

The Good News

February 2021

Journeying Inward



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Taking Steps toward Your Heart

by Pastor Jacob Eun

“The season of Lent is a time of prayer, fasting, and self-examination in preparation for the celebration of the Easter.” [1] And during these 40 days, we are called to discover our inner-selves and the ways God loves us. We have a good grasp of who we are and know the basics of our biographies. [2] We may intellectually know ourselves but how about emotionally?

It insists on a crucial difference between broadly recognizing that we were shy as a child and re-experiencing what it was like to feel different, ignored and in constant fear of being mocked. In an abstract way, we can know that our families and friends have been far and busy. [3] But reconnecting with the desolate feelings we have are a different thing.

“We will have to re-experience at a novelistic level of detail a whole set of scenes from our life . We will need to let our imaginations wonder back to certain moments that have been too unbearable to keep alive in a three-dimensional form in our active memories. Rather than letting our minds reduce our stories into headlines, we need to revisit to tell the full story. We need to relive the sorrow as if it were happening to us today.” [4]

Many things happened to us since the pandemic. I personally experienced losses of my loved ones and separations from my loved ones. In the midst of life’s busyness, I allowed my mind to silence my emotions. I wanted to cry. I wanted to lean. And I wanted to stop.

But now, because Lent is an appropriate time for an inward journey, I decided to carefully pay attention and listen to what has been muted and silenced within me, to listen to a particular sadness, to see a dysfunction in a relationship, to feel lonely and depressed, to bring all of me before God, and work with God to learn the lessons embedded within my life, giving thanks to God for walking with me and never abandoning me.

Lent is not simply writing an biography. We need to write a novel that speaks our true feelings and how God has been walking with us, not an essay that is abstract and conceptual. May God give you the courage to journey inward and find all the different ways that God has been pouring down God’s love and that God has been walking with you.

Worship Series for February and March 2021

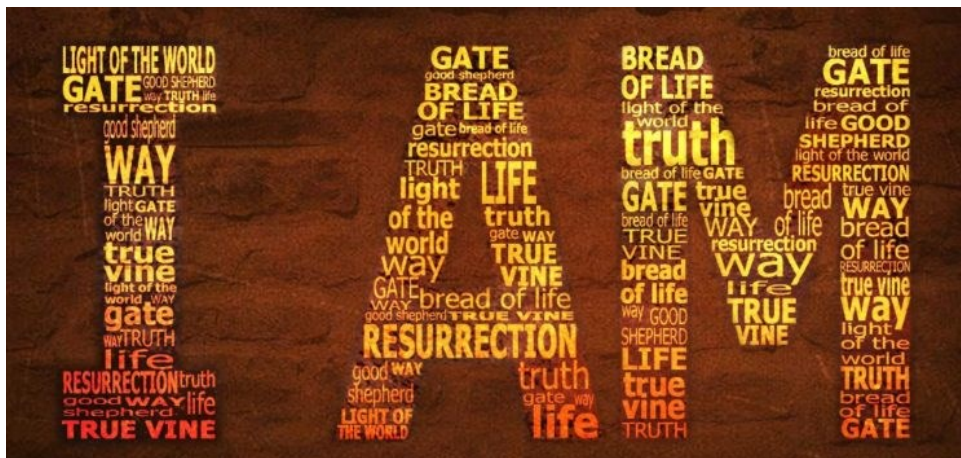
I AM

Some people say Jesus is a prophet. Some say he is a teacher. Some say he is a philanthropist. But how about you? Who is Jesus to you?

John was Jesus' biographer and also his best friend. He helps us get to know Jesus better and shares with us Jesus' self-revelatory statements that each begins with, "I am." In this series we will listen in on several different conversations in which Jesus makes very specific, far reaching, and even outrageous I AM statements about himself.

Series Big idea: We will let Jesus speak for himself. We can get to know Jesus better by listening to and learning what he says about himself.

February 7	I am the Bread of Life
February 14	I am the Light of the World
February 21	I am the Gate
February 28	I am the Good Shepherd
March 7	I am the Resurrection and the Life
March 14	I am the Way, the Truth, and the Life
March 21	I am the Vine
March 28	Who Do You Say Jesus Is?
Palm Sunday	

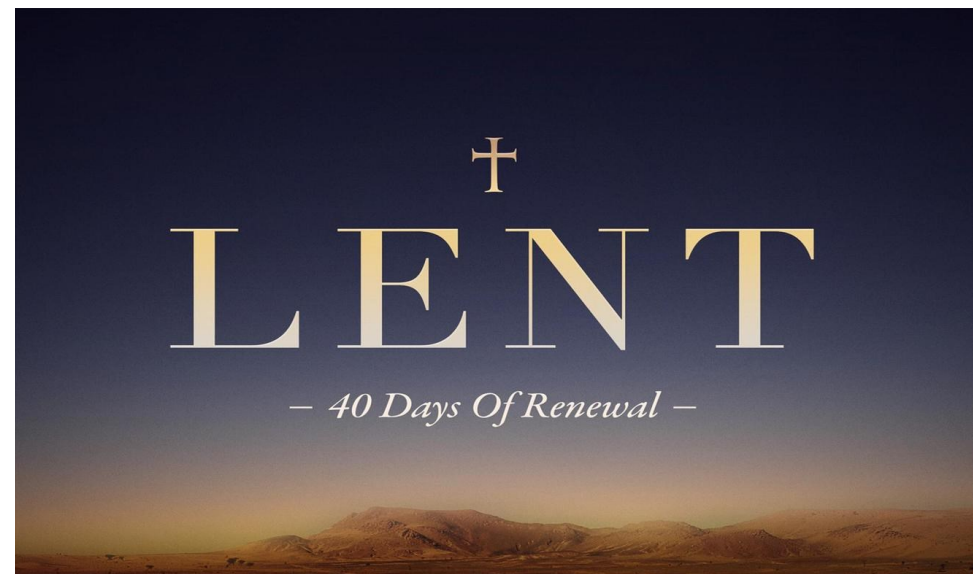


Ash Wednesday and Lent

The thought of a spiritual discipline may conjure up images of a monk or nun in a brown robe praying and studying 23 hours a day or a religious zealot living in poverty renouncing all one's possessions to help the poor. But actually, spiritual disciplines are simply ways we stay in relationship with God. They are disciplines because we have to intentionally focus on practicing them. As we do, we become closer to God and to one another. It will be surprising how we have not been aware of God's presence that has been with us always and in all ways and how much we do not know about ourselves.

We choose some form of fasting for Lent each year: whether it is fasting on a certain day or time, fasting from a specific vice like drinking, or fasting from hurting words. The idea is that whatever it is that we have chosen to sacrifice, we are using the time, money, or resource from fasting to contribute in some way to love God and serve one another. It is a beautiful tradition that seeks to deny our 'self' and draw closer to God.

So what will you fast for this season of Lent? And how will you use it for God, our church family, and our community?



Give God 12 Challenge

Lent is not simply about giving something up. It has to be about adding in a regular spiritual discipline that is beneficial to our faith and lives. For example, reading Scripture and spending time in prayer daily.

How about we give 12 minutes of our day to God, every day? The 12 minutes can be spent reading the Bible, journaling, memorizing Scripture verses, praying, reflecting, or praising God with music. So I encourage you to use the following steps:

- Choose a specific time of day
- Choose a specific place / or it could be anywhere
- Choose a specific form of reflection

Ask yourself how much time you want to spend with God? When is your best time of day? Where is your best place to meet God? By doing so, it is my prayer that we become closer to God and that we testify how God has a place of primacy over all other things.

And I look forward to sharing our journeys with all: how you have come to go deeper in your relationship with God.



Dismantling Racism

As Christians, we have a divine call to see God's image in anyone whom we encounter and embrace them with the love of God regardless of skin color, education, socioeconomic status, age, etc.

We need to be able to identify and address the past and present sin of racism in our midst that is embedded deeply in our personal, communal, institutional, and society lives. It requires a great effort to intentionally and effectively address them.

Join our discussions every Wednesday at 7:00pm on Zoom. It is the same Zoom information that we use to join Sunday services (please see the next pages for details).

Our study will be centered on a book called, *White Fragility*, by Robin DiAngelo and will take a course of two months. Olivia and Pastor Jacob will lead and preside discussions.

And if you want to take a chapter and lead a discussion, please let us know! We will do our best to help you plan and lead the discussion.



District Resource Day

The CT District is hosting a district resource day where members and leaders of different committees can learn about the function of the specific committee, the do's and don't's, how to recruit new members, and more helpful information.

These sessions will be recorded and available in future. But to attend its zoom meetings, you need to register by [clicking here](#) or use the link below:

<https://ny-reg.brtaapp.com/2021CTDistrictResourceDays>

SPRC	2.18 (Thu)	11am	with Rev. Alpher Sylvester
Trustee's	2.24 (Thu)	11am	with Rev. Angela Redman
Nominations & Lay Leadership	3.4 (Thu)	11am	with Rev. Tim Riss
Finance	3.11 (Thu)	11am	with Ross Williams



Church Reopening

We have been certified to have in-person services by the NYAC. However, we are located between and surrounded by cities designated as COVID-19 hotspot communities.

To ensure the health and safety of our church family as well as our community, we decided to suspend our in-person services for a little longer, waiting for vaccines to be available and accessible to more people. Meanwhile, we have been meeting on Zoom and Facebook.

We will keep you updated for any further information and plan in regards to reopening on our website or Facebook. Please stay tuned.

Thank you for your understanding and patience towards our attempts to remain safe and healthy.



Join Us for Our Online Worship

How to Join Our Online Worship on Facebook:

1. Log into your Facebook account on your phone or computer
2. Search First United Methodist Church of Wallingford or click here
3. Click the Live post (it will show 10 minutes before the service)

How to Join Our Online Worship on ZOOM

1. Download and install ZOOM on your device
2. Join us by using the information below
3. Meeting ID: 838 994 3068 Password: 1234

How to Join Our Online Worship on Phone

You don't need to have a computer or laptop

1. Call 1-929-205-6099
2. Enter our meeting ID: 838-994-3068# and then 1#
3. Enter password: 1234#



Mark Your Calendar

Every Wednesday at 7:00pm

Racism Discussion on ZOOM

Every Sunday at 10:00am

Worship on ZOOM and Facebook

2.17 (Wed)	Ash Wednesday		
2.18 (Thu)	District Training—SPRC	11am	Zoom
2.25 (Thu)	District Training—Trustee's	11am	Zoom
3.4 (Thu)	District Training—Lay Leadership	11am	Zoom
3.11 (Thu)	District Training—Finance	11am	Zoom

Happy Birthday (February)

1 Sheila Peiffer

10 Thomas Pitcher

18 Norma DeFilippo

& Jackson Shettleworth

14 Julie Paquette

25 Cassidy Williams

28 Vincent Salabarria



Announcements

Welcome

1. To schedule a time with Pastor Jacob, you can call 203-615-3214 or email at pastor.fumc@gmail.com.
2. Connect with us online. Search First United Methodist Church of Wallingford on Facebook and like our page! Or go on our website www.fumc-wallingford.org

Upcoming Meetings and Events

1. Dismantling Racism Study on every Wednesday
2. District Resource Day Trainings
3. Adult Sunday School before Sunday worship. More details will be posted

Reopening

1. We are suspending in-person services for a little longer to ensure our safety and health.

Support Our Ministries

1. You can support our church by shopping with scrip cards (ask Diane) and shopping at smile. amazon.com (with scrip cards you purchase) by selecting Wallingford United Methodist Church as your charitable organization.
2. We are grateful for your generous gifts contributed through our online website or mail that enabled us to serve faithfully our church family and our wider community. Here are three ways you can give:
 - Online: www.fumc-wallingford.org/give
 - Mail your gift
 - Or drop at church (941 Old Rock Hill Road, Wallingford, CT 06492)

The First United Methodist Church
of Wallingford
941 Old Rock Hill Road
Wallingford, CT 06492

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Below is the list of resource(s) that I used for this post. My apologies for the delayed upload of citations.

[1] [2] <https://www.presbyterianmission.org/ministries/worship/christianyear/worship-resources-lent/>

[3] [4] <https://www.theschooloflife.com/thebookoflife/knowning-things-intellectually-vs-knowing-them-emotionally/>

For any questions, comments, or changes,
please contact us at 203.269.9100 or fumc.wallingford@gmail.com