 YEARS!

You are invited to  
Celebrate Florence's 100<sup>th</sup> Birthday!



***Please join Florence to celebrate  
her 100<sup>th</sup> birthday***

Saturday April 4<sup>th</sup>, 2020  
1:00PM-4:00PM

Gladstone Senior Center  
1050 Portland Avenue  
Gladstone, OR 97027

**RSVP** Janet Miller  
Home 503-632-7197  
Cell/Text 503-310-9729  
Email [miller1@bctonline.com](mailto:miller1@bctonline.com)

**No gifts please**

*If you have a memory or a picture you would like to share with Florence please email Janet by March 16. We would like to create a new memory book for her.*