

# The Good News

March 2021

## Vulnerability and Empathy



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## Vulnerability and Empathy, Our Friends

by Pastor Jacob Eun

Some of us are too timid too assertive; too rigid or too accommodating; too humble or too arrogant; too focused on material success or excessively lackadaisical. We have emerged into adult life determined never to rely on anyone or as desperate for another to complete us. We are overly intellectual or unduly resistant to ideas. We become fascinated by the glamour of false values or disconnect from the secular pleasures in search for enlightenment. We ask why are we the way we are?

The answer awaits undiscovered in the one, missing, and unstudied subject: ourselves. It's in the early years when we are very small children since our first day that our individually unique characters begin to form, that our emotional life begin to form internal scripts and patterns of behavior, and that we create a blueprint for our unique personalities. "What is ironic is that we live through every day of our early years as a part of our palpable experience." [1] It is continuously unfolding all around us.

The subject of ourselves including childhood has the decisive power to better understand who we are, liberate us from any traumas or vicious cycles of dangerous, harmful behaviors, and guide us to fulfillment. This is not taught in any school or college by any teacher or professor. At one point in our lives, we lost touch with our true selves being too much occupied to meet all requirements and expectations of growing up. We have been too busy growing up and moving on with life. A journey of reconciling with a child left unattended by our conscious mind is our chance to rediscover self, to experience cathartic moments of pent-up emotions, and to be true to yourself.

During our Lenten journey, I invite you to be vulnerable to your very own self, underlying deep beneath your consciousness, show empathy to self, and discover God's meaning and purpose in you. May we journey inward deeper and further to reconcile with ourselves and with God.

## Worship Series for February and March 2021

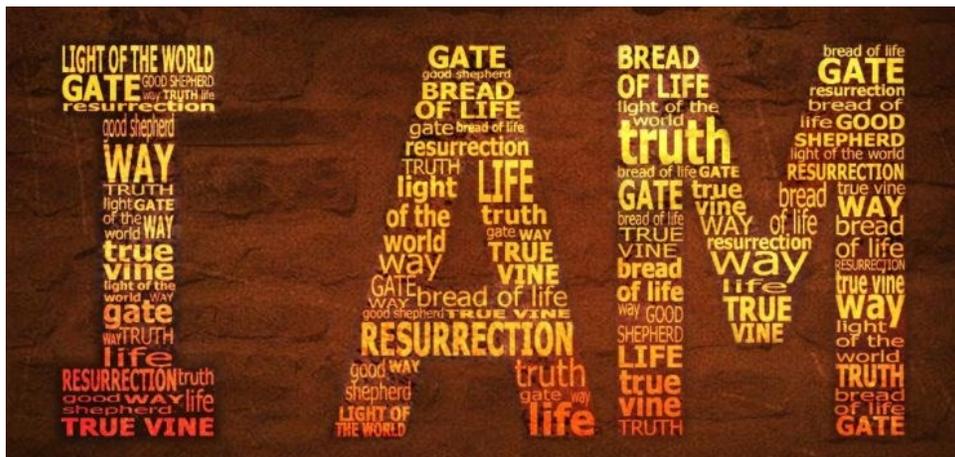
### I AM

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?
April 4	Palm Sunday



## Lent: Pope Francis' Words on Fasting

Pope Francis reminds us that fasting isn't meager meals or cod dinners. Fasting is the strengthening of the Body of Christ through the way sisters and brothers regard one another.

### Do you want to fast this Lent?

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and trust in God.

Fast from complaints and contemplate simplicity.

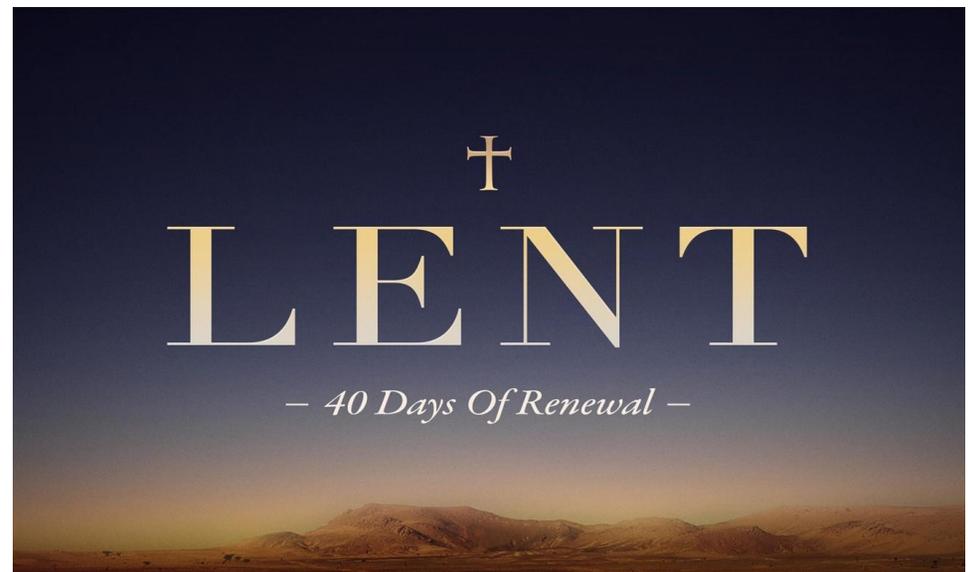
Fast from pressures and be prayerful.

Fast from bitterness and fill your heart with joy.

Fast from selfishness and be compassionate to others.

Fast from grudges and be reconciled.

Fast from words and be silent so you can listen.



## 12 Minute Challenge: 9 Ways to Connect with God

We want to spend 12 minutes a day to feel God's presence and reconnect with God through different ways. Here are 9 ways that we can do so.

### 1. Naturalists: Loving God out of Doors

The mountains, the forests, or the water awaken something in them that nothing else does.

### 2. Sensates: Loving God with the Senses

Sensates feel closest to God when they can see, smell, hear, or taste: things like incense, architecture, classical music, and formal language.

### 3. Traditionalists: Loving God through Ritual and Symbol

Traditionalists have a need for ritual and structure in their worship. Corporate worship, including rituals, symbols, sacraments, and sacrifice

### 4. Ascetics: Loving God in Solitude and Simplicity

Ascetics gravitate toward solitude, austerity, simplicity, and deep commitment when they're alone with nothing to distract them.

### 5. Activists: Loving God through Confrontation

The Activists feel closest to God when they are standing against injustice. Activists readily engage in challenge for the sake of truth and justice.

### 6. Caregivers: Loving God by Loving Others

Caregivers love God and feel most connected when loving and serving others.

### 7. Enthusiasts: Loving God with Mystery and Celebration

You'll find enthusiasts shouting amen, dancing in the aisles, and worshipping God with joyful celebration.

### 8. Contemplatives: Loving God through Adoration

Contemplatives feel closest to God when their emotions are awakened and they sense God touching their heart and speaking words of love and

### 9. Intellectuals: Loving God with the Mind

Intellectuals feel closest to God when they learn something new about God.

## Dismantling Racism

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:

Finance            3.11 (Thu)            11am    with Ross Williams



## Church Reopening

We have suspended our in-person service almost a year now ever since we switched over to online service. We wanted to ensure the safety and health of our church community as well as of our wider community. As we have been patiently waiting for the vaccines to be more available and accessible to a wider population, the church leaders decided that it would be a step towards reopening our church on Easter.

We will have a Easter Sunday in-person service at church, which will also be livestreamed online on our church's Facebook website. If you don't feel comfortable, have symptoms, or have traveled, we invite you to stay home and join us via online.

For those who will attend our in-person Easter service, we ask you to comply to our safety precautions: wearing a mask all the time, practicing social distancing, sanitizing your hands constantly, following signages and rules, and so forth.

This will be a big step towards adjusting to the new normal that the pandemic has created for us. We ask that God's grace and peace will surround you always and in always during this difficult time.



## 3.1 Korean Independence Day

Pastor Jacob wants to share a bit about the history of Korea. March 1 is a national holiday, celebrating its independence from Japanese annexation and colonization of the Korean Peninsula from 1910 to 1945.

The Japanese annexation of Korea in 1910 attempted to strip away its freedom, culture, language, and identity and replace it with their own. The people and country suffered from Japanese occupation. Japanese rule prioritized Korea's Japanization. Still today, Japan has not formally apologized for their colonization, war, and brutality. However, in March 1919, Korea announced the Declaration of Independence against Japan. They were brutally suppressed, arrested, injured, and killed. This was a public demonstration of resistance to the Japanese colonization. Though the movement failed to bring about its paramount goal of national independence, it was significant in strengthening national unity. The movement continued until the Korean Peninsula was finally liberated in 1945.



## 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)

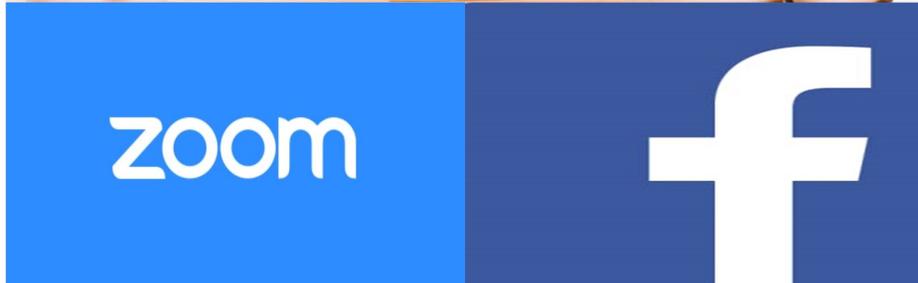
### How to Join Our Online Worship on ZOOM

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

3.4 (Thu)	District Training—Lay Leadership	11am	Zoom
3.11 (Thu)	District Training—Finance	11am	Zoom
3.14 (Sun)	Daylight Saving Time starts	2am	
4.10 (Sat)	Shred Day	9am	Parking lot

### Happy Birthday (March)

1 Phil Wargo	11 Jamie Holuba	25 Erin Marston & Lisa Barr
5 Joan Charbonneau	17 Melissa Perzanowski	27 Susan Coale
10 Ronald Perrin	18 Clifford Satton	29 Jessica Poach



## 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](http://www.fumc-wallingford.org)

### Upcoming Meetings and Events

1. Dismantling Racism Study on every Wednesday
2. District Resource Day Trainings
3. Church Reopening on Easter Sunday (4.4)
4. Shred Day (4.11)

### Reopening

1. We are suspending in-person services for a little longer to ensure our safety and health.
2. We are planning to reopen our church on Easter Sunday.

### 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](http://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  
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Non-Profit Organization  
U.S. Postage PAID  
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Wallingford, CT

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

[1] <https://www.theschooloflife.com/thebookoflife/the-one-subject-you-really-need-to-study-your-own-childhood/>

For any questions, comments, or changes,  
please contact us at 203.269.9100 or [fumc.wallingford@gmail.com](mailto:fumc.wallingford@gmail.com)