



# The Messenger



Selah United Methodist Church

March 2023

## ***Mark's Remarks***

In February Lisa and I traveled to Arizona for a week's vacation with family. We stayed within two hours of Phoenix, which has less rainfall than Yakima and more people than the Seattle-Tacoma-Bellevue metro area. That's a lot of people living in a place that most would consider uninhabitable without importing vast amounts of food, diverting vast amounts of water and generating vast amounts of power. Without those heroic efforts to provide food, water and electricity, Phoenix and Yakima would be sparsely populated—a deserted desert; a wild wilderness.

In the Bible, the word translated as *desert* is the same as the word for *wilderness*. In the desert wilderness, Abraham was stopped from sacrificing his son Isaac. While in the desert wilderness, Isaac's son Jacob had a vision of a stairway to heaven travelled by angels bearing God's promises to Jacob and his descendants. It was in the desert wilderness that God spoke to Moses from the burning bush, commanding him to lead the descendants of Jacob out of Egypt. For forty years in the desert wilderness God taught the children of Israel to depend on God's providence by guiding them from Egypt to the promised Land.

Elijah was fed by an angel of God as he traveled forty days to the wilderness where God spoke to him in a gentle whisper. Isaiah foretold the coming of John the Baptist as a voice calling in the desert wilderness to prepare the way for God's coming. When Jesus was baptized by John in the Jordan, he was led by the Spirit of God into the desert wilderness, where he faced forty days of trials and temptation before beginning his public ministry.

The Bible's desert wilderness was not a safe destination providing peace and quiet. It was understood to be a very different kind of place from our modern notions of deserted wilderness where we go to get away from the commotion and chaos of city life and urban living. The desert wilderness was at the edge of wildness and chaos. That's where things become unpredictable because, there beyond the fringes of the known world, the unpredictable, the unknown, the adversary of God (Satan) lived and worked. When those inhabiting the Bible story were called out into the desert wilderness, they faced a time of tested faith, greater reliance on God and an increased awareness of God's presence in their life.



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In the early church, Christians followed the example of Jesus by going out into the desert wilderness. Their journey was not to get away from the disordered trouble of the world, but to confront the chaos of the unknown in the deserted wilderness where one comes face to face with Satan. They went to those unpredictable wild places to learn greater dependence on God in order to grow stronger in the battle with their own personal demons. They faced and fought the temptations that were often obstacles to God's work in their lives.

This practice of traveling to the desert wilderness as Jesus did is preserved in our season of Lent. In this season of self-examination, we seek to identify and remove those things present in our lives that hinder God's grace working more fully in us and through us. As Jesus spent forty days wrestling with the temptations he faced that might distract him from God's calling, so we are invited by ancient tradition to spend forty days (not counting Sundays) prior to Easter, examining ourselves and the temptations we face.

As you read this, Lent has already begun, and it's not too late to push ourselves beyond where we are comfortable, to the boundaries where we come to terms with God's presence and wrestle with the temptations and trials of our lives. As Jesus reminds us from his own time of temptation, we should not rely on our own resources to sustain us, but on the Word and will of God. I invite you to join us in Sunday worship during the Lenten season, and to spend additional time watching for God's presence in the deserted, wild places of life where we need God most.

I'll see you in church,

**Mark**

## **MISSION OUTREACH**

I often think as I drop off my two boxes of cereal or canned food or other items that this is so little, that there is so much food insecurity in the community, how will this help? Will my small contribution make a difference? We were reminded in recent weeks that a small bit of giving really can make a difference. In our Little Pantry, we had requests for prayers for loved ones and notes of gratitude for the food in these cold hard times. Lisa also reminded us, not to "underestimate" the impact of our donations. Let's not stop. We need to keep that in mind as we walk through the grocery store. Any amount is food placed in our Little Food Pantry or the Selah Naches Food Bank basket helps someone's hungry belly. Another story...when Gail Davis was in line to check out recently, she made mention to the checkout person that something in her cart was for Rod's House. The clerk lit up and told her story of how Rod's House had



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helped her during her tumultuous teenage years. You never know how one small act of giving can help. Our reader board echos . . .

## Selah Naches Food Bank

The excitement is rising in the current civic location as the building of the new Selah Naches Bank Food Bank behind Grocery Outlet is well underway. It has a foundation, walls and almost a ceiling! Staff is looking to a grand opening this spring. After two months of collection, our SUMC food bank basket was full to the brim with so much variety of food. The shelves at the food bank look good with thankful donations from the whole community, but the volunteers admit they are in need of boxed dinners, like rice-aroni or hamburger helper and baking supplies, such as flour, sugar, boxed mixes. They send so much appreciation to our congregation. Note: the food bank basket has been moved to the Simonson Room



## March is Boxed Dinner and Baking Supply Month Rod's House

Throughout the cold weather, the yellow Rod's House location on Naches Ave has been offering warm food during the afternoons Monday through Friday to the homeless youth on the street. Their numbers have risen from 35 to 45 young people and with the Extreme Winter Housing at the Days Inn (providing rooms for 20 youth) to close this month, those numbers may rise even more. Rod's House offers more than a warm meal, but an array of services including showers, fresh and clean warm clothes, toiletries and counseling all year. "Rod's House helps youth to exit homelessness and to reach their full potential by assisting them with educational and employment opportunities". If you or a group would like offer a meal, the staff invites you to become a Meal Partner found on Facebook or [rodshouse.org](http://rodshouse.org).

Their **Wishlist Wednesday** list includes toothbrushes and toothpaste, shampoo and conditioner, brushes and combs, NEW underwear, sweatshirts and sweatpants, blankets and sleeping bags and hand/foot warmers. Donation can be made to the church bin found in the Simonson Room. Or donations of these or larger items can be made at 314 Cherry Avenue Suite 119, Yakima.

## Camp Hope

Wesley UMC plans and prepares meals for the Camp Hope and Noah's Ark homeless. SUMC offers some food items, but always transport and serving of meals at Camp Hope on the 4th Tuesday. Wesley Cooks and Bakers prepare in the Wesley kitchen for more than 150



residents. It is always a hot meat and potato or pasta meal, a favorite coleslaw, vegetables, cookies or cakes, and milk. As we, the Camp Hope servers, fill plates with first and sometimes second portions, the smiles and words of gratitude give us more warmth, I think, than the hot meal we are serving. Did you know that during the very cold months of winter, some of our congregation visited Camp Hope to pass out hand and foot warmers in the evening? Some of these warmers have been contributed by the United Methodist Men. It was said this week that SUMC has many angels in its midst.

## SUMC Scholarship Application Reminder

The application for the 2023 Bud Hall Memorial Scholarship can be downloaded from the SUMC Facebook page and the SUMC website ([selahumc.org/s/2023-Scholarship-Form.pdf](https://selahumc.org/s/2023-Scholarship-Form.pdf)) Copies are also available on the bulletin board in the Narthex. 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. The amount of money available for the 2023 scholarship is quite small compared to the last two years. April 15, 2023 is the deadline for submission.

SUMC Scholarship Team

## WORSHIP TEAM REPORT



The Worship Team for Selah UMC met on Wednesday, February 15<sup>th</sup>. Chairperson Margaret Antanaitis opened the meeting with prayer. The group discussed feedback from the congregation for worship events since the January meeting.

The Team continues to receive positive comments about the altar decorations. It was noted that the drape for the window in the Chancel on the South side needed to be replaced, as sunlight coming in through the window makes the person at the lectern appear in silhouette. It was also noted that Bill Walton will be gone from February 22<sup>nd</sup> through March 14<sup>th</sup>.

Ash Wednesday was celebrated on February 22<sup>nd</sup> with the imposition of ashes. The service was celebrated in-person only, as having the ashes placed on one's forehead is the central element of the service, and would be impossible to do at home. Mike Helseth joined Kevin Dow and Pastor Mark in providing music.

February 26<sup>th</sup> is the first Sunday of Lent. In addition to reflecting on how we can grow in our faith, we had a "Pew Party". Volunteers cleaned and polished the pews to help the



Sanctuary look its best for Lent and Easter and also for Don Chaplin's Memorial service, which will be held on March 11<sup>th</sup>.

March 5<sup>th</sup> will be Communion Sunday and on March 19<sup>th</sup> we will observe UMCOR Sunday, when we will recognize the work of the *United Methodist Committee on Relief*. There was some discussion on how we want to emphasize their work, which is currently helping victims of the earthquakes in Turkey and Syria and refugees from the war in Ukraine.

During the next Worship Team meeting we will be discussing plans for Holy Week from Palm Sunday on April 2<sup>nd</sup> through Easter on April 9<sup>th</sup>. There is Palm Sunday, and an overview of the Passion of Jesus; Maundy Thursday, with a 7:00 PM service; Good Friday, with a 7:00 PM *Tenebrae* (darkness) service; Sunrise service at 6:30 Easter morning, and the Resurrection service at 10:30. There was some discussion about having an Easter breakfast and inviting the whole community of Selah. Mark wants all of us to think of Holy Week not as a series of worship services, but as a whole experience that tells of the final week of Jesus' life. If you have suggestions for these celebrations, please join us in the Simonson Room at our next meeting on March 8 at 1:00 in the afternoon.

Kevin Dow

## March Cleanup Day



The trustees are looking for volunteers for church clean up on March 4<sup>th</sup> starting at 9:00 a.m. We would like to spruce up the church before Don Chaplin's memorial service. Please bring racks and brooms for outside clean up around the entrances of the narthex and fellowship hall, as well as window washing and general cleaning supplies for the narthex.

## New Help

We have hired Daron Fuller as custodian for the Church. If you see anything that needs to be done in the way of fixing or cleaning, please let Mark know and he will communicate that to Daron. I would also like to give a great big THANK YOU to Donna Rudd for her work the past several months keeping the building vacuumed, dusted and trash free. (And she tried her best to keep the dead fly population at a minimum!) I think Bob helped, as well . Thank you to the Ruud's for all your volunteer work helping to keep SUMC up and running. They both do a lot!!!

Gail Davis



## Selah United Women in Faith

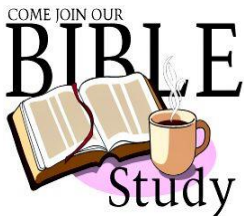


Hope everyone that attended the Valentine Potluck enjoyed the delicious food and cookies. Camp Hope and their mission outreach to those who are homeless. Mike Kay gave an informative talk about Camp Hope and its mission and the community partnerships with Comprehensive Mental Health, and others to provided services on site for those living at camp hope. Thank you to those who brought donations for Camp Hope.

Speaking of partnerships, our unit has decided to become a covenant relationship with Ellyn Benson Dubberly. Ellyn came and spoke to us last October about her Ministry in El Salvador. Being in a covenant relationship means we pray for Ellyn and her work as a missionary, share in the journey together through worship, your presence and service and to bear witness to and share God's mighty works in mission. Each Missionary is charged with raising \$25,000 USD annually. We decided to challenge ourselves to support a missionary with a yearly pledge of \$400. You will be hearing more about how you can help us meet our goal of \$400 to support Ellyn Benson Dubberly work in El Salvador.

We will be meeting March 21<sup>st</sup> , at 7:00 pm via Zoom. use the Church Meeting link.

Tressa Cummings, Selah UWF President



### New Bible Study getting started

Here's another addition for your calendars Wednesdays at 10:00 am. We are finishing up our study of the Parables and will have a new, different study starting in March - Prayers, Bible and Jesus (PB&J). We have great discussions, topics, and a few laughs, too! Come and join in . . . oh, and don't forget your Bibles - HENCE . . . BIBLE STUDY!!

With God we go....

Shirley Pedraza 509-305-1676

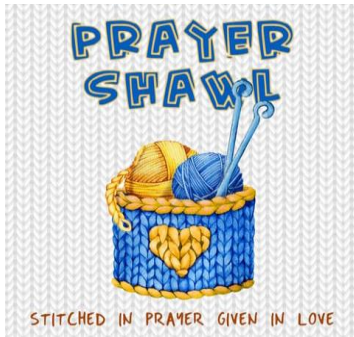
### March Potluck

This month our second Sunday potluck after church will be a corned beef dinner potluck. Please bring a potluck dish or dessert that goes with the St Patrick's day theme and corned beef.





## THANK YOU



God always seems to know when I am having a rough week or missing home. Earlier this month I received a prayer shawl from the Pub Theology group. I wanted to extend the biggest thank you and the biggest hugs to the group. Reading your notes and receiving the shawl on a particularly hard day made me tear up with love. Thank you times 1000 for the gift.

**Love, Makenna**

### S.O.A.P. BIBLE STUDY

#### MARCH

1	Num. 28-29; Mark 8	16	Deut. 30-31; Ps. 40; 1 Cor. 1
2	Num. 30-31; Mark 9	17	Deut. 32-34; 1 Cor. 2
3	Num. 32-33; Mark 10	18	Josh. 1-2; Ps. 37; 1 Cor. 3
4	Num. 34-36; Mark 11	19	Josh. 3-6; 1 Cor. 4
5	Deut. 1-2; Mark 12	20	Josh. 7-8; Ps. 69; 1 Cor. 5
6	Deut. 3-4; Ps. 36; Mark 13	21	Josh. 9-11; 1 Cor. 6
7	Deut. 5-6; Ps. 43; Mark 14	22	Josh. 12-14; 1 Cor. 7
8	Deut. 7-9; Mark 15	23	Josh. 15-17; 1 Cor. 8
9	Deut. 10-12; Mark 16	24	Josh. 18-20; 1 Cor. 9
10	Deut. 13-15; Gal. 1	25	Josh. 21-22; Ps. 47; 1 Cor. 10
11	Deut. 16-18; Ps. 38; Gal. 2	26	Josh. 23-24; Ps. 44; 1 Cor. 11
12	Deut. 19-21; Gal. 3	27	Judg. 1-3; 1 Cor. 12
13	Deut. 22-24; Gal. 4	28	Judg. 4-5; Ps. 39, 41; 1 Cor. 13
14	Deut. 25-27; Gal. 5	29	Judg. 6-7; Ps. 52; 1 Cor. 14
15	Deut. 28-29; Gal. 6	30	Judg. 8; Ps. 42; 1 Cor. 15
		31	Judg. 9-10; Ps. 49; Cor. 16

#### The S.O.A.P. Journal Method

**S**cripture – Read the passage and copy a verse, a work or a phrase that captures your attention.

**O**bservation – Write a brief summary of what speaks to you from the passage.

**A**pplication – Write down how this Bible passage applies to you right now.

**P**rayers – Complete your study time by writing a prayer based on your reading.



## March Celebrations

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### Birthdays

- 5 Corbin Lowell
- 5 Ryan Mead
- 6 Kierna Hayman
- 7 Margaret Antanaitis
- 10 Dee Hayman
- 11 Michelle McFarland
- 14 Judy Jones
- 15 Robert Antanaitis
- 15 Lyle Von Essen
- 17 Paul Holyfield
- 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.

<https://greaternw.zoom.us/j/692949701?pwd=LzINSWYyT1BGUzNhVHc0ME9ydnBLQT09>

Meeting ID: 692 949 701 Password: 021416

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

### ONLINE MEETING LINK

<https://greaternw.zoom.us/j/669186246?pwd=NmsxRGsrNktoaUI1NWdKaUxhbmlNQ09>

Meeting ID: 669 186 246 Password: 848493

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





## ***MARCH CALENDAR***

- 1 PB&J Bible Study @ 10:00 a.m. in the Upper Room  
Pinochle Group @ 1:00 p.m. in Simonson Room (Continuing every Wednesday)
- 2 Afternoon Circle @ 1:00 pm in Simonson Room  
Pub Theology @ 6:00 pm at Selah Springs Brewery; Continuing every Thursday
- 4 Cleanup Church Day @ 9:00 am – outside and Narthex  
AED/CPR Class @ 2:00 pm in Simonson Room
- 5 United Methodist Men Breakfast @8:00 a.m. in Fellowship Hall  
Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
Holy Communion 2<sup>nd</sup> Sunday of Lent See link on prior page to join via Zoom  
*The Grace of Les Misérables* Study @ 6:00 pm in Upper Room
- 8 PB&J Bible Study @10:00 a.m. in the Upper Room  
Worship Team Meeting @ 1:00 p.m. in Simonson Room
- 11 Don Chaplin Memorial Service @1:30 pm in Sanctuary and on Zoom – join in remembering our friend, Don. Use meeting link to join via Zoom
- 12 **Daylight Savings Time Starts – Spring Forward One Hour**  
Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
3rd Sunday of Lent; See link on prior page to join via Zoom  
**Potluck in Fellowship Hall After Worship Service – Corned Beef Dinner**  
*The Grace of Les Misérables* Study @ 6:00 pm in Upper Room
- 15 PB&J Bible Study @ 10:00 a.m. in the Upper Room  
Church Council Meeting @ 6:00 p.m. in Simonson Room
- 17 St. Patrick's Day
- 19 Sunday Worship @ 10:30 am in Sanctuary and via Zoom; UMCOR Sunday  
4th Sunday of Lent; See link on prior page to join via Zoom  
*The Grace of Les Misérables* Study @ 6:00 pm in Upper Room  
Book Bunch @ 7:00 pm via Zoom Use meeting link on prior page
- 20 Spring Equinox
- 21 United Women in Faith @ 7:00 pm via Zoom; see meeting link on prior page
- 22 PB&J Bible Study @ 10:00 a.m. in the Upper Room
- 25 **Newsletter Articles Due**
- 26 Sunday Worship @ 10:30 am in Sanctuary and via Zoom  
5th Sunday of Lent; See link on prior page to join via Zoom  
*The Grace of Les Misérables* Study @6:00 pm in Upper Room
- 28 Camp Hope Dinner, prepared with help by Wesley UMC delivered by SUMC



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Pastor Mark Williams Contact Information:

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Email: [aha.experience@icloud.com](mailto:aha.experience@icloud.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.”