



# The Messenger



Selah United Methodist Church

March 2022



Lent Begins  
Ash Wednesday

On March 2, we begin the season of Lent. It begins with Ash Wednesday and runs for 46 days and ends on the Saturday before Easter morning. It is meant to be the 40 days of preparation leading us into Easter, but the Sundays do not count. My question is, "What does the season of Lent mean to you?"

Some folks give up something for Lent. Do you? If so, why? As you may hear on Ash Wednesday or the Sunday after, I would rather have you take on some discipline, a spiritual discipline. That is some new activity or exercise that brings you closer to God. Fasting is an ancient spiritual discipline, but to truly fast one must know the pangs of hunger. The idea being that the hunger, like the hunger Jesus knew in his 40 days being tempted in the desert, will help the fasting person come closer to the mind of God. Most of those who practice fasting as a spiritual discipline will use the fasting time to meditate on scripture and prayer.

Many of us should probably avoid that kind of fasting. Another discipline to take on might be to not buy your regular beverage of choice. To make this a spiritual discipline, take the time you would usually spend drinking that beverage, reading a daily Bible passage, and taking time to think about it. If you already take time to read a daily Bible passage, read another and spend more time in prayer. To truly make this a discipline, like something you would do to train for a race or some other physical activity, do it every day, even when you don't purchase a beverage. One further step, save the money you would spend and then give it to the poor in some new way.

Originally, Lent was time for new Christians to prepare to join the church and a time for lapsed Christians to return to the church. My hope is that Lent might be a time for all of us to renew our relationship with God, to ponder the amazing sacrifice that God made through Jesus, and to help us be better at living the way the Jesus wants us to live. I started by asking, what does Lent mean and am ending suggesting that Lent can be something truly meaningful. It can help us reflect on life with God and reflect on how we strive to live by the teachings of Jesus.

A quick final word; keep the Ukraine in your prayers. What is happening brings back some terrible fears from my youth and early ministry. Also, what is happening is so wrong. So



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many innocent people are being killed and wounded and so many lives being completely dismantled. May God bless the people and may God help the leaders of the world. God! please stop the insanity and bring the world peace.

May God work in you and through you that we may have a holy Lent.

Yours in Christ's work, Jim.

## Mission Outreach



**Selah Food Bank** – since we have not had in-person worship for several weeks, there has been less opportunity to bring items in for the grocery basket in the sanctuary. However, many of you have found ways to fill it, as it is overflowing at the end of February. Let's continue with our always generous and good choices of nonperishable food in March. As a note, hopes and plans are in the works for a new location and building of the food bank, now called the **Selah Naches Food Bank**. A recent article in the Yakima newspaper let us know that land has been purchased behind Grocery Outlet and funds are being raised for construction of a new building.

### **March is Your Choice of Any Non-perishable Food Item Boxed Dinners and Cereal are especially welcomed**

**Rod's House** - during these severe cold weather weeks, the Rod's House young people have been moved from Motel 6 to the Fairbridge Hotel on 1st Street where the hotel is providing rooms and meals. With the help of their Meal Partners, Rod's House is also feeding 25 - 30 youth at the Rod's House location.

**Camp Hope and Noah's Ark** - last week, during the brutal cold, the Wesley UMC cooks prepared hot spaghetti casserole, vegetables, salad, milk and brownies for about 125. With only one small heater, the feeding tent at Camp Hope was quite cold, but the grateful, upbeat spirits and smiles of the bundled Camp Hope people were evident as they ate seconds and thirds of another good meal from Wesley and Selah UMC.



## WORSHIP TEAM REPORT

The Worship Team met on Zoom Thursday, February 10<sup>th</sup>. The Team discussed information from the Tech Team, which has been working on getting Zoom services more functional. They are recommending a video camera that will both pan (move side to side) and zoom (making objects appear closer). They also recommended a new

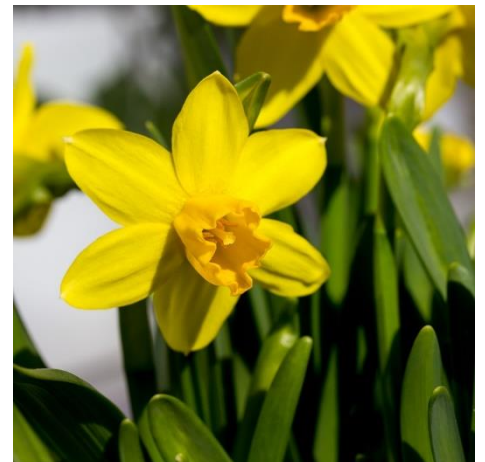
computer to replace the Chromebook, which doesn't have the power to deal with our services smoothly. Margaret carried those suggestions to the February Church Council meeting, and the Council allocated \$2,500 for those upgrades.

Team members have received positive comments about Pastor Jim's sermons. Some members of the congregation are frustrated by the lack of in-person worship. They are finding Zoom too technical and miss the warmth of worshipping together. Some have considered leaving the church if we don't go back to in-person worship. After considerable discussion, it was decided to recommend a return to in-person worship for the beginning of March. Ash Wednesday is on March 2<sup>nd</sup>, and so will be the first in-person opportunity.

There will be Communion at the worship service on March 6<sup>th</sup>. If you are uncomfortable worshipping in the building, please stop by the church sometime Wednesday, Thursday or Friday afternoon and pick up a Communion "kit" so you can participate from home. Even though the service will be in-person, you can still participate through Zoom using the link on Page 8 of The Messenger.

UMCOR Sunday is March 27<sup>th</sup>, and some Team members are interested in hearing from folks who had gone to Salt Lake City when the UMCOR Depot was located there. If we are not able to find someone who is willing to share their experiences, we will probably use a video.

Palm Sunday will be April 10<sup>th</sup> this year, and we will be ordering EcoPalms again. Maundy Thursday is April 14<sup>th</sup>, and there will be a Maundy Thursday service at 7:00 PM. There will be no Good Friday activities this year. Easter Sunrise service will be at 6:00 AM on Easter morning. The congregation will be invited to bring flowers to decorate the cross that was put together by the Men's group last year. The Team will meet on March 16<sup>th</sup> at 1 o'clock in the Simonson Room to refine plans for Lent and Easter.





## SUMC Scholarship Application Available

The application for the 2022 Bud Hall Memorial Scholarship is posted on the SUMC Facebook page and on the SUMC website, which can be reached using this link:

[www.selahumc.org/s/scholarship](http://www.selahumc.org/s/scholarship)

The application can be downloaded and printed from either site.

To qualify for this scholarship students must be actively involved in their church and meet the other requirements on the application. Instructions for submitting are on the application. April 15, 2022 is the deadline for submission.

SUMC Scholarship Team

## Church Council Report

I want to report to the congregation three actions that were taken at the February Church Council meeting: 1. As I reported last month, we have a tech team that is working on what it will take to be able to share our worship service online to people not able to be in the sanctuary with us. This is something we want to continue even after the Covid-19 issues allow full in person services. The council voted to approve expenditures of up to \$2500.00 to purchase a computer and a camera with zooming capabilities to broadcast from the balcony of the sanctuary and to be able to see and hear speaker in the front of the sanctuary. We are hoping that some of you will be able to increase their giving with a one-time gift designated for this equipment. If you would like to contribute to this project, please send a check to the Church marked for tech equipment. Any help we can get to help cover these costs will be greatly appreciated.

2. We have decided for the health and safety of the congregation and visitors that from now on only certified service animals will be allowed in the building. If anyone has questions or concerns about this feel free to contact me.

3. We voted to re-open the Church for in person worship and meetings on March 1st, with the hopes that the Covid-19 numbers will be down by that time. We continue to request masking and social distancing to maintain as much safety as possible and protect those in attendance.

Thank you.

Gail Davis Church Council Chairperson





## **THANK YOU**

Our Church fell victim to graffiti with the enter sign into the parking lot being defaced. We discussed what to do about it at the Council meeting and our Trustee team was going to deal with it. Thank you to Nathan Miller and Miella for getting supplies to clean the sign and taking care of the project immediately after the problem was discussed. I

appreciate how people step up and take care of our Church building and property.

For several years we have posted the sermon each Sunday on YouTube. Noah took care of doing this until he moved in November. Tereica took up this responsibility in November, but is happy to report that Makenna Helseth took on this job and has been editing and posting the sermon for the past several weeks.

The last several months have been a series of transitions for us as Pastor Dirk joined the Navy and Pastor Mark Williams filled the pulpit from September through November until Pastor Jim Simpson became our interim pastor. Kevin Dow was instrumental in moving the church through this transition as smoothly as possible and keeping music part of our worship services.

Thank you to all of you!!

## **AFTERNOON CIRCLE**

Circle gals are meeting on Thursday March 3, 2022 in the Simonson Room at 1:00PM. All are welcome.



**The following is a copy of letter received at the church earlier this month:**

February 14, 2022

Selah United Methodist Church

Dear Members and Friends of Selah United Methodist Church;

On behalf of all your fellow United Methodists here in the Pacific Northwest Annual Conference, thank you so much for fulfilling your covenant to give missionally through your apportionment dollars. You are a vital and an important part of the ministry of The United Methodist Church and of God's work in this conference and around the world. I thank God for



your faith and commitment to our shared ministry, especially amid a global pandemic. I offer this 'thank you' and message of congratulations not from the Conference office or on my behalf, but on behalf of all the other Methodists in our Conference with whom we are all connected in our mission. Your generosity along with gifts from other United Methodists across the globe continues to empower our church in its disciple-making work toward the end of transforming our world for the better! Because of you, our annual conference is able to provide pensions for our clergy and spouses, funds for churches in missional communities, recruit and train clergy, and support ethnic, camping, and other specialized ministries in our area. Together we are changing the world. I sincerely believe all giving is radically rooted in trust. Thank you for your investment and trust in our shared purpose. I am grateful for your faithfulness and generosity, and the ways your faith will be shared around the world. It is my hope that you will experience deep gratitude and joy that comes from your generosity. Again, thank you for all that you do to make possible the ministry of our annual conference and the global United Methodist Church.

Thank you for being you.

In Christ, Rev. Daniel Miranda  
District Superintendent  
Seven Rivers District Pacific Northwest Conference The United Methodist Church



**A pastoral letter from Bishop Alsted in light of the tragic events in Ukraine**

*Bishop Christian Alsted, who serves in the Central Conference that consists of Nordic, Baltic and Eurasian countries, including Russia and Ukraine, is offering*

*a profound pastoral word on the crisis in Ukraine.*

“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.” – John 14:27

There is war in Europe. Russia has invaded Ukraine, which is a free independent democracy. War and violence are evil and always entail considerable human costs. The Christian message points to the path of reconciliation and never to war and violence, as a solution to conflicts. In the face of this evil, we pray for a logic different from the one based on geopolitical competition. We pray for a change of hearts and minds of leaders, we pray for



de-escalation and dialogue instead of violence and war. The Social Principles of the Methodist Church say: “We deplore war and urge the peaceful settlement of all disputes among nations. From the beginning, the Christian conscience has struggled with the harsh realities of violence and war, for these evils clearly frustrate God’s loving purposes for humankind. We yearn for the day when there will be no more war and people will live together in peace and justice.

Our central conference consists of Nordic, Baltic and Eurasian countries, including Russia and Ukraine. The Christian Church is not nationalistic and our relations with our brothers and sisters in other countries are not limited by nationality or culture. We have deep relations with Methodists in Ukraine and in Russia, and although we are influenced by our culture and the political realities, we must never allow this to hinder or break our unity in Christ.

We stand with the United Methodists in Ukraine in prayer for protection, reconciliation and peace. We pray for pastors, leaders and congregations in the United Methodist Church in Ukraine; may God grant that their witness of reconciliation and peace will bring strength and hope to the Ukrainian people.

We pray for Bishop Eduard Khegay, bishop of both Russia and Ukraine, may God give him the wisdom and grace that he needs in his ministry and leadership under these challenging circumstances.

In the Nordic and Baltic episcopal area, Norway, Finland, Estonia, Latvia and Lithuania all have borders with Russia, and in addition, Latvia and Lithuania have borders with Belarus. In the Baltic states, in particular, the invasion of Ukraine causes great concern.

The United Methodists in the Nordic countries stand with the Methodists in Estonia, Latvia and Lithuania in prayer for protection and peace. May the Church's testimony of reconciliation and peace in Christ offer hope and strength to the people in the Baltic countries.

In the coming week we will enter the season of Lent, which in the church is a time for prayer and soul-searching. I call on all our congregations to intercede for the people of Ukraine, and for the leaders in the world, who have the power to bring an end to war. I call on all our congregations to pray and fast for reconciliation and peace in the world. May God, in His grace, open our eyes to the things that make for peace, may He protect us all from the escalation and spreading of war, and may we follow Him on His path of truth and peace.

May Christ have mercy on us all,  
Bishop Christian Alsted

UMCOR is in communication with partners in region and exploring the coordination of humanitarian response to Ukraine. Support UMCOR’s international disaster response efforts by making a donation to Advance #982450.



## MARCH Celebrations

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### Birthdays

- 5 Corbin Lowell
- 5 Ryan Mead
- 6 Bev Goodman
- 6 Kierna Hayman
- 7 Margaret Antanaitis
- 10 Dee Hayman
- 11 Michelle McFarland
- 14 Judy Jones
- 15 Robert Antanaitis
- 15 Lyle Von Essen
- 21 Andrea Van Beek
- 23 Roger Coburn
- 24 Robert Shoddy
- 25 Duward Massie
- 27 Lauryn Baranowski
- 28 Bill Walton
- 29 Laura Antanaitis Eidson
- 29 Becky Johnson

### Anniversaries

- 3 Ron & Linda Drew
- 17 Don & Connie Schramm



### ZOOM LINKS

#### SUMC Sunday Service

**Time: 10:30 a.m.**

**Join Zoom Meeting**

<https://greaternw.zoom.us/j/692949701?pwd=LzlNSWYyT1BGUzNhVHc0ME9ydnBLQT09>

Meeting ID: 692 949 701 Password: 021416

One tap mobile: +12532158782,,692949701#,,1#,021416# US (Tacoma)

### THURSDAY CHECK-IN

**10:00 am THURSDAY check-in. Join Zoom:**

<https://greaternw.zoom.us/j/669186246?pwd=NmsxRGsrNktoaUI1NWdKaUxhbnlNQTO9>

Meeting ID: 669 186 246 Password: 848493

One tap mobile: +12532158782,,669186246#,,1#,848493# US (Tacoma)





## ***MARCH CALENDAR***

- 1 First Day of Women's History Month  
Coffee Hour @ 9:30 am at Sundance Espresso; Continuing every Tuesday  
Shrove Tuesday – Eat hearty; have pancakes for dinner
- 2 Ash Wednesday Service; 7:00 pm in Sanctuary and via Zoom  
Use Sunday Worship Service link on prior page
- 3 Weekly Check-in @ 10:00 am via Zoom; Continuing every Thursday  
Use link on prior page to join  
Afternoon Circle @ 1:00 pm in Simonsen Room  
Pub Theology @ 6:00 pm Location or Zoom to be determined
- 4 World Day of Prayer (no service)
- 6 UMM Breakfast @ 8:00 am in Fellowship Hall  
Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
Holy Communion; First Sunday of Lent  
See link on prior page to join via Zoom
- 8 Book Bunch @ 7:00 pm via Zoom; use check-in link to join
- 13 Daylight Savings Time Begins; Spring Forward One Hour  
Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
Second Sunday of Lent; see link on prior page to join via Zoom
- 15 UMW Meeting @ 7:00 pm via Zoom, use check-in link on this page
- 16 Worship Team Meeting @ 1:00 pm Simonsen Room  
Church Council @ 6:00 pm, in Simonsen Room
- 17 St. Patrick's Day
- 20 Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
Third Sunday of Lent; First day of Spring  
See link on prior page to join via Zoom
- 22 Book Bunch @ 7:00 pm via Zoom; use check-in link on this page to join  
Camp Hope Dinner, prepared and delivered by Wesley with help from SUMC
- 25 Newsletter Articles Due
- 27 Sunday Worship @ 10:30 am, in Sanctuary and via Zoom  
Fourth Sunday of Lent; See link on prior page to join via Zoom

**Selah United Methodist Church**

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Growing Into the Image of Christ

Pastor Jim Simpson Contact Information:

Cell phone: (253) 229-0340

Email: [grampajim2014@gmail.com](mailto:grampajim2014@gmail.com)

Newsletter articles for the April newsletter are due March 25

Articles can be emailed to

[bjoh461@fairpoint.net](mailto:bjoh461@fairpoint.net)

**Mission Statement**

“As a sacred body that worships God, we feed the soul of our communities, serve the needs around us, and open our hearts in respectful acceptance of all.”

**Vision Statement**

“To be an energized faith community.”