



THE MOUNT PLEASANT MESSENGER

A publication of Mount Pleasant United Methodist Church

March 2022

- 8 UMW 1:30pm
- 13 Leadership Board 5pm
- 24 Lunch Bunch 11:30 K&W



MARCH BIRTHDAYS

- 3 Mike Jenkins
- 10 Terri Beck
- 10 Mary Beth Richardson
- 11 Mary Workman
- 13 Ray Arthur
- 14 Jordan Taylor
- 15 Janie Gregory
- 15 Jan McMillan
- 16 Annalise Grace Creel
- 18 Jackson Honaker
- 21 Katie Fisher
- 21 Joyce Ison
- 30 Wayne Myers



MARCH ANNIVERSARIES

- 12 Paul & Joanna Schroeder

From Pastor Robert ...

Lent includes the forty days (excluding Sundays) from Ash Wednesday through the day before Easter. It is a time when we focus on spiritual disciplines. For some people, that includes fasting or “giving something up” for Lent!

As United Methodists, we do not enforce a rigid system of Lenten practices. Rather you are encouraged to come up with your personal growth plan. I do remember going to an all you can eat fried fish dinner on a Lenten Friday at a neighbor church in Texas. The fish was wonderful. But it didn’t take a lot of spiritual discipline to go through the line for all that good fish at St. Peter & Paul Church in Frelsburg, Texas!

Please watch our church’s Facebook page (facebook.com/mpumcroanoke) during Lent for regular devotional thoughts and musical selections to help you. You do not have to be a social media user to access the church Facebook page. Please, please, please share these devotional thoughts with others as well. Just forward the link! It is the easiest way to “pass it on” I have ever found!

Remember that Ash Wednesday (March 2) is the first day of Lent, and we begin with brief worship gatherings in the sanctuary at 12 noon and 7 pm. This year we’ll also offer “drive-by” ashes “to go” in the back parking lot between 6 and 6:45 p.m. In addition to receiving the ashes you’ll get a handout you can use for personal or household prayer!

cont. page 2...



Our series “We Make the Roads by Walking” continues to focus on finding our place in the story of Jesus. For March, we are on chapters 28-31 of the guidebook. Read these Bible selections as you prepare for worship:

- MARCH 6 Matthew 5:17-48
- MARCH 13 Matthew 6:1-18
- MARCH 20 Matthew 6:19—7:12
- MARCH 27 Matthew 7:13-19

WHEN YOU CAN'T BE THERE IN PERSON

On most Sundays an edited version of our Sunday morning worship is posted that afternoon. You can access it at any time, and you can go back and rewatch. Thanks to Krae Heath we now have a YouTube page in the name of the church. We do not have enough "subscribers" for us to be able to request a simple identifier as a link. But you can still subscribe by clicking on ANY of our recent worship services, and then clicking SUBSCRIBE. If you want a real challenge, try typing this in and you can find our YouTube page:

https://www.youtube.com/channel/UCL4_DWDNjP-P-05U5dvbxfeA Good luck with that!

Even if you worship with us in person, we'd be delighted if you would subscribe to the YouTube page. Encourage your friends and neighbors (and enemies for that matter) to subscribe too! Rather than typing in all that stuff, the easiest way is to check out the Facebook page (mpumcroanoke) and all of the recent videos will be linked there as well. Our video devotionals for Lent will also be posted on the Facebook and YouTube pages! (Yes, we know that some of you subscribed to Pastor Robert's YouTube page but that does not carry over to the MPUMC YouTube page!)

We're also attempting to continue our weekly SERMON BY PHONE ministry. A brief version of the sermon is available by calling 540-266-3767 at any time during the week. This is ideal for people who do not have access to videos by the Internet.

Frankly we have very few people taking advantage of this, and perhaps there is a better way to meet your needs. BUT those who have used it have expressed their gratitude so we will continue it for the time being. It was our thought that a 5-to-7-minute audio sermon was better by phone than trying to record the full sermon.

Pastor Robert fell down on the job, and several Sundays we did not get the message posted at all, but he is out of probation now and has promised to do better!

Offering Totals Year-to-Date

January	\$8,993.00
February	\$9,431.66

One of our recommended audit controls is to publish this monthly in our newsletter.

From Pastor Robert, cont...

FINALLY...the CDC guidelines for Roanoke County have been relaxed quite a bit. Our Leadership Board is working to consider whatever adjustments we need to make. Let us be hopeful and positive as we celebrate the long-awaited improvements in this pandemic journey that has lasted WAY too long.

THANK YOU for your patience and prayers. We know there are folks who want things to be more relaxed and folks who appreciate things being more cautious. We will do everything possible to make a place for everyone at the table, while providing options for those who prefer to keep their distance at this time!

*Love and Blessings,
Pastor Robert*



Alongside many nations, communities of faith, and people throughout the world, United Methodists join in praying for peace as tensions and violence mount with Russia's

invasion of Ukraine on February 24. Let us be especially mindful of the humanity caught in the middle, the tens of millions of men, women, and children whose lives are undergoing upheaval, with many in peril.

We pray for the Ukrainian people. We pray for an end to the threats to their lives and well-being. We pray for the families who have already lost loved ones to this war. We pray for the healing of the wounded. We pray also that this conflict does not escalate to further military conflicts in Europe and that Americans be united in praying for peace.

May that peace we pray for so fervently inspire world leaders to take the actions necessary to promptly ensure peace and healing.

*Peace and Blessings,
Bishop Sharma D. Lewis
Virginia Annual Conference*

From Hope's Heart ...

Robins, robins, robins ... about eight or ten in my yard this morning. For me, that's a sure sign that Spring is on its way! (Yes, I know, some robins do stay around all winter!) I see jonquils and crocuses too!

I really enjoy and appreciate all seasons, but Spring, I believe, is my favorite! It's a time of renewal, a time of remembering the life of Jesus, His special times with His disciples and all those around Him.

In these days of anxiety and unrest, may we see the newness of each day as evidence of God's unchanging love and care, and may we extend that love and care to all within our continually expanding circle.

"The steadfast love of the Lord never ceases, His mercies never come to an end; they are new every morning; great is Your faithfulness." Lamentations 3:21-23



Our **SOUPer Bowl** take-home lunch was a success! Even though it was a low-attendance Sunday, we were able to visit some of our shut ins, friends who haven't been able to attend in a while, and even a few neighborhood friends we hadn't met yet and delivered lunch to them. All were extremely grateful!

We've had several requests for the soup recipes ... so here you go!

Beef Vegetable Soup

(Jenny Basham)

Makes 6-8 servings

- 2 T olive oil
- 1.5 lbs. top round steak cut into small cubes (or larger if you prefer)
- 1 large onion, diced
- 2 15 oz cans of Italian diced tomatoes

In a large stockpot, heat the olive oil over medium heat. Add the steak, stirring frequently, until well-browned. As the meat is browning, add the onion and continue stirring. Season with salt and pepper. Next, add both cans of tomatoes. Then add several cans of water. (I usually use the tomato can!) Cook on medium-low for several hours covered. I usually cook this base soup for 4 hours so the meat is really tender. Keep an eye out since you may need to add more water!!

Add 1.5 cups of diced carrots and let them cook for at least 5 minutes until slightly tender. Then add 2 cans of green beans (drain off liquid), 1 small can of tiny green peas (liquid also drained off) and add 1-2 diced potatoes. Other vegetables such as celery or corn etc. can also be added. Cook on low until all vegetables are tender. Enjoy

Joyce's Chili

(Joyce Ison)

- 2-3 pounds of lean Ground Beef (you can mix with ground Turkey)
- Tomato Juice
- 1 or 2 Cans Diced tomatoes
- 1 Small Onion Diced
- 2 Cans of Kidney Beans (Dark or Red)
- 2 Cans Black Beans
- 1 Can Cannellini Beans
- 1 Can Bushes Chili Beans
- 1 Tablespoon of Sugar
- 2 Packets McCormick Chili

Seasonings: Pepper, Regular Chili Powder or Chipotle Chili Powder

Brown ground beef with onions, pepper and 1 McCormick Chili packet in a skillet once brown, drain and add to the crock pot with the remaining ingredients.

You can add other spices if you like spicy chili.

I use my Large Crock Pot 4 hours on high

Chicken Brunswick Stew

(Kim Gembala)

- 4-6 boneless skinless chicken breasts
- 2 large onions, chopped
- 2 (14-3/4 oz) cans cream-style corn
- 1 (28 oz) can crushed tomatoes
- 1 (12 oz) bottle chili sauce
- 1 (14 oz) can chicken broth
- 1/4 cup Worcestershire sauce
- 1/4 cup butter, cut up
- 2 Tbsp. cider vinegar
- 2 tsp. dried mustard
- 1 tsp. salt
- 1/2 tsp. black pepper

Place onions in a 4-quart slow cooker. Place chicken over the onions. Add corn and remaining ingredients. Stir. Cover and cook on HIGH for 4 hours or LOW for 7-8 hours or until the chicken is tender.

Remove chicken, shred and return to the pot.

(recipe originally from Southern Living November 1997)



Each year our “A Call to Prayer and Self-Denial” program encourages women to step out in faith and bring the love of Christ into a hurting world through their prayers and selfless giving. At the March meeting of our UMW, Jenny Basham will present the program: “Love, Justice and Service: Answering the Call” which recognizes the vital and vibrant ministry of deaconesses and home missionaries. An offering will be taken to support these lay women who are dedicated to a lifetime of service in the church.

The UMW will meet at 1:30 pm in the church fellowship hall on Tuesday March 8th. All women of the church (and friends!) are invited to join us!

WE’D LOVE TO HEAR FROM YOU!

We need folks who are willing to share Lenten video devotionals. Let Pastor Robert know if you would be willing to prepare one of these!

We are also looking for folks who are willing to share a personal faith story in Sunday worship (either live in person or pre-recorded). This is a marvelous way to enrich our worship time and grow in our shared faith!

Another way to participate is to be a scripture reader in our Sunday Morning worship service. If you would like to do this, please let Terri Beck or Jenny Basham know.



Our audit requires we have two counters, and not the same each week. Let Karen or Joyce know if you would like to serve!

VIRTUAL TRAINING EVENTS

Our District and conference are offering virtual training events in the area of communication. Is this your cup of tea? Maybe you could help. Let Pastor Robert know if you are interested in registering for any of these training events:

- March 5: Rethinking Communication (9 to 3)
- March 24: Facebook Page Development (6 p.m.)
- May 26: Website Development (6 p.m.)

Additional daytime Facebook and Website events will take place in August and October.

SUMMER CAMP REGISTRATION OPEN

Alta Mons Summer Camp 2022 registration is now open. The staff is excited about welcoming new and returning families for an amazing time together at camp. Despite the constraints of the pandemic, summer 2021 had a marvelous turnout! Go to altamons.org for full registration information!



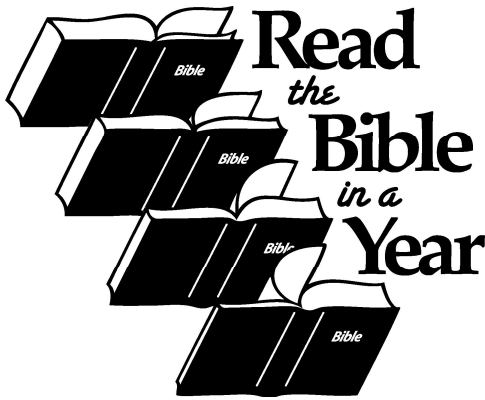
**Thursday, March 24, 11:30 at K&W
Come join us!!**

Let's CONNECT



Ten teens and six adults gathered in our Fellowship Hall Sunday evening, February 27th and sorted, tallied, and packed up your HUNGER BUSTER donations for delivery to the Presbyterian Community Center. Pastor Robert talked to the youth about the amazing work the PCC does in our community. To thank them for their hard work, pizza was provided!

Thanks to your generosity, \$509.66 in food items and \$325.00 in monetary donations were collected!



Accept Bishop Lewis' challenge and join others in the Virginia Conference and read the Bible from Genesis to Revelation.

Below are the readings for March. You can find the full year of readings on the Conference website:

<https://vaumc.org/2022biblechallenge/>

March

	Old Testament	New Testament	Psalms	Proverbs
<input type="checkbox"/> 01	Leviticus 24:1-25:46	Mark 10:13-31	Psalms 44:9-26	Proverbs 10:20-21
<input type="checkbox"/> 02	Leviticus 25:47-27:13	Mark 10:32-52	Psalms 45:1-17	Proverbs 10:22
<input type="checkbox"/> 03	Leviticus 27:14-Numbers 1:54	Mark 11:1-26	Psalms 46:1-11	Proverbs 10:23
<input type="checkbox"/> 04	Numbers 2:1-3:51	Mark 11:27-12:17	Psalms 47:1-9	Proverbs 10:24-25
<input type="checkbox"/> 05	Numbers 4:1-5:31	Mark 12:18-37	Psalms 48:1-14	Proverbs 10:26
<input type="checkbox"/> 06	Numbers 6:1-7:89	Mark 12:38-13:13	Psalms 49:1-20	Proverbs 10:27-28
<input type="checkbox"/> 07	Numbers 8:1-9:23	Mark 13:14-37	Psalms 50:1-23	Proverbs 10:29-30
<input type="checkbox"/> 08	Numbers 10:1-11:23	Mark 14:1-21	Psalms 51:1-19	Proverbs 10:31-32
<input type="checkbox"/> 09	Numbers 11:24-13:33	Mark 14:22-52	Psalms 52:1-9	Proverbs 11:1-3
<input type="checkbox"/> 10	Numbers 14:1-15:16	Mark 14:53-72	Psalms 53:1-6	Proverbs 11:4
<input type="checkbox"/> 11	Numbers 15:17-16:40	Mark 15:1-47	Psalms 54:1-7	Proverbs 11:5-6
<input type="checkbox"/> 12	Numbers 16:41-18:32	Mark		Proverbs 11:7
<input type="checkbox"/> 13	Numbers 19:1-20:29	Luke		Proverbs 11:8
<input type="checkbox"/> 14	Numbers 21:1-22:20	Luke 1:26-56	Psalms 57:1-11	Proverbs 11:9-11
<input type="checkbox"/> 15	Numbers 22:21-23:30	Luke 1:57-80	Psalms 58:1-11	Proverbs 11:12-13
<input type="checkbox"/> 16	Numbers 24:1-25:18	Luke 2:1-35	Psalms 59:1-17	Proverbs 11:14
<input type="checkbox"/> 17	Numbers 26:1-51	Luke 2:36-52	Psalms 60:1-12	Proverbs 11:15
<input type="checkbox"/> 18	Numbers 26:52-28:15	Luke 3:1-22	Psalms 61:1-8	Proverbs 11:16-17
<input type="checkbox"/> 19	Numbers 28:16-29:40	Luke 3:23-38	Psalms 62:1-12	Proverbs 11:18-19
<input type="checkbox"/> 20	Numbers 30:1-31:54	Luke 4:1-30	Psalms 63:1-11	Proverbs 11:20-21
<input type="checkbox"/> 21	Numbers 32:1-33:39	Luke 4:31-5:11	Psalms 64:1-10	Proverbs 11:22
<input type="checkbox"/> 22	Numbers 33:40-35:34	Luke 5:12-28	Psalms 65:1-13	Proverbs 11:23
<input type="checkbox"/> 23	Numbers 36:1-Deut 1:46	Luke 5:29-6:11	Psalms 66:1-20	Proverbs 11:24-26
<input type="checkbox"/> 24	Deuteronomy 2:1-3:29	Luke 6:12-38	Psalms 67:1-7	Proverbs 11:27
<input type="checkbox"/> 25	Deuteronomy 4:1-49	Luke 6:39-7:10	Psalms 68:1-18	Proverbs 11:28
<input type="checkbox"/> 26	Deuteronomy 5:1-6:25	Luke 7:11-35	Psalms 68:19-35	Proverbs 11:29-31
<input type="checkbox"/> 27	Deuteronomy 7:1-8:20	Luke 7:36-8:3	Psalms 69:1-18	Proverbs 12:1
<input type="checkbox"/> 28	Deuteronomy 9:1-10:22	Luke 8:4-21	Psalms 69:19-36	Proverbs 12:2-3
<input type="checkbox"/> 29	Deuteronomy 11:1-12:32	Luke 8:22-39	Psalms 70:1-5	Proverbs 12:4
<input type="checkbox"/> 30	Deuteronomy 13:1-15:23	Luke 8:40-9:6	Psalms 71:1-24	Proverbs 12:5-7
<input type="checkbox"/> 31	Deuteronomy 16:1-17:20	Luke 9:7-27	Psalms 72:1-20	Proverbs 12:8-9