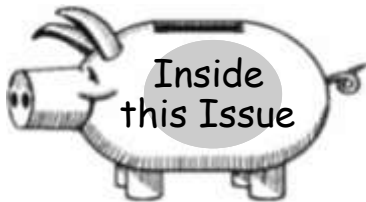


# The Shepherd's Messenger



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



Pastor Becky's  
 Message  
 for Lent

## Time For a Good Spring Cleaning?

The first day of Spring is March 20, 2023. It's a great time to open the windows and let the cool, refreshing air in. Many of us embrace this season as a good opportunity to do some deep, thorough "Spring cleaning." That's great but take a moment to think beyond your house or apartment. What about the atmosphere of your home? Your marriage? Your work ethic? Your example before others? Is it time for a good Spring cleaning?

To get us thinking about the issues that matter most of all...

### What sort of clutter has built up?

"A sower went out to sow his seed. And as he sowed... some fell among thorns, and the thorns grew up with it and choked it... they are those who hear, but as they go on their way they are choked by the cares and riches and pleasures of life, and their fruit does not mature." (Luke 8:5, 7, 14)

### Is your garbage disposal working?

Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls. (James 1:21)

### Are your mirrors clean?

Be doers of the word, and not hearers only, deceiving yourselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. For he looks at himself and goes away and at once forgets what he was like. But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing. (James 1:22-25)

*Continued on Page 6*

PLEASE PRAY FOR:  
Our World situation

Others to keep  
in prayer:



- Brad Allen
- Norma Andrus
- Todd Baxter
- Wayne Botens
- Frank Calcagno
- Family & Friends of Gary Carlson
- Hazel Cornell
- David Edwards
- Don Hall
- David Halstead
- Donna Hart
- Bernie Hawks
- Jean Higby
- Andrew James
- Katie Kellogg
- Kevin Kranock
- Bruce Metler
- Helen Middaugh
- Mark Middaugh
- Nellie Moses
- Justin Murphy
- Keith Pierce
- Shirley Poore
- Laroy Spateholts
- Jessica Veiders
- JoAnn Viglietta
- Clint Wilder
- Judy Zayac

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.  
*Thank you!*



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



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

Statistics		Needed: \$1,970	
Date	Worship	SS	Offering
1/29	33	-	\$ 965.00
		<b>Gil's Hills</b>	<b>\$ 155.00</b>
2/5	38		\$5,073.00
		<b>Gil's Hills</b>	<b>\$ 650.00</b>
2/12	32		\$1,143.00
2/19	36		\$3,559.00
		<b>UMCORE Earthquake</b>	<b>\$ 300.00</b>

**New Address For Rev. Bob Beard:**

**The Pines Health Care &  
Rehab Center**  
Rm C 10  
2245 West State Street  
Olean, NY 14760



**Gary Carlson, Judy Zayac's**  
brother, passed away on February  
10, 2023. A Celebration of Life  
held on February 25, 2023 at the  
Cuba VFW.



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.

March  
Helping  
Hands



Power Point:  
Rob Cornell

Pianist:  
Holly Scoville



Altar Guild:  
Thela Snow  
Linda Murphy



**Daylight Saving Time**  
**Begins** Sunday, March 12 at  
 2:00 am.  
 Turn clocks ahead one hour  
 Saturday March 11 night  
 (so you aren't late for church).

# Puzzle!

Slow down and uncover this message  
and Bible verse, using the code below.

A	B	F	G	K	L	O	R	U	V
D	1	H	2	M	3	S	4	T	5
E		I		N				W	Y

W

5 1 3 5 4 4

4 1 3 3 4 4 2 4 1

1 3 1 3 2 4 4 1 3

2 4 4 2 4 1

" 1 1 4 4 2 3 3 1 3 1

3 3 4 5 4 2 1 4

2 1 3 2 4 1

"

Answer: We must talk to God and listen for God. "Be still, and know that I am God." (Psalm 46:10)

## BROCCOLI BAKE

Fran Young

1 ½ bunches of broccoli (I use 2 bags of frozen chopped broccoli)

Mix together:

- |                    |                                  |
|--------------------|----------------------------------|
| 2 cups sour cream  | 1 cup regular Miracle Whip       |
| 1 cup cream cheese | 1 bag fine shredded sharp cheese |

Stir cheese mixture with broccoli

Topping:

- |                           |                  |
|---------------------------|------------------|
| 1 ½ sleeves Ritz crackers | 1 ½ stick butter |
|---------------------------|------------------|

Crumble crackers, mix into melted butter. Brown together until the crackers have absorbed butter. Sprinkle on top of broccoli mixture. Bake 375° for 30 to 40 minutes.





## DUDLEY TAILS

*Submitted by Cheryl Wildrick*

“A righteous man cares for the needs of his animal” (Proverbs 12:10)

It was a cold, fall, late afternoon. Dudley was on his way to the groomer. As was the usual case, Dudley was nervous as he rode in the car. This was especially so, because he usually did not go anywhere when the sky was beginning to get dark.

Dudley was anticipating the sound of a gravel driveway beneath the tires of the car. This time, he would not hear that, because his former groomer had closed her shop and he was going to see a new groomer. Yet soon the familiar sound of big and little dogs’ (barking in low and high tones) met his ears. A stranger took him from his master’s arms and carried him into a small room, and then shut the door behind them.

This is not the first time that Dudley had been anxious. Being taken from his master always made him anxious. Whether he was handed over to a groomer, or to a veterinarian, or to a relative in the family... being separated from his master always made Dudley anxious.

“Anxiety” is an uncomfortable sensation that makes one feel insecure and nervous. Anxiety is often characterized by uneasiness, worry, distress, and apprehension.

Step #1: Uneasiness. This is the first step of an increasing anxiety. For Dudley, this occurred whenever anyone other than his master, held Dudley. Uneasiness is characterized by the body shaking.

Step #2: Worry. This is the second step of an increasing anxiety. For Dudley, this occurred whenever Dudley could not see his master. Worry is characterized by efforts to get away from the problem.

Step #3: Distress. This is the third step of an increasing anxiety. For Dudley, this occurred whenever Dudley could no longer hear his master’s voice. Distress could be characterized by an urge to vomit or urinate.

Step #4: Apprehension. This is the fourth step of an increasing anxiety. For Dudley this occurred when Dudley felt trapped and unsafe. Apprehension could be characterized by running and hiding.

People also, can be troubled by anxiety. The Bible speaks many times about anxiety. Sometimes it is referred to as “care” or “worry”. In the Old Testament we are told that, “an anxious heart weighs a person down, but a kind word cheers him up.” (Proverbs 12:25)

Then, from the Old Testament book of Psalms, we read, “Cast your cares on the Lord, and he will sustain you. (Psalms 55:22)

In the New Testament we are told, “Do not be anxious about anything, but in everything... present your requests to God.” (Philippians 4:6) and then we read, “Cast all your anxiety on Him (the Lord), because he cares for you.” (1 Peter 5:7)

Finally we read (in Matthew 6:23), “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you wear. Is not life more important than food, and the body more important than clothes? (Matthew 6:25)

Then the book of Matthew goes on to say, “Who of you, by worrying, can add a single hour to his life?” (Matthew 6:27) From these verses we can conclude that if we cast our care on the Lord, he will sustain us, (Psalm 55:22) and that we should cast all our anxiety on Him because He cares for us. (1 Peter 5:7)

*Continued on Page 5*

*“Dudley Tails” Continued from Page 4*

Dudley is very special to his master. Not only do they share the same home, but they also share walks and talks as they go up and down the open fields, and around the woods and the barn. In the evenings, when the TV is on, Dudley often falls asleep on the sofa, next to his master.

Are you close to your heavenly Master? Does he walk with you and talk with you? Can he tell that you are his own? Can the two of you share the joy you know together, in the garden, as you linger there? \* Do you hear him at the sea? Do you hear him at the lake? Do you meet him in your quiet place?

Is it time to renew your love for Jesus?

\* (Hymn: “In the Garden”, C. Austin Miles, 1913, P. 314, The United Methodist Hymnal)



At this time some shelves at the **Food Pantry** are nearly empty: jams/jellies, applesauce, pears, spaghetti/pasta sauce and snack bars/crackers. Easy meal items are always needed, such as Hamburger Helper, Manwich, boxed potatoes, pasta/rice sides, pork and beans, etc. Nonfood items (paper products and personal care items) are also in short supply. Any and all donations are sincerely appreciated.



Next Meetings:  
**Wed. March 8, 2023**  
in Adult Sunday School Room

**Trustees Meeting** 6:00 pm  
**Management Team** 6:45 pm

**TRUSTEES NOTES** (From 2/8/2023 meeting)

- A new battery has been installed in the **Lift**. That should correct the problems we were having.
- A new **computer** will be purchased to be used for the PowerPoint during services.
- The middle **boiler** displays an error code and will be repaired.
- The **Security Camera** project is put on hold.



*Pastor Becky's Letter continued from Front Page*

**How's the air quality?**

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4-7)

**Are you keeping an eye on your filter?**

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. (Philippians 4:8)

**What should have been thrown away a long time ago?**

Now the works of the flesh are evident: sexual immorality, impurity, sensuality, idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions, envy, drunkenness, orgies, and things like these. I warn you, as I warned you before, that those who do such things will not inherit the kingdom of God. (Galatians 5:19-21)

**How's the laundry coming?**

Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony. And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful. (Colossians 3:12-15)

**Is the source of your refreshment secure and pure?**

Keep your heart with all vigilance,  
for from it flow the springs of life. (Proverbs 4:23)

**How's the foundation?**

“Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it.” (Matthew 7:24-27)

Maybe your literal To-Do list is in pretty good shape. That's great! What about the things that matter most of all? Is it time for a good Spring cleaning?

Blessings,

Pastor Becky

**SUNDAY  
WORSHIP  
SERVICE  
11:00 AM**

# March 2023

**Sunday School** is at  
9:30 am in the Adult  
Sunday School room.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 Kung Fu 6:00-8:00 am
5 Communion UMW Food Pantry Collection Sunday School 9:30 am	6 Tai Chi 7:00 pm	7 Prayer Group 10:00 am Barbershoppers 6:30-8:30 pm	8 Trustees Mtg. 6:00 pm Management Team Mtg. 6:45 pm	9	10	11 Kung Fu 6:00-8:00 am
12 Daylight Savings Time Begins Sunday School 9:30 am	13 Tai Chi 7:00 pm	14 Prayer Group 10:00 am Barbershoppers 6:30-8:30 pm	15	16	17	18 Kung Fu 6:00-8:00 am
19 Sunday School 9:30 am UMCORE Sunday Offering	20 April Newsletter Deadline Noon Tai Chi 7:00 pm	21 Prayer Group 10:00 am Barbershoppers 6:30-8:30 pm	22	23	24	25 Kung Fu 6:00-8:00 am
26 Sunday School 9:30 am <b>Gift's Hills Offering</b>	27 Tai Chi 7:00 pm	28 Prayer Group 10:00 am Barbershoppers 6:30-8:30 pm	29	30	31	

# The Shepherd's Messenger

CUBA UNITED METHODIST CHURCH  
49 EAST MAIN ST. • CUBA, NY 14727  
WWW.CUBAUMC.ORG • PASTOR BECKY WORTH



## 2023

*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.

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Pastor Becky Worth:

Cell Phone: (716) 307-1768



*May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit.*  
Romans 15:13

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RETURN SERVICE REQUESTED