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The Pathfinder

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Lenten Sermon Series

The **Season of Lent** begins on Ash Wednesday, which was February 14, and ends with Palm Sunday on March 25. Lent is a time for self-examination and repentance, prayer and self-denial, reading and meditation and fasting. This Lent we are focusing on fasting using the words of Pope Francis, who calls us to consider a new kind of fasting.

February 18 – “Fast from words and be silent so you can listen. Fast from hurting words and say kind words.”

February 25 – “Fast from selfishness and be compassionate to other.”

March 4 – “Fast from worries and have trust in God.”

March 11 – “Fast from pessimism and be filled with hope. Fast from complaints and contemplate simplicity.”

March 18 – “Fast from bitterness and fill your hearts with joy.”

March 25 – Palm/Passion Sunday Celebration with Scripture and Hymn

Isaiah 55:6-7 Common English Bible (CEB)

Seek the Lord when he can still be found; call him while he is yet near.

Let the wicked abandon their ways and the sinful their schemes.

Let them return to the Lord so that he may have mercy on them, to our God, because he is generous with forgiveness.

Save the Date

March 4 Daylight Savings Time begins

March 11 Homeland Security Presentation

March 24 Children's Easter Egg Hunt at home of Wesley and Rachel Squibb

March 25 Palm Sunday

March 25 Church Council Meeting

March 29 Maundy Thursday Service

March 30 Good Friday JAMA Service

Holy Week Services

Join us for our Maundy Thursday Service on March 29, at 7 pm in the sanctuary which will include Holy Communion as we remember the Last Supper. The word maundy comes from the Latin word *mandatum*, meaning "commandment." The focus of this day is on the new commandment Jesus gave his disciples to love one another as he loved them.

And join us Good Friday, March 30th, at 12:15 pm at JUMC for our community Good Friday Service. Rev. Allen Huff from the Presbyterian Church will be preaching and Pastor Karen will be leading worship.

Church Family News

Congratulations to **Dena Hensley** — 2018 Westview Teacher of the Year for grades 5 through 8.

Great job, Dena!

On Sunday, January 28, we welcomed **Endly Gaus** into our church family as she was baptized. Through the Sacrament of Baptism, her parents, Joe and Deidra Gaus, promised to raise her in the faith so that she might become a faithful disciple of Jesus Christ. And through the Sacrament of Baptism we promised the same. Endly has two brothers, Griffin and Graven and one sister, Ever.



Looking Ahead

April 1 Easter Sunday
Sunrise Service at 7 am
Early Worship at 8:45 am
Easter Cantata at 10:45 am

April 8 Children's Sunday at 10:45 am

April 29 Breakfast at 9 am
Combined Worship at 10 am
Fifth Sunday Night Fellowship Dinner and Program—Children will provide entertainment after the meal

June 18-21 Vacation Bible School

Thank You Notes

How can mere words possibly express the feelings in my heart? Feelings of love and appreciation that you poured out on me? "Thank you" just doesn't seem adequate, but that's all I know to say! It has been my honor and privilege to serve our Lord and you for these many years! I look forward to the new path He has for me. God bless you my sweet and thoughtful family.



Barbara G Smith

Words cannot even begin to describe the outpouring of love we have felt from our JUMC family, our Sunday school Class and the Sisters of Faith. Your prayers, your calls, your visits with mama, your love have all helped us to make it through this difficult journey. Johnny is doing so much better. His appetite is back and he is working hard at physical therapy. He knows, believes and proclaims together with Claudia: "God is good, all the time. All the time, God is good!"

Claudia and Johnny Randolph

Greetings from the Youth!

The Youth are in the process of raising money for the 30 Hour Famine. During this time we realize how blessed we are to have plenty of food, but that is not true for all people.

The motto for this year is "Be Hungry." so the world can be hunger-free. The Youth will fast for 30 hours to get just a small feel for how many people are truly hungry. We as you, as a church, to be part of this by giving to this mission.

Thank you for all your love and support of your Youth. Each one is a real blessing in my life.

*Blessings,
Miss Mary Ann*

JOTS FROM JANE

Not only has the flu been epidemic, but many of us have been hit with gastrointestinal symptoms. Some call it the “stomach flu,” but it has no relation to the “regular flu,” aka influenza. Influenza is a highly contagious viral infection that causes fever, muscle aches, fatigue and respiratory issues. The stomach flu virus causes an infection in your gut. The CDC tells us that the Norovirus is the most common cause, leading to between 19 and 21 million viral gastroenteritis infections per year.

How do you know if you have food poisoning or the stomach flu? We get food poisoning from something we have eaten. It can be caused not only by viruses, but also several bacteria like salmonella, E. coli, etc. The symptoms are much the same: vomiting, diarrhea, nausea, abdominal pain, headache and fever.

According to the Mayo Clinic, the stomach flu typically shows up within one to three days after you have been exposed, and it usually lasts a day or two. If you’re dealing with symptoms for a shorter or longer time than a day or two, you may have food poisoning.

Keeping hydrated is the most important thing, regardless of whether you have food poisoning or the stomach flu. Water is great, but an electrolyte solution can help replace nutrients and electrolytes.

Some signs that you need medical attention according to the Mayo Clinic:

- You’ve been vomiting frequently and unable to keep liquids down for over 24 hours
- You see blood in your vomit or stools
- You have severe abdominal pain
- You have diarrhea for three or more days
- You experience signs of dehydration, like excessive thirst, dry mouth, dizziness, and dark yellow urine

Washing your hands is the first step to avoid food poisoning or the stomach flu, especially around food. If you know someone with the stomach flu, or if someone in your home has it, the Mayo Clinic recommends disinfecting surfaces as often as possible and avoiding sharing things like utensils.

Spring is coming! Praying that each and every one of you are staying warm and healthy.

*Daniel 10:19 God loves you very much . . . Don’t be afraid!
Calm yourself; be strong — yes, strong!*

*Blessings,
Parish Nurse Jane*

CHURCH SAFETY

On Sunday, March 11, at 7 pm, JUMC will have a speaker from the Office of Homeland Security for the State of Tennessee. Jerry Stout is a 44-year law enforcement officer and has his office in Elizabethton. He is excellent — a no-nonsense, tell-it-like-it-is kind of guy.

Jerry will be talking about how each person can help create a safe environment for their home, church, library, school, or wherever people gather. He will also be talking about issues that are specific to Tennessee, the states around us and across the country. In addition, he will speak to the proper use of handguns, as well as when and when not to use them.

Please join us for this informative, and unfortunately necessary, program.

Wednesday Night Light

Wednesday Night Light will continue through the end of April, taking one Wednesday night off during Holy Week. We will be offering the following three adult classes:

- Pastor Karen will be teaching **“Dinner with a Perfect Stranger: An Invitation Worth Considering”**. The study touches on life, God, meaning, pain, faith, and doubt – book cost is \$5.00.
- Patrice Wells will be teaching Adam Hamilton’s **“Making Sense of the Bible: Rediscovering the Power of Scripture Today”** – book cost is \$10.
- Katy Lawrence will be teaching a **Bible study on Spiritual Warfare and the Armor of God**. The Bible tells us that we are in a battle, not against flesh and blood, but against the powers of darkness. This Bible Study is an opportunity to learn and discuss how we prepare for battle by putting on the Full Armor of God as described in Ephesians 6:10-20. We will look at each element of the Armor as well as who our enemy really is and the tactics he tries to use against us. I hope you will join me in this study. Please bring your Bible, no other materials will be needed.

Sarah Mayes Circle

On March 13, the Sarah Mayes Circle will meet in the Good News Fellowship Hall at 2 pm. The speaker will be Mary Ann Clark, who will share about our youth group – the ways they are serving, the trips they have taken, and the opportunities they have for worship and study.

Light refreshments will be served by hostesses Barbara Bull and Barbara Wildman.

Ponderings from the JUMC Marriage Ministry On Criticism

I've worked with many couples and I have conducted numerous seminars. At the beginning of each session I have one rule: No more criticism! To move forward, we have to stop the criticism. Criticism is in every relationship. The more criticism in a relationship, the less safety in a relationship. And safety is a key ingredient in an intimate relationship.

Why do we criticize? We've been doing it for years. In fact, we've been doing it as long as we can remember. A baby's cry, a toddler's fuss are examples of criticism. Something isn't right, so I'll make a fuss to try to change things. Babies and toddlers can't specify what they need so they throw a tantrum. The adult version of a tantrum is criticism. When we don't like the situation, we criticize. When we don't like our spouse's behavior, we criticize. It's a very natural thing, except it destroys relationships.

Instead of criticizing, just ask for what you need. To get someone to change their current behavior, you don't have to make the current behavior wrong, just ask for a new behavior. (You'll want to come to our class to determine if the current behavior is really wrong at all).

So, no more criticism. Just ask for what you need. Instead of making the current behavior wrong, just ask for a new future behavior.

Sisters of Faith Annual 3rd Annual Spring Craft Bazaar

The Sisters of Faith will host their 3rd Annual Spring Craft Bazaar, Bake Sale and Silent Auction (and hopefully, Antique Market) on Saturday, April 14, 2018, from 10 am until 5 pm.

We are in need of Silent Auction items that include new items, handmade items and vintage items. If you have any items you would like to donate, please contact Tami Moore at 753-0044, Jeri Jones at 282-1796, or any of the Sisters of Faith. We also need bake sale items. If you want to bake a treat to sell, please contact Madlelyn Rother at 202-2400.

Volunteers are needed to move tables before and after the bazaar, and to help organize and run the show the day of. If you're interested, please contact Tami or Jeri at the numbers above. If you'd like to help with the bake sale, contact Madelyn.

We raise money to promote local missions and the United Methodist Women. Any and all help would be greatly appreciated. Most of all, make sure to come see us and shop local arts and crafts on April 14th.



RezKidz 2018

RezKidz was a rocking, fun, jumping-for-Jesus weekend! Over 1,200 people gathered at The Connexion in Sevierville for worship. The theme was “Jesus is My Jam!”

We were entertained by KidzBlitz, Seeds Family Worship, a fantastic storyteller, and Tim & Amanda, who always feature the sweet puppet, “Gigi.” KidzBlitz featured high energy games that had object lessons pointing to Bible principles. Several of our kids and Pastor Karen participated in some lively and fun games. See all the pictures on Facebook.

Seeds Family Worship entertained us with many great songs. Our kids will be learning several of their songs, which are based on Bible verses, many with lots of action! The cute puppet “Gigi” appeared again this year, as well as magic tricks by Tim & Amanda.

JUMC was represented by a large and lively group. We enjoyed worship activities together at the event and continued with fellowship at the motel’s indoor swimming pool, eating together and several other fun things.

When dates are announced for **RezKidz 2019**, be sure to mark your calendars! This is a fun family event.

WELCOME NEW MEMBERS

February 4, 2018 saw JUMC welcome new members **Paul and Donella Maimone** during the early service, and the **Shipley family** during the 10:45 am service.

Paul and Donella were both born and raised in Massachusetts. They have been married 44 years (on March 22) and have three children. Their oldest son lives in California and has one daughter. Their middle son lives in Rhode Island and has both a son and daughter. Their daughter, her husband and 2 children moved here with them to Limestone in 2013.



After an especially brutal blizzard (5 days with no electricity, heat or water) they decided they were done with New England and started searching for a new home. After coming to visit East Tennessee “*we knew we found it,*” so Paul retired early from Talbots where he had worked for 35 years and “*here we are!*” They came to a service at JUMC last spring and immediately felt so welcome they knew they had found their home church, and Pastor Karen sealed the deal!

Donella would like to apologize in advance to everyone she’s met whose name she does not remember. I told her not to worry; with two worship services and Sunday School in between, it’s hard to know who is a member and who is a visitor. We just smile and nod.

A warm welcome to Paul and Donella Maimone!



The **Shipley family** joined JUMC on February 4, 2018 during the 10:45 am service. Bobby and Libby transferred their church memberships, while Amy made of profession of faith.

The Shipleys moved to Jonesborough in June 2016 to be near their two other daughters—Glenna Fine and Karen Lester and four grandchildren. JUMC loves those grandchildren magnets!

Libby is a retired school teacher and Bobby works for Dairy Farmers of America; however, he plans to retire in May. Bobby is from Greene County and Libby is from Carter County. They have lived in nine various locations over the past 40 years.

Bobby, Libby and Amy attend the Upper Room Sunday School Class. Bobby leads the Children’s Sermon periodically during the 10:45 am service; Libby is active in the Sisters of Faith Circle. Amy is always smiling. “*We feel that God has truly lead us to JUMC. Everyone is so friendly and caring. We are so blessed we found a wonderful church family to be a part of.*”

Welcome to JUMC, Bobby, Libby and Amy!

MARCH MISSION

GOOD SAMARITAN MINISTRIES

Good Samaritan Ministries is a non-profit ministry founded in March, 1985, in Johnson City. Founding members were Vernon and Sarah Wells, aided by our own Sam Tomlin. Its mission is to combat poverty and change lives in upper East Tennessee. The mission is fulfilled through providing emergency needs for the poor, low income, homeless individuals and families at risk, children, veterans, and elderly populations through education, mentoring and social services.

Good Samaritan works with these folks to find long-term solutions for their financial, emotional and spiritual well-being. Sharing the love of Jesus Christ, homeless prevention and serving all those in need are priorities of the many ministries of Good Samaritan.

A special program for March is the preparation and collection of the Resurrection Baskets for children. Read more in the church bulletin.

JAMA Item for MARCH

Toiletry Items



Please give generously
to
Jonesborough Area
Ministerial Association.

Jonesborough United Methodist Church
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