

March 2018

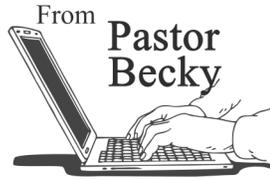
# The Shepherd's Messenger



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KNOWING JESUS AS THE  
GOOD SHEPHERD & SHARING  
THE RISEN CHRIST WITH ALL.



## Have you thought about observing Lent this year?

The fast pace of your life may seem to leave little time and energy for the traditional Lenten practices. But you can weave moments of spiritual awareness and service into even the busiest of schedules. The trick is to see Lenten practice as part of, rather than in addition to, each activity of your ordinary hectic

day. The three foundational practices of Lent are prayer, fasting, and almsgiving. Here's how to think about them in a new way:

### Praying Daily

If you make a habit of saying a little prayer whenever someone irritates you, cuts you off in traffic, or makes life difficult; when someone does you a favor, you experience great and friendly service, or when something joyful happens to you—you will soon find yourself praying your way through the day. Try this simple practice and you will be observing the call for greater prayer during the Lenten season. You will also find that this habit makes your life flow smoother, yourself more centered, and your Spirit more aware of God's presence.

### A Different Type of Fasting

There are many ways to fast. Why not fast from criticism, gossip, judging others, or passing on rumors? Why not abstain from unwarranted fear and anxiety? You can also tell that inner voice inside your head that criticizes you to abstain from eroding your ability to be the confident, blessed person God calls you to be. These are beautiful ways to observe the Lenten call to fasting and abstinence.

### Give of Yourself

Daily life also offers countless opportunities to give of yourself to others (alms), and most don't involve dipping into your wallet. Give encouragement to the doubting, give a word of praise to the insecure, show kindness to someone who could use a friend, and offer a word of thanks to those whose service of others often goes unappreciated. Give the gift of your attention to someone who simply wants to be noticed. Tell your children stories about people whose values you admire when you gather at mealtime. Don't be stingy with your smiles—give them freely to everyone you meet. And most important, give your love to those close to you. Hug them, hold them, and tell them what they mean to you. In this way you open your heart to God and others.

So, no matter how busy you are in life, with some greater awareness and new perspectives you can consciously pray, fast, and give of yourself this Lent—and you will be ready to celebrate when a joyful dawn breaks upon you Easter morning.

Blessings,

*Pastor Becky*

**PLEASE PRAY FOR:**

Our World situation  
The Rothfus Family  
to those at other residences...

CUBA CMH

Henny van der Horst

PINES - OLEAN

Connie Battistoni

**Military personnel and their families...**



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.

**Others to keep in prayer:**

- Hazel Cornell
- Luke Fries
- Pastor Carl Holmes
- Sandy Lathrop
- Jim Maxim
- Mark Middaugh
- Mary Ellen Moriarty
- Keith Pearce
- Bob Rasmusson
- Ellen Shawl
- Laroy Spateholts
- Heidi Sturdevant
- Lon Sweet
- David Taylor
- JoAnn Viglietta
- Ken Wyant



**Prayer LIST Update**

**Please keep our prayer list up to date.**

If someone should be added or removed from the prayer list, please submit their name in writing.

You can write prayer requests in the attendance pads on Sundays, or drop your request off at the office, or



- 2 - Gary Enderle
- 3 - Casi Lockwood  
Desi Burdick  
Elizabeth Lockwood
- 4 - Claire Morris
- 8 - Shirley Poore  
- Lori Sweet
- 12 - Helen Middaugh
- 14 - Peggy Pearce
- 15 - Jeffery Zeh
- 17 - Cindy Dutton
- 19 - Derwood Say
- 21 - Rachel Holden
- 25 - Todd Young
- 23 - Rob Cornell
- 26 - Pete Sprague
- 27 - Jean Higby



- 18- Arnold & Linda Nelson
- 28 - Mike & Fran Young

<b>Statistics</b>		<b>Needed: \$1,548</b>	
<b>Date</b>	<b>Worship</b>	<b>SS</b>	<b>Offering</b>
1/28	45	14	\$1,392.00
		Rothfus	\$ 85.00
2/4	40	18	\$2,034.00
		Naomi	\$ 90.00
		Rothfus	\$ 20.00
2/11	35	14	\$2,407.00
Ash Wed.	19		
2/18	27	9	\$ 791.00

**March Helping Hands**

Usher:

Jim Travis



Pianist:

Christine Berardi

Organist:

Jonathan Denham

Altar Guild:

Holly Scoville  
Linda Nelson



**If you have a prayer request, call the prayer chain.**

**Call Sandra Allen  
at 968-2137  
or Ruth Holden  
at 968-1933**



**Thank you for the Cuba Cash Gift Certificates!  
Pastor Burt and Jeanie**



# Puzzle!

Search for these words that are all associated with the Lenten journey.

crown donkey hosanna penance Pilate sins  
 colt crucifixion forsaken kiss prayer suffer  
 confess death Gethsemane lots repent thorns  
 cross denial Golgotha palms silver vigil

E N A M E S H T E G R L W Y  
 C L E U X B M T H B U C W B  
 N R I K Y P A T E T I Y X Y  
 A V J G A L B R E Y A R P B  
 N G N L I S N L A I N E D X  
 E W M P R V R D H B N R D F  
 P S O G O L G O T H A B S C  
 D L N R O C O N F E S S I K  
 O T H T C P E K W U O U N D  
 M N S H N P W E D R H F S K  
 U N F O E T K Y C S G F O E  
 H E C R E V L I S W Q E C M  
 H V H N C X S O C C J R L O  
 F Q E S U D S H C A A Y M C  
 C R U C I F I X I O N S R V

## ZIPPY EGG CASSEROLE

Doris Wyant



- 1 pound pork sausage
- 1 package (5 1/2 oz) seasoned salad croutons
- 1 1/2 cups (6 oz) shredded cheddar cheese
- 1 cup (4 oz) shredded Swiss cheese
- 1 cup (4 oz) shredded pepper jack cheese
- 8 eggs
- 2 cups half & half
- 1 1/2 cups milk
- 1 TBS chopped onion
- 1 1/2 tsp. dry mustard
- 1/4 tsp salt
- 1/4 tsp pepper

In a large skillet, cook sausage over medium heat until no longer pink. Drain. Place the croutons in a greased 13x9x2 backing dish. Sprinkle with cheeses and sausage. In a large bowl, whisk the remaining ingredients. Pour over the casserole. Cover and refrigerate overnight. Remove from refrigerator 30 minutes before baking. Bake at 350° for 40 to 45 minutes uncovered or until knife inserted near center comes out clean. Let stand for 10 minutes before serving. 8-10 servings.



Do you know of someone who needs a note of cheer? Someone who might be sick, in the hospital, has a birthday, or has a loved one who has passed away? If you do, please call **Sue Simmons at 585-968-1135**. She is the UMW's **Cheer person**. She sends out cards to those in need of some cheer, so please contact her to let her know.

## Adult Sunday School Studies with Cheryl

### 37 Major Bible Prophecies

#### PROPHECY #27: Russia's Attempt at World Conquest



During the future time of the Ten Nation Confederacy (with the Dictator ruling), many things are happening on earth. They include: the Jews living in a time of peace (which will last 3 ½ years), the rise of the World Church (practicing apostasy), and other nations rising to take over world power. (Russia)

#### Why do scholars single-out Russia as the aggressive nation?

First: Ezekiel was asked to prophesy against “Gog” a leader in the land of Magog and the chief prince of Meshech and Tubal which were all located in what is now modern day Russia. (Ezekiel 38:1-3)

Second: “Meshek” is the word for “Moscow” and “Tubal” is an area in the urban mountains of Russia. Gog is also chief prince of “Rosh”, and Rosh” is the root word for “Russia”. (Major Bible Prophecies, John F. Walvoord, P. 330)

Third: Part of Russia is just north of Israel, and it would not be too far for soldiers on foot and horseback to travel.

Fourth: The northern powers have often been the persecutors of “dispersed Israel” \* (Jews living in other countries) and now these powers find an opportunity to attack Jews concentrated in a defenseless Jerusalem. (No walls, gates, weapons) (Ezekiel 38:10-11)

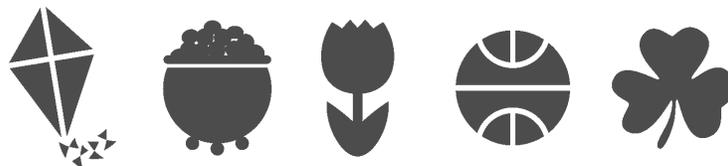
Who will also fight on Russia's side? Russia's army will be aided by “Persia (modern day Iran), “Cush” (between Egypt and the Red Sea), “Put” (south of Egypt), Gomer (eastern Europe), and Beth Togarmah (north of Israel). (Ezekiel 38:5-6)

Why will Russia attack the land of Israel? One reason is for plunder. (Ezekiel 38:12) But since Russia will also be attacking the “Ten Nation” group, it is believed that Russia will be fighting to gain a dominant leadership position in the Middle East.

What is God's purpose for invasion of Israel? The heathen nations and their practices make God angry. God wants to make himself known as the Lord, (Ezekiel 38:23) and to show His greatness and holiness. He will send disasters and judgement on the invaders. (Ezekiel 38:20). (Ezekiel 38:22)

God's prophecies came true in the past. They will come true in the future also.

\* Scofield study notes for Ezekiel 38:2



## Journey through the Holy Land: An enriching experience for all

By Bishop Mark J. Webb

I was blessed to experience a pilgrimage to the Holy Land with 111 individuals connected to The Upper New York Conference. This experience was designed to provide an opportunity to deepen one's spiritual life by walking the land where Jesus walked and seeing the accounts of Scripture come to life. It was also my hope that this travel experience would continue to strengthen and deepen relationships among people scattered across the Upper New York Conference and encourage others to experience pilgrimage travel and mission experiences together in the future.



Our time together in the Holy Land was rich in every way. From the sights we visited, to the bus rides we took and the various tables we shared, the fellowship and conversation was deep. Watching individuals respond to what they were experiencing and finding times to share those thoughts and emotions with one another, were some of the greatest teaching and learning moments.

This was my first time visiting the Holy Land and I found my mind and spirit responding in various ways. At times I was surprised at the differences I saw compared to what I had imagined as I read scripture. There were moments when the current topography got in the way. Discussing and learning more deeply about the contemporary issues surrounding this land caused me to struggle and at the same time offered a fresh perspective and new understanding. There were many moments when I simply found myself overwhelmed and I recognize that a trip like this will take awhile to digest and form within my heart, mind and spirit.

People have been asking me what I was most moved by and while I find that question hard to answer with just one incidence or moment, our visit to the Mt. of Olives and the garden of Gethsemane stirred me. As I knelt and touched a piece of the rock that is similar or identical to the rock on which Jesus prayed, I was overcome with a renewed sense of the decision Jesus made to follow the path God had placed before Him.

I struggle at times with a spirit of surrender to God's plan for my life. In that moment I recognized just how easily it would have been for Jesus to slip back into the desert or call his followers to acts of rebellion, yet He chose to say yes to God's will. I have shared many times that since coming to Upper New York, I frequently pray a prayer that goes like this: "Have your way, O God and if I'm in the way, move me!" I prayed that prayer, touching that piece of rock in the Church of all Nations. It was different then and it has continued to be different. My hope is that it will continue to be different.

I give thanks to God for the opportunity to have this experience. I am especially grateful to have been able to share it with Jodi and our youngest son, Ben. I do not take it for granted. Over the next few weeks, others who traveled on this journey will share their experiences and I hope you will read them with interest and allow the work of the Spirit in their lives to touch yours. Visiting the Holy Land is indeed a life-changing experience. If you have not the opportunity, I pray you will and I hope you will join me now in praying for peace within this holy land.

*(From "The Bridge" February, Issue II, Page 2)*

## DUDLEY TAILS

*Submitted by Cheryl Wildrick*

I was sitting on the loveseat reading the paper with Dudley beside me, one evening. He likes to claim that seat as his, although before Dudley was brought home, the seat belonged to Tucker. Anyway... Dudley was sleeping in his favorite position: on his back with his head at the end of the cushion and one back leg straight up in the air. Then Dudley's back foot began to twitch also... and little, "woofing" noises were expressed.



I observed Dudley for a few minutes, wondering what he was dreaming about. Do dogs dream? Their little brains were certainly designed differently than ours. Do they ever have nightmares? What experiences would cause those?

After a while, I stood up. Dudley immediately sprung to his feet and followed me to another room. Did Dudley know that his master had been watching over him? Did Dudley think that his master was leaving him? Did Dudley choose to follow his master everywhere? Sometimes Dudley chooses not to do what his master asks of him (Come to me). Sometimes Dudley decides not to walk with his master. (Distracted by something new or by something he would rather do)

Do we Christians spring to our feet to follow our Master? Do we believe that our Master watches over us? That He is prepared to help us in event of trouble? Do we ever think that our Master is leaving us? Have we decided to follow our Master everywhere? To be a faithful follower through the good times and the bad of our lives? Have we ever disobeyed our Master?

The Lord is watching over us. (Psalms 121:5-8) To help and protect us. The Lord says He will never leave us or forsake us. (Hebrews 13:56) Jesus, our Master, says, "follow me". He does not say this to take us away from what we enjoy, but to give us abundant life. (Matthew 4:19)

Do we ever choose not to do what our Master asks of us? (Come to Him) Do we ever decide not to walk with our master? (Because we are distracted by other things or because there are other things that we would rather do?)

Jesus, our Master, loves us. (John 15:9) Do we show that we love him?



**Daylight Saving Time Begins**  
on Sunday, March 11 at  
2:00 AM.  
Remember to turn your  
clocks ahead one hour  
Saturday night, March 10.



**LENTEN  
SERVICE  
SCHEDULE**

Palm Sunday	March 25	11:00 AM
Maundy Thursday	March 29	7:00 PM
Easter Sunday	April 1	11:00 AM

**WORSHIP  
SERVICE  
SUNDAY  
11:00 AM**



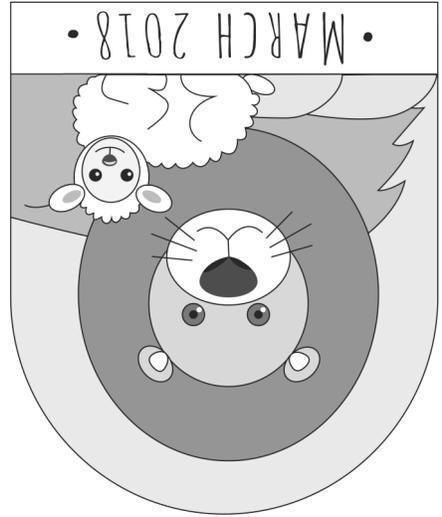
**2018**

**SUNDAY SCHOOL  
For All Ages  
9:45 AM**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b>
<b>4</b> Communion Naomi Mission Offering UMW Food Pantry Collection	<b>5</b>	<b>6</b> Prayer Group 10 am - 11 am	<b>7</b> Trustees meeting 6:00 pm Management Team Meeting 6:45 pm	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b>	<b>12</b>	<b>13</b> Prayer Group 10 am- 11 am	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> UMW Meeting 10 am
<b>18</b> Coffee Hour	<b>19</b> April Newsletter Deadline - Noon	<b>20</b> Prayer Group 10 am- 11 am	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b> Palm Sunday Rothfus Offering	<b>26</b>	<b>27</b> Prayer Group 10 am- 11 am	<b>28</b>	<b>29</b> Maundy Thursday Service 7:00 pm	<b>30</b>	<b>31</b>

# The Shepherd's Messenger

CUBA UNITED METHODIST CHURCH  
49 EAST MAIN ST. • CUBA, NY 14727  
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## March

When the rain is splashing down

On the fields and in the town

Singing winds begin to blow

And the flowers start to grow

How glad I am when I have seen

Those tender leaves of gentle green

They warm my heart and make it sing

For now I know at last it's spring

Spring makes the world a happy place

You see a smile on every face

Flowers come out and birds arrive

Oh, isn't it grand to be alive.

*The Shepherd's Messenger* is a publication of the Cuba United Methodist Church, and is published monthly to report news & keep members and friends informed of church programs and events. Deadline for article submission is the third Monday of each month at noon. Please email articles to Editor's email address, or drop articles off to the church office.

Editor/Secretary: Jim Travis

e-mail: cubasecc@roadrunner.com

Office Hours:

Mon.-Thu. 8 am - 1 pm

Church Mailing address:

Cuba United Methodist Church

49 East Main Street, Cuba, NY 14727

(585) 968-1041

Please visit our Website:

[www.cubaumc.org](http://www.cubaumc.org)

Pastor Becky Worth:

Cell Phone: (716) 307-1768

Home: (716) 373-4332

Pastor's Office Hours:

Tuesday & Wednesday

9 am - 3 pm