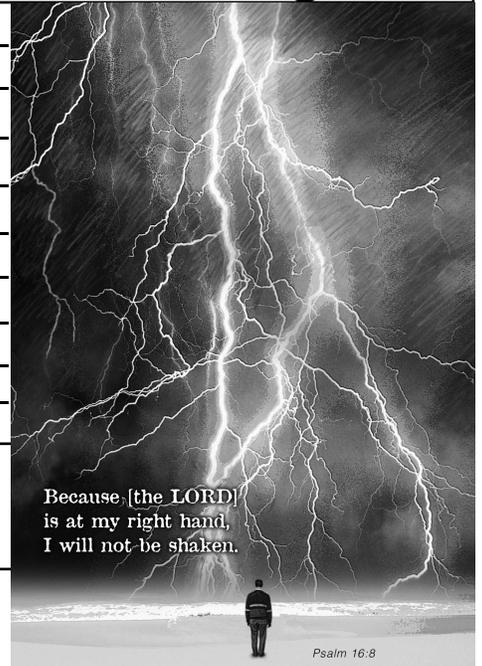


# The Shepherd's Messenger

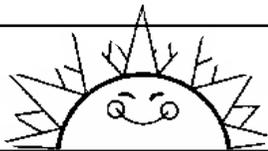
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Because [the LORD]  
is at my right hand,  
I will not be shaken.

Psalm 16:8



## Pastor Sunny's Rays

We are moving right along in 2011, aren't we? It is almost March and that will be a busy month for all of us. First, Lent begins on March 9<sup>th</sup> with Ash Wednesday, the time changes on March 13<sup>th</sup>, the Lenten Luncheons will begin on the 16<sup>th</sup> of March, the Brown Bag Bible Study will continue, March 20<sup>th</sup> will be the Pulpit exchange sponsored by the Council of Churches. This year I will be exchanging pulpits with John Woodring at the Presbyterian Church and he will be coming here. So, as you can see, **all** of us *should be very busy* in doing the work of the Church.

The Season of Lent is as important and sacred as is the Season of Advent. Sometimes I think we get the baby of Advent and the man of Lent and Holy Week confused. We seem to forget that the baby whose birth we celebrate grew up to be the man who died for our sins and to give us eternal life with him and God in heaven. Advent is celebrated with bright lights, tinsel, candles, and parties. Lent, on the other hand, is a darker season. It is commemorated with ashes, bare branches of winter, light going out, remorse, and sadness. Lent is that forty day period before Easter, it begins on Ash Wednesday, March 9<sup>th</sup>, and ends on the day before Easter which will be April 23<sup>rd</sup>. Now if you were to count 40 days remember that we do not count the Sundays between those dates as we commemorate the Resurrection on Sundays.

Lent is a season of soul-searching and repentance. It is a season of reflection and taking stock of the state of our souls. Asking those deep questions, Am I doing the things that God *has called* me to do?, Am I *growing* in faith and devotion?, Do I understand what being a Christian means and what is required of us in this world today?.

Lent originated in the very earliest days of the Church as a preparatory time for Easter, when the faithful rededicated themselves and when converts were instructed in the faith and prepared for baptism. By observing the forty days of Lent, the individual Christian imitates Jesus' withdrawal into the wilderness for forty days. All churches that have a continuous history extending before AD 1500 observe Lent. The ancient church that wrote, collected, canonized, and propagated the New Testament also observed Lent, believing it to be a commandment from the apostles. (See *The Apostolic Constitutions*, Book V, Section III.)

(continued on page 4)

## Prayer Requests

Our World situation  
The Rothfus Family



to those at other residences...

### Cuba CMH:

Lucille Wildrick  
Laura Clayson  
Pearl Franklin

### Eden Heights-Buffalo

Jane Wright

### Waters of West Field

Dawn Durkee

### Bath VA

John Visser

### Absolut Houghton

John Lawton

### Eden Heights of Olean

Evelyn Steen

### Olean Pines

Adaline Wakefield

Military personnel and their families...

Bob Aaronson  
Daniel Bunk  
Kevin Desautels  
Brad Frank  
Mark Keenan  
Karl Linderman  
Justin Linza  
Car Randall  
Alfred Reynolds  
Greg Rogers  
Nolan Searl  
Brandon Snyder  
Justin Sweet  
Dan Thompson  
Ron Truax  
Miles Ward  
Eric Young



Our continued prayers go out to ALL military personnel who are serving our country by active duty & reserve status, both in the States, and abroad. Our List of Military Names is provided by the Weekly Prayer Group for our Military men and women and our world situation. Gatherings are held on Monday's at 7 p.m. at Our Lady of Angels Roman Catholic Church at 50 South Street in Cuba. All are welcomed to attend. For more information, contact Ray Perkins at 585-968-1467

## Quotes from John Wesley

"It is the duty of every Christian to receive the Lord's Supper as often as he can."

## March Celebrations

### Birthdays:

- 2 - Gary Enderle  
Gary Jahnke  
Doug Moses  
Justin Sweet
- 3 - Casi Burdick  
Desi Burdick  
Sally Miller
- 4 - Clair Morris
- 5 - Regina Young
- 6 - Barbara Spateholts  
Joshua Vanik
- 7 - Jacob Hawks
- 8 - Shirley Poore  
Lori Sweet  
Ray Climie
- 10 - Michelle Quattrini
- 12 - Melissa Abraham
- 13 - Nolan Hewitt  
Robb Moses
- 14 - Thad Burdick  
William Farrell  
Peggy Pearce
- 15 - Nicholas Sweet  
Jeffery Zeh
- 17 - Cindy Dutton
- 18 - Kayla Sweet
- 19 - Rita Freeman  
Sarah Kellogg  
Derwood Say  
Pamela Watson
- 21 - Rachel Holden
- 22 - Christianna Reynol
- 23 - Shelly Beckwith  
Rob Cornell  
Tom Donahue
- 24 - Jacquelyn Nasser
- 25 - Todd Young
- 26 - Heather Mouser  
Pete Sprague
- 27 - Jean Higby
- 28 - Michelle Koubek  
Adam Ricci
- 31 - Leslie Arnold  
Marilyn Ostrander



### Anniversaries:

- 2 - Todd & Sarah Mosher
- 18 - Richard & Diane Karle  
Arnold & Linda Nelson
- 25 - Laroy & Barbara Spatteholts
- 28 - Mike & Fran Young



Happy  
Anniversary!

# UMW NEWS

*Submitted by Judy Zayac*

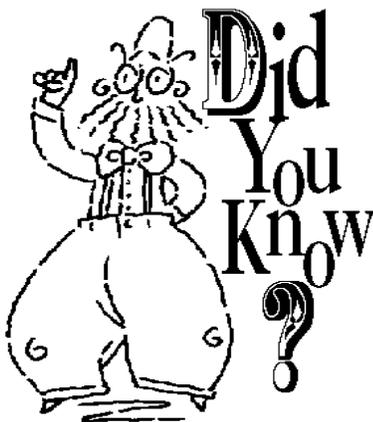


The United Methodist Women braved the blustery day on Saturday, February 12<sup>th</sup> to have a Valentine brunch prepared by Barb Spateholts and Pastor Sunny. The tables were beautifully decorated with valentine plates, cups and doilies and we enjoyed a feast of sausage soufflé, frosted valentine cookies and peanut butter buckeyes. YUM!! There were seven ladies present and one little princess (Eve).

Brief overview: Shades have been purchased for the nursery and installed thanks to Patti and Louis. Kay presented sample swatches of material for the valances and will purchase and make them. Soup spoons were purchased and have been washed and put in the drawer in the kitchen (ready for the Lenten Lunches). Sheets for Call to Prayer and Self Denial were kicked up a notch and sheets and envelopes are available on the back window sill in the Sanctuary. Barb Spateholts will collect them. The Pampered Chef party is scheduled for May 21<sup>st</sup>. Mittens and hats, etc were given to Cuba and Rushford Elementary schools. We received a thank you from Genesis House for the toiletries given to them in December.

# Ash Wednesday

March 9th - Service at 7:00 PM



*Submitted by  
Dean Wildrick*

Thanks to international organizations including the United Methodist Church, more than 3 million insecticide-treated bed nets are spreading across Sierra Leone, a country sick and dying of malaria. Malaria is a leading cause of death in this African country. The denomination's Imagine No Malaria campaign is helping people like Musukula Lukulay, 30, whose husband and children have had malaria several times. The whole household stops when the family is ill, she says. "I feel helpless when my husband or children are ill. It's as if I have malaria, too."

## Pastor Sunny's Rays

*(continued from page 1)*

Lent is also about sacrifice, repentance, prayer and self-denial. With the human condition of today, I am forced to ask if society has any idea what any of those concepts mean.

Many understand the term repentance to mean "turning from sin." This is not the biblical definition of repentance. In the Bible, the word repent means "to change one's mind." The Bible also tells us that true repentance will result in a change of actions ([Luke 3:8-14](#); [Acts 3:19](#)). [Acts 26:20](#) declares, "I preached that they should repent and turn to God and prove their repentance by their deeds." The full biblical definition of repentance is a change of mind that results in a change of action.

Sacrifice is: n. the offering of animal, plant, or human life or of some material possession to a deity, as in propitiation or homage; v. to make a sacrifice or offering of, to surrender or give up, or permit injury or disadvantage to, for the sake of something else. Now I believe completely that there are those who still sacrifice for their children, but what do we sacrifice for God? I hear people speaking of giving up chocolate, coffee, a meal or various items such as these. How much of a sacrifice are those things? Most of us would not be truly hurt or miss any of those items. Shouldn't you truly sacrifice something where there is a real difference in your life if you do without it? It would also be my contention that if you just pick up right where you left off 40 days earlier then where is the sacrifice, the true sacrifice? Surely if you have done without it for 40 days you could live very well without it for the rest your life.

Prayer is not a mysterious practice reserved only for clergy and the religiously devout. Prayer is simply [communicating with God](#)—listening and talking to him. Believers can pray from the heart, freely, spontaneously, and in their own words. The point is to start the conversation with God. No relationship can survive if there is no method of communication. Again the question becomes do we truly practice this on a daily basis or on the basis of how scared, or how bad we are hurting or if we are in trouble of some sort. Prayer to be real must be constant. Prayer is also personal. God isn't so interested in whether you are standing, kneeling, or sitting, eyes closed or open, looking up or down or sideways, He just wants to hear your voice and you to hear Him.

Then self-denial means to deny one's own interests or desires, to put someone else first in our lives. To be Christian means to be Christ-like. So as Christians we need to do as Jesus did and put others before ourselves. Remember the children's sermon from a week or so ago? As individual we should be third in the priority list; God, first, others second and ourselves third. Christ put God first and followed his father's instructions, going to the cross for us who were second. He died an atrocious death for us. That is the true example of self-denial. What greater gift could we be given?

As Lent comes, I would invite all of you to spend time repenting and sacrificing, changing how you live your life, listen to God through your prayers—hear what God is calling you to do, communicate with God, and lastly, go against the current tide and put God and others before yourself and your desires. Aren't you just the least be interested to see what would happen within the church if all of us were to actually spend those forty days doing that? To really do the work of God is extremely invigorating and the feeling of doing what God has ask of us, is a feeling that is hard to describe but it is well worth the effort.

Hope to see you all at one or more of you Lenten event over the next 40 days and ask that you remember God loves you and so do we.

*Pastor Sunny*



Thank You

Liturgist

- 6: Cindy Dutton
- 13: Rob Cornell
- 20: **Reserved for you!!**
- 27: **Reserved for you!!**

Ushers

Keith Pierce & Mike Kunz

Acolytes

- 6: Jasmyn Dorsey
- 13: Josh Enderle
- 20: Josh Tsujimoto
- 27: Katelyn Cornell

Coffee Hour—March 13

Sandy Tsujimoto  
Judy Zayac

Children's Moments

- 6: **Reserved for you!!**
- 13: **Reserved for you!!**
- 20: **Reserved for you!!**
- 27: **Reserved for you!!**

Nursery

- 6: **Reserved for you!!**
- 13: **Reserved for you!!**
- 20: Judy Zayac
- 27: Rob Cornell

Greeters

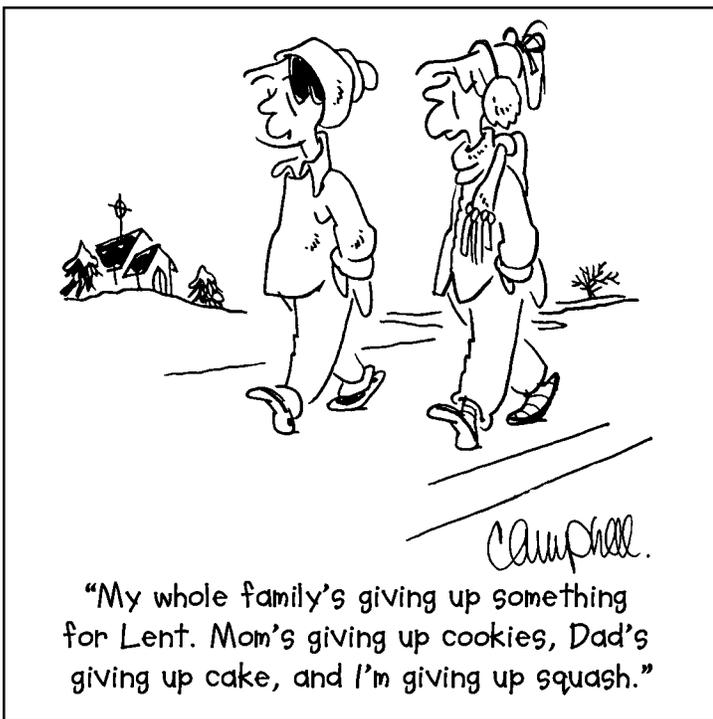
- 6: Cindy & Dale Dutton
- 13: Rob Cornell & Kevin Kranock
- 20: **Reserved for you!!**
- 27: **Reserved for you!!**

Altar Flowers

6: Ruth Holden

No Altar Flowers during Lent

Sign-up sheets are always located in the back of the Sanctuary. We have a lot of blank spaces, **So hurry up and sign up today!!!**



**OUR  
CHURCH  
COOKBOOK****SUNDAY DINNER ROAST BEEF****Wally Watson**

Four pound eye of round roast or any nice roast at room temperature. Season with salt and pepper to taste. Bake at 500° F for 8 minutes for each pound of meat. Turn off and do not open the oven door until cool, about 2 1/2 hours. This is excellent for Sunday dinner as it will finish cooking, with no fear of burning, while the cook is at church!



**Slow down and let God love  
you like never before!**




  
**Sunday, March 13, Daylight Savings Time begins!**
  
**Will you set your clock up at 2:00 AM???**
  





  
**Ash**
  
**Wednesday**
  
**Service**

**will be on March 9th at 7:00 PM.**

Additional observance for the season of Lent includes Lenten Luncheons, which begin on March 16th and end on April 20th during Holy Week. Lunch and devotions begin each day at 12:00 noon.

We need soup, bread, deserts, set-up, clean-up and helpers. ***Sign up today & please plan to attend!!!***

**LENTEN**

  
**DEVOTIONALS**
  
**& Luncheons**



## Soup, Sandwich, and Game Night.

Eight brave and hungry people attended the Soup, Sandwich, and Game night in Wesley Hall on February 12th. The food was wonderful and there was laughter galore.

There was a variety of sandwich fixings and two soups; beef stew and a broccoli cheese that were both absolutely wonderful and dessert, thanks to Barb Spateholts.

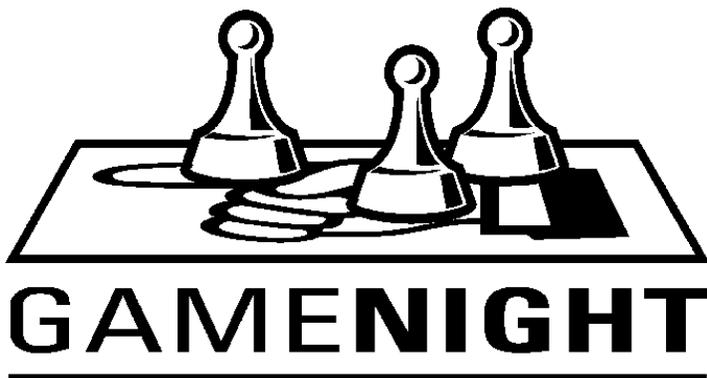
Considering the cold and snow, it was the perfect night for soup. But the best part of the night was the laughter that accompanied the games.



We did timed puzzles, stack the Chap Stick, pick up stickers with an egg, and various other challenging games. There was one where not talking was important; Pastor Sunny couldn't do it!

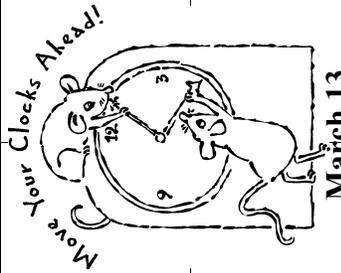
Everyone should keep their calendars opened for the next dinner and game night. It is truly fun for all ages and, as always, the food was fantastic.

*Hope to see you at the next one!*





# MARCH 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Pastor Sunny will be away at Jurisdictional Clergy Women's Conference, February 27 to March 3</p>						
		1 Bible Study 11:45 <b>Ad Council 6:00</b>	2 Choir 7:00 PM	3	4	5 Kung Fu 6-8am
6 Worship 10:0am One Room Sunday School 11:15	7	8 Brown Bag Bible Study 11:45am <b>Finance Team 6:00 pm</b>	9 7:00 PM 	10	11	12 Kung Fu 6-8am <b>UMW 10:00am</b>
13 Worship 10:0am One Room Sunday School 11:15	14	15 Bible Study 11:45 Angel Food Deadline 12:00	16 Choir 7:00 PM Lenten Luncheon 12:00 Noon	17	18	19 Kung Fu 6-8am Angel Food Distribution 9am
20 Worship 10:0am One Room Sunday School 11:15	21 Newsletter Deadline	22 Brown Bag Bible Study 11:45am	23 Choir 7:00 PM Lenten Luncheon 12:00 Noon	24	25	26 Kung Fu 6-8am
27 Worship 10:0am One Room Sunday School 11:15	28 <b>Trustees 7:00pm</b>					

# The Shepherd's Messenger

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"The air is like a butterfly  
With frail blue wings.  
The happy earth looks at the sky  
And sings."

- Joyce Kilmer, *Spring*