



First Presbyterian Church, Union MO

Message from Pastor Bill Vincent

This month we go through the **middle of Lent**. And the middle of “Lent” is ‘E’ and ‘N’.

‘E’ is for “Examination” as in self-examination. Like an inscription at the Delphic oracle encourages, “Know thyself.”

Self-examination involves taking a good hard look at ourselves and taking stock of ourselves: acknowledging our good and strong points, and searching how we might offer these strengths as gifts in service to others; being equally honest in acknowledging our weak and not-so-good (and even not-very-good-at-all) points, and looking to see how we might improve and try to do better.

“Knowing thyself” is the beginning step of growth, for we must know who we are and where we are in life before we can attempt to change and move elsewhere, and hopefully become a better person.

‘N’ is for “Nurture”. We seek to nurture ourselves and be nurtured in our lives of discipleship. Certainly part of that nurture is self-examination. Other important aspects of it are worship, fellowship, prayer, Bible reading and study, and service, all with the goal of growth in our life of faithfulness and obedience.

‘N’ can also be for “No” and “Not”: “No, I will Not do...” something or another.

Traditionally part of the discipline of Lent has been to “do without,” to give up some things for the duration: a way of disciplining ourselves and focusing on the denial of self for the service of Christ and others. As Christ said, “Those who want to become my followers must deny themselves and take up their cross and follow me.” (Mark 8:34) Often people will do without some particular food (like sweets) or an activity of some sort (like watching a particular TV show).

But I have also heard other suggestions that I believe could be very meaningful and significant -- if we are willing to take seriously the discipline of self-denial and the walk of discipleship. Suggestions like ...

--give up grumbling

(instead, do something about it)

--do without put downs

(try complimenting someone instead)

--say No to “It can’t be done!”

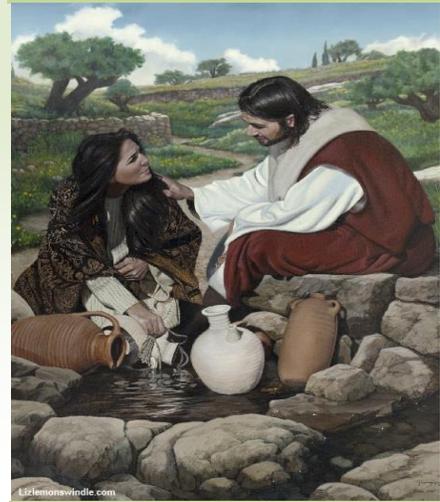
(with the corollary of saying Yes to “It can be done!” ...and I’m going to help do it)

--give up our fear of change

(and try trusting in God, for a change)

--say No to that extra few minutes in bed

Volume 37; Mar 2020



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(using that time instead for prayer and service)

--do without a full schedule

(so we can take time for each other and for God, and even for ourselves)

--give up buying those nonessential "essentials"

(giving the money instead to someone in need, maybe through the One Great Hour of Sharing offering)

Who knows? Maybe at the end of Lent we'll decide we can do without those things altogether, and have the time and energy for other, more important things! Wouldn't that be a wonderful step to take in our discipleship!

*Peace in Christ,
Bill Vincent*

Worshiping and serving God, loving and accepting all

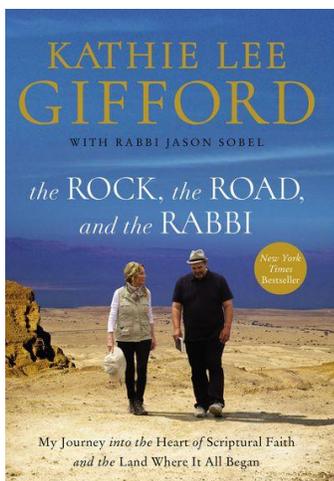


Presbyterian Women

PW will meet on March 20th. Bonnie Woodruff will be hostess.
Bible study will be Lesson 2.

World Day of Prayer
Friday, March 6, 2020 - 7:30 p.m.
Zion United Church of Christ
115 South Washington Ave
Union MO 63084
Speaker: Patricia Bowers -
MBA Lindenwood University

Refreshments to follow program
Sponsored by Church Women United
of Franklin County, Missouri



All are invited to join in a 6 week video study based on the book **THE ROCK, THE ROAD, AND THE RABBI** by Kathy Lee Gifford . This study focuses on sites in the Holy Land and insights into Jewish culture shared by Rabbi Jason Sobel (a messianic Jew) to bring deeper meaning to New Testament scripture. It will be offered on Monday evenings at 6:30 pm at First Presbyterian church in Union and on Tuesday afternoons at 12:30 (bring a lunch if you'd like) at Pacific Presbyterian. Participants will need a copy of the Study Guide which is available on [amazon.com](https://www.amazon.com) for \$9.49. Purchasing the book is optional- \$9.79 (paperback). The study will begin on March 2nd or 3rd and conclude on April 6th or 7th. Members and friends of either congregation are invited to attend either time. If you have questions, please direct them to Deanna Vincent (636-667-0342)



Fellowship List for March

- Mar 1 Carole and Dutch Hutchinson
 Mar 8 Phil and Dorothy Clarkson
 Mar 15 Karen Calvin, Violet Lansford
 Mar 22 Jackie Jany, Bonnie Woodruff
 Mar 29 Susan Buchanan, Bev Stobie

Usher List for March

- Mar 1 Jim and Betty Mechem
 Mar 8 Jackie Jany, Bev Stobie
 Mar 15 Myron and Carol Gruber
 Mar 22 Susan Buchanan
 Mar 29 Karin Calvin, Bonnie Woodruff

If you are not able to fulfill your assigned Sunday, please ask another member to take your place and let the secretary know of the change. Thank you

Prayers and concerns:

Betty Mechem recovering from knee surgery.

The Foster Closet is happy to announce that they are full to the brim with clothing for children! At the present time no more clothing is needed. And please keep in mind that the Foster Closet only accepts clothing that is gently used, clean or new. When the Foster Closet is needing clothes, and you have clothing to donate, please contact Amber Raney of the Foster Closet, 417-838-8178. Thank you!



1:30 – 3:00 pm every Thursday is “shop/you pick” pantry time.

3:15 – 4:30 pm every Thursday is prepared bag(s) are handed out.

There are more food options in the “shop/you pick” pantry time, but the prepared bags will still be a good amount to help each week.

All must still be registered with us to receive either option, but registration is easy.



Church group, including Laura, Mike and Michael Hill, Bonnie Woodruff, Bev Stobie, Carol and Myron Gruber thank the church for allowing us to use the church van for our travels. We went to Lexington, Kentucky for Anna Maconochie’s wedding to Rob Wethington. We were very happy to meet Georgia and Dale Paulus there!

March 2020

First Presbyterian Church, Union

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Usher- Jim & Betty Mechem Fellowship—Carole & Dutch Hutchinson	2 Book Study “The Rock, The Road, and the Rabbi” 6:30 PM	3 The Welcoming Table - Zion UCC Serving 5:30 PM	4	5 Second Blessings Pantry 1:30 –4:30pm	6	7
8 Usher- Jackie Jany, Bev Stobie Fellowship –Phil & Dorothy Clarkson	9 Book Study “The Rock, The Road, and the Rabbi” 6:30 PM	10 The Welcoming Table - First Presbyterian Serving 5:30 PM	11	12 Second Blessings Pantry 1:30 –4:30pm	13	14
15 Usher—Myron & Carol Gruber Fellowship—Karen Calvin, Violet Lansford	16 Book Study “The Rock, The Road, and the Rabbi” 6:30 PM	17 The Welcoming Table - Second Blessings Serving 5:30 PM	18 Session Meeting 7 pm	19 Second Blessings Pantry 1:30 –4:30pm	20 Presbyterian Women at Bonnie Woodruff’s	21
22 Usher—Susan Buchanan Fellowship—Jackie Jany, Bonnie Woodruff	23 Book Study “The Rock, The Road, and the Rabbi” 6:30 PM	24 The Welcoming Table - First Presbyterian Serving 5:30 PM	25	26 Second Blessings Pantry 1:30 –4:30pm	27	28
29 Usher—Karen Calvin, Bonnie Woodruff Fellowship—Susan Buchanan, Bev Stobie	30 Book Study “The Rock, The Road, and the Rabbi” 6:30 PM	31 The Welcoming Table - Kiwanis Club Serving 5:30 PM				