

# "Fenimorian News from the Pews"

# **Bi-Monthly Newsletter**

# Season of Lent:



Peace and Joy Fenimorian Family,

It's hard to believe that our first edition of the *Fenimorian News from the Pews* was "birthed" at the start of 2022 and we are now embarking on a new season!! As we begin to look toward early spring, a time of reawakening and renewal it also is a time to reflect on the 40 days prior to Resurrection Sunday. For those interested in the spiritual significance of numbers may recall, that the number 40 represented the number of days that Jesus fasted and prayed in the desert.

Barring COVID protocol some of us on Ash Wednesday will gather and be reminded of our human mortality and the need for reconciliation with God, as ashes are placed on our forehead signifying that from "dust we came and to dust we will return." Whether or not we are able to participate in this part of the preparation of Easter we can all pray, seek forgiveness, offer sacrifice and perhaps consider some type of fasting.

This edition includes an article entitled "A Reflection on Lenten Fasting" by Rev. Daniel Mertz which provides the background of fasting and Christian tradition's seven reasons for fasting.

Kim Jackson, Newsletter Ministry

Upcoming Church Events:

• Food Pantry Distribution hosted by Ladies in Waiting in Fellowship Hall every Tuesday between 10:00am-2:00pm

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- Grab & Go Breakfast hosted by Family Life Ministry every 4<sup>th</sup> Tuesday starting at 10:00am in Fellowship Hall
- Prayer on Zoom every Tuesday @ 8:00pm
- Bible Study on Zoom. every Wednesday @ 7:00pm
  \*\* Will be suspended during Lenten season. Schedule and info listed on page 4
- 3//2/22 Ash Wednesday and 4/14/22 Holy Thursday services at Fenimore UMC @ 7:30pm
- 4/14/22 noon Good Friday at St. Marks in-person and livestream

From the Desk of the Pastor Jackson:



Grace and peace,

We are once again entering that season in the Liturgical calendar where we are reminded that our faith is founded upon that which no other religion can stake claim

to, our Lord and Savior died physically, was buried and rose again to live forever in the presence of God the Father.

This year Holy Week begins with Passion/Palm Continues on pg. 2 column 1

#### Continuation from page 1 column 2 (From the Desk of the Pastor)

Sunday on April, 10<sup>th</sup> and culminates on Resurrection/Easter Sunday on April 17<sup>th</sup> 2022.

As we make our way, worshipfully, prayerfully and spiritually to that great day of celebration and commemoration on resurrection Sunday, the weeks of Lent is our opportunity to experience another level of transformation.

It is my prayer that you will join me during this season of Lent to prepare for transformational experiences, be it great or small, to come to fruition in you.

I am reminded, encouraged and challenged by the words of the Apostle Paul's directive to the saints in the church at Rome. The Apostle Paul wrote, "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – this is your true and proper worship." NIV Rom. 12:1

The season of Lent is meant to be a lived experience as we identify with the suffering of Christ who denied Himself the pleasure of personal wants and desires.

While most of us have already determined what foods we are going to give up during this season, let us not view the denial of certain foods to be the end all and be all. Add or increase Spiritual disciplines like prayer, fasting, bible study, and meditation on the word of God to what you will be deliberate about doing in this season, fore these are the types of sacrifices that the Apostle Paul was calling for.

It is the adding or increasing of the Spiritual disciplines that produces transformed lives that are pleasing to God!

So, as we prepare to remember and celebrate the mighty acts of God in Jesus Christ, rejoice in the knowledge that Christ's victory is our victory.

### Continuation from page 2 column 1 (From the Desk of the Pastor)

May the blessings expressed in 3 John verse 2 reside with you and yours, "Beloved, I pray above all things that you may enjoy good health and that you may prosper even as your souls prospers."

Christ is risen indeed!



A REFLECTION ON LENTEN FASTING By: Reverend Daniel Merz

In the early Church and, to a lesser extent still today, there were two fasts. There was the "total fast" that preceded all major feasts or sacramental events. The ancient name for this fast was "statio" from the verb "sto, stare" to stand watch, on guard or in vigil. The second fast was a fast of abstinence from certain foods, e.g., meats or fats. This was more an act of self-discipline and self-control. The *statio* fast was total and a means of watching and waiting ie., for something. The fast of abstinence was more general and personal, to help oneself be more disciplined or self-controlled.

The total fast is still kept today prior to reception of Holy Communion. Following Holy Communion, the total fast ceases because Jesus had explicitly stated that we don't fast when the bridegroom is here, in other words, what we're keeping vigil for has arrived, the wait is over. On the other hand, the fast of abstinence was allowed on Sundays because the continuity of abstinence can be important for it to be effective.

These initial observations, then, teach us that the Eucharist is always the end of a preparation. It is always the fulfillment of an expectation. In the

#### Continuation from page2 column 2 (Spotlight)

Orthodox Church during Lent, they have Eucharist only on Saturday and Sunday. But because Wednesdays and Fridays are total fast days, those two days are also days for the Communion service (Liturgy of the Pre-Sanctified) which are held in the evening, i.e., after the day of preparation. Fasting is always *preparatory*.



But how did *fasting* become such an important means of preparing for the Eucharist and of learning virtue through self-discipline? Christian fasting is revealed in an interdependence between two events in the Bible: the "breaking of the fast" by Adam and Eve; and the "keeping of the fast" by Christ at the beginning of his ministry.

Humanity's "Fall" away from God and into sin began with eating. God had proclaimed a fast from the fruit of only one tree, the tree of knowledge of good and evil (Gen. 2:17), and Adam and Eve broke it. Fasting is here connected with the very mystery of life and death, of salvation and damnation. Food perpetuates life in this physical world, which is subject to decay and death. But God "created no death." (Wis. 1:13) Humanity, in Adam and Eve, rejected a life dependent on God alone for one that was dependent rather on "bread alone." (Dt. 8:3; Mt. 4:4; Lk. 4:4) The whole world was given to man as a kind of food, as a means to life, but "life" is meant as communion with God, not as food. ("Their god is their belly." Phil. 3:19) The tragedy is not so much that Adam ate food, but that he ate the food for its own sake, "apart" from God and to be independent

### Continuation from page 3 column 1 (Spotlight)

of Him. Believing that food had life in itself and thus he could be "like God." And he put his faith in food. This kind of existence seems to be built on the principle that man does indeed live "by bread alone."

Christ, however, is the new Adam. At the beginning of his ministry in the Gospel of Matthew, we read, "When He had fasted 40 days and 40 nights, He became hungry." Hunger is that state in which we realize our dependence on something else-when we face the ultimate question: "on what does my life depend?" Satan tempted both Adam and Christ, saying: Eat, for your hunger is proof that you depend entirely on food, that your life is in food. Adam believed and ate. Christ said, "Man does NOT live by bread alone." (Mt. 4:4; Lk. 4:4) This liberates us from total dependence on food, on matter, on the world. Thus, for the Christian, fasting is the only means by which man recovers his true spiritual nature. In order for fasting to be effective, then, the spirit must be a part of it. Christian fasting is not concerned with losing weight. It is a matter of prayer and the spirit. And because of that, because it is truly a place of the spirit, true fasting may well lead to temptation, and weakness and doubt and irritation. In other words, it will be a real fight between good and evil, and very likely we shall fail many times in these battles. But the very discovery of the Christian life as "fight" and "effort" is an essential aspect of fasting.

Christian tradition can name at least seven reasons for fasting:

 From the beginning, God commanded some fasting, and sin entered into the world because Adam and Eve broke the fast.

### Continuation from page 3 column 2 (Spotlight)

- 2. For the Christian, fasting is ultimately about fasting from sin.
- 3. Fasting reveals our dependence on God and not the resources of this world.
- 4. Fasting is an ancient way of preparing for the Eucharist—the truest of foods.
- 5. Fasting is preparation for baptism (and all the sacraments)—for the reception of grace.
- 6. Fasting is a means of saving resources to give to the poor.
- 7. Fasting is a means of self-discipline, chastity, and the restraining of the appetites.



# Words of Wisdom



# PRAYER HAS ALWAYS BEEN OUR MOST POWERFUL WEAPON

"The effective prayer of a righteous man can accomplish much" (James 5:16) Dr. Charles Stanley

# The HOLY SPIRIT IS NEVER THE CAUSE OF DEPRESSION, STRESS, ANXIETY, OR CONFUSION. HE IS ALWAYS THE SOLUTION TO THOSE CONDITIONS

"There is now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death." (Romans 8:1-2) Dr. Charles Stanley



**Parish Lenten Services Schedule** 

March 2, 2022	Ash Wednesday service at each	
	respective church	
March 16, 2022	Vanderveer Park UMC	
March 23, 2022	Bay Ridge UMC	
March 30, 2022	Kings Highway UMC	
April 06, 2022	St. Marks UMC	
April 13, 2022	St. Paul's UMC	
April 14, 2022	Maundy Holy service at each	
	respective church	
April 15, 2022	Good Friday service St. Marks or view via	
	Zoom	

# Art from the Heart



*Featuring: Countee Cullen* (Poem taken *from the By Faith Magazine – Jan/Feb. 2022 edition*)

Picture from: Carl Van Vechten @Van Vechten Trust, Beinecke Rare Book and Manuscript Library, Yale University



**Background:** Countee Cullen (1903-1946) was a significant literary giant during the historic Harlem Renaissance. Cullen was the son of the Rev. Frederick A. Cullen, pastor of Salem United Methodist Church, considered the largest church in Harlem at that time. He wrote "Simon The Cyrene Speaks" in 1925.

Continues on page 5 column 1

Continuation from page 4 column 2 (Art from the Heart)

# Simon The Cyrene Speaks

He never spoke a word to me And yet He called my name; He never gave a sign to me, And yet I knew and came, At first I said, "I will not bear His cross upon my back; He only seeks to place it there Because my skin is black."

But He was dying for a dream, And He was very meek, And His eyes there shone a gleam Men journey far to seek.

It was Himself my pity bought; I did for Christ alone What all of Rome could not have wrought With bruise of lash or stone.





The Choir knows these hymns, do you??



The Contractor's Hymn

The Politician's Hymn

The IRS Agent's Hymn

The Massage Therapist's Hymn

The Church's One Foundation

Standing on the Promises

I Surrender All

He Touched Me



# AND FOR THE MOTORISTS

45 mph	God Will Take Care of You
55 mph	Guide Me, O Thou Great Jehovah
65 mph	Nearer My God to Thee
75 mph	Nearer Still Nearer
85 mph	This World Is Not My Home
95 mph	Lord, I'm Coming Home
Over 100 mph	Precious Memories

(Author Unknown)

# Yummy Scratch Dishes:

# Featuring: Sister Cynthia Grant

Background: As the only girl in my family growing up in St. Vincent and the Grenadines, I had to cook, clean, wash and iron for the family. Family consisted of Dad, Mom, 2 brothers and 4 cousins. *My mom suffered from Asthma which would make* her unable to do anything due to the wheezing and shortness of breath. She tried everything anyone would tell her to use, even Lizard soup. I am still a clean freak as they would say, spend hours ironing my clothes and loved to cook, although I don't cook as much as I did before. I enjoyed reading the Essence magazine since the 1980's and would clip and collect the printed recipes and try them out. Over the years I have collected hundreds of clipped recipes from magazines and newspapers, over 30 recipe books and over 20 magazines with recipes. The recipe I am posting was from the Life Study Fellowship magazine from over 20 years ago. It is a staple at my Thanksgiving and Christmas dinners and at other times during the year. Bon Appetit.

Continues on page 6 column 1

Continuation from page 5 column 2 (Yummy Scratch Dish)





Corn Casserole

*Ingredients:* 1 can (16 and ½ ounces) cream style corn \*1 can (16ounces) corn kernels \* 1 box (8 and ½ ounces) Jiffy corn muffin mix \*1 cup sour cream \*1 egg.

Mix all ingredients well and pour into greased 13x9 inch pan or dish.

Bake at 350 degrees for 30 minutes. (Can test with a toothpick or knife for doneness.)



# USHURS' AND GREETERS' APPRECIATION SERVICE SUNDAY, JANUARY 9, 2022

Pastor Jackson and the church family thanked the ushers and greeters for their dedicated service to the Lord and to our household of God.

"Better is one day in your courts than a thousand elsewhere; I would rather be a doorkeeper in the house of my God than dwell in the tents of the wicked." Psalm 84:10

"Blessed are those who listen to me, watching daily at my door, waiting at my doorway." Proverbs 8:34

Continues on page 6 column 2

### Continuation from page 6 column 1 (Appreciation Sunday)



Rev. Haigler's timely and wellreceived sermon was taken from Psalm 29 and was entitled "The Voice of the Lord." We were reminded to "worship in the beauty of holiness" while the ushers and greeters were charged to work on their kingdom assignments tempered with grace and love."

Rev. George & Mrs. Haigler III







"I Am Going to Live So the Lord Can Use Me."

Usher Board President Paula Scott with Joint Usher Board



Punior Usher

# GREETER MINISTRY



Greeters: Joan Cox, Marlene Ferguson and Cynthia Grant welcome church family and visitors faithfully every Sunday and on all special services. "Well done my good and faithful

# Wellness Empowerment Segment

# COPING WITH COVID (NY Project Hope)

New York Project Hope provides free trained crisis counselors for confidential and anonymous conversation. They can be reached at 1-844-863-9314 from 8:00am-10 p.m. every day. There website is www.NYProjectHope.Org

# Following are excerpts taken from their pamphlet:

# Coping Tips for Stressful Times...

Limit media exposure Breath slowly and deeply Accept changes as part of life Mindfulness activities such as meditation Access social support

# Self-Care Isn't Selfish It's Smart

Take Care of your emotional health Take care of your body Unwind and Pace yourself Connect with others Set boundaries

# From the Voice of One of His Beloved Daughters

# Featuring: Minister Barbara Castleberry

# Interviewer: Sis. Gillian Prince

Minister Barbara Castleberry was born in Tallassee, Alabama she was one of eleven children, raised to fear God at an early age by her parents and grandmother. Barbara's parents and grandmother instilled in all of them to put God first, and you come second. Barbara said that "I am glad I had the teaching at an early age, and when I got ready to leave for New York, I was told wherever I go to take the Lord with me." She said "I have never forgotten those words. I have seen and experienced so much, but my faith in God kept me safe, and I give God praise for his Grace and Mercy!!"

# Year Attending Church: 1975 to Present

# Share how you started attending the Church:

I moved to Flatbush in 1971, I was attending Mt. Carmel Baptist Church in Bedford-Stuyvesant and I started to search for a new church home in the neighborhood and I walked into Fenimore and joined right away.

# What do you love about our church?

The Fenimore family is warm and family oriented. I felt so welcomed and the love of God radiated my heart. I couldn't wait to attend each Sunday. My heart was strangely warmed by the love shown to all who attend and I have never looked back. God Bless Fenimore UM Church.

# Please share what gifts God has given you and how do you like to use these gifts.

I was a Sunday school teacher from 1985 to 2015. A lay servant from 2005 to present. God used me to chair Evangelism for 9 years, and Mission & Outreach for 6 years. Baptism and Membership for many years, and Eucharistic Chair from 2010 to the present. I enjoy using these gifts to visit the hospital, nursing homes, and community shelters. I love to sing was a member of the Gospel choir for 1985 to 2019. To God be the Glory! I was also the alternate delegate to NYAC for 7 years.

# **Closing Thoughts:**

I thank God for his leading and blessing, and pray for all who use the gift God has given them.



"Loving God and Loving People" was the foundation from which our Mission, Vision and Core Values Statement was birthed.

In our January edition our meditation focused on the relationship between Matthew 28:19-20 and on our Mission Statement.

The meditation scripture for this edition speaks to our Vision Statement.

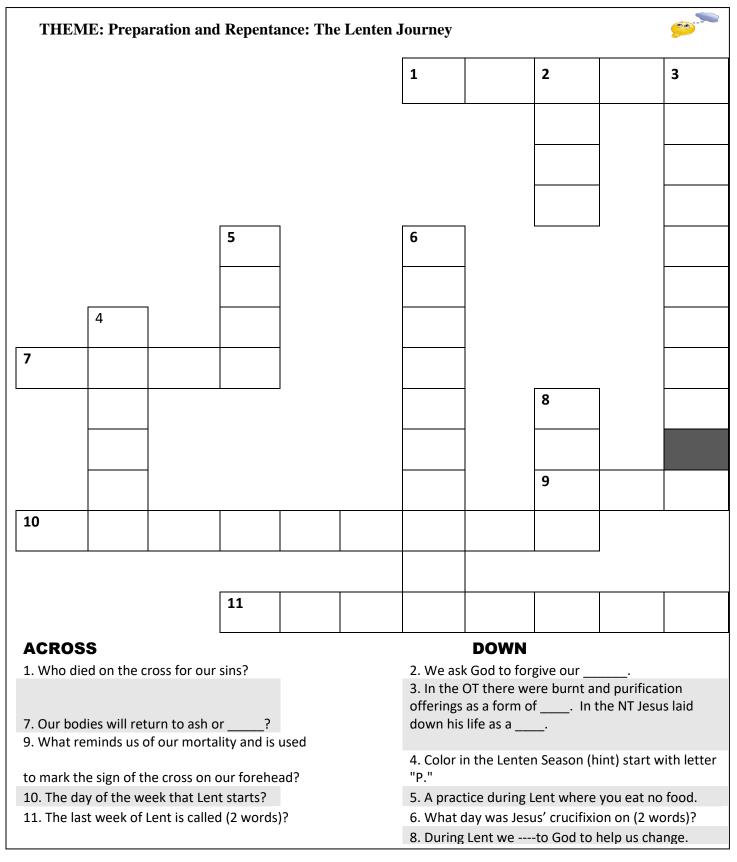
Proverbs 4:4-7, "Then he taught me and said to me, take hold of my words with all your heart; keep my commands and you will live. Get wisdom, get understanding; do not forget my words or turn away from them. Do not forsake wisdom, and she will protect you; love her and she will watch over you. The beginning of wisdom is this; get wisdom. Though it cost all you have, get understanding."

# **Vision Statement:**

We see ourselves as the beloved community of faith reconciled to God the Father, saved by the atoning death of Jesus Christ the Son, and are empowered by the indwelling presence of the Holy Spirit to live a life that is pleasing to God. We see ourselves guided by the word of God, strengthened by grace and loving without conditions.

How have you learned from the scriptures to live with wisdom and to pass it on to others??







May God continue to shower you with His blessings as we celebrate our March and April Fenimorians birthdays!!

	200		
How did you do?			
Puzzle Answer Key			
Across	Down		
1. Jesus	2. Sins		
7. Dust	3. Sacrifice		
9. Ash	4. Purple		
10. Wednesday	5. Fast		
11. Holy Week	6. Good Friday		
	8. Pray		

Newsletter Ministry: Kim Jackson and Gillian Prince – Co-Editors Sophia Eversley, Cynthia Grant, Rev. Roger Jackson, Arma Jones



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THE UNITED METHODIST CHURCH