



# The Wellspring

*Fuquay-Varina  
United Methodist Church  
March 2011*

## **Excerpt From Sermon: God-Walk, the Fourth Fruit**

*By Rev. Albert Shuler*

As Christians we involve ourselves in risk-taking mission and service for some very DIFFERENT reasons. Let me offer four compelling reasons why we, who are followers of Jesus Christ, commit our lives to feeding the hungry, clothing the naked, visiting the imprisoned, welcoming the stranger, comforting the afflicted, reversing injustices; in all that we can, relieving the suffering of others.

First, we do so because we belong to one another, and all belong to God. God's grace laces our lives inextricably together with all others of God's children. When we live in that truth, that God's being and love bind us all one to another, then anyone else's hurt is our hurt. In his first letter to Corinthians (12:26), the Apostle Paul writes, "when one suffers, all suffer". This is a fundamental, divine truth. God did not create any of us for the purpose of self-preservation. The life of every human being is interconnected with the lives of all other human beings, because all humans have been created in the image of God.

A man was walking along the beach one afternoon and heard the screams of a young child caught in a rip current; the child was being swept out to sea. The man dove into the ocean and swam to save the child; he reached the child before the child went under, carried the child to the shoreline to the safety of his distraught mother; but then the man collapsed on the beach, and suffering from a severe heart attack he immediately died. Without regard to the risk which was involved, without regard to considering whether he would ever see his own children or grandchildren ever again, or even hold his wife again; without regard to his own life and his own family's future well-being, this man risked everything to save a child he didn't even

know— because this man knew that regardless of who this child was, the child was a child of God, belonged to God, and therefore, also belonged to him.

Secondly, as Christians we are willing to risk our lives to care for and serve others because by doing so we find our deepest fulfillment as persons who have been created in the image of God. It is a sacred truth that the greatest joys in this world come from opening ourselves to others rather than by closing ourselves off; that is to say, the greatest joys in this world come from giving and not in taking. Christ-like service helps us become the persons God created us to be. It fulfills God's hope and will for us.

Thirdly, as Christians we are willing to risk our lives to care for and serve others because by doing so we become partners with God in re-creating the world. How big or small a part we play in that recreation doesn't matter; what matters, is that we play a part.

Over the years as a pastor, when I would encourage and push a congregation into greater and more risky areas of mission, I would hear people ask, "What good can one person possibly accomplish?" or "What difference can one little congregation make in this world?"

The answer is: a whole lot.

Because something else begins to happen. Namely, as one person does something that matters, something that works for positive change, a second person sees it and also gets involved, and then a third person, and a fourth person, and it continues and grows. One act of one person all of a sudden begins to have cumulative impact. It's a bit like compounded interest. If you put \$100 in the bank and it earns interest, in 20 years from now you are surprised by how much you've gained.

***Continued on page 14....***

# <sup>2</sup> Greetings Friends!

by Rev. Elaine Lilliston

Lent is upon us! Beginning with Ash Wednesday on March 9th, the season of Lent challenges us to walk with the Lord in daily life and living. It is a great time to return to the classics. During this potentially reflective time, we strive to simplify our lives in order to “get back to the basics”.

Richard Foster’s classic work on spiritual disciplines, *Celebration of Discipline—The Path to Spiritual Growth* (ISBN 0-06-062831-6) reminds us that we have “Inward, Outward and Corporate” disciplines. The “inward disciplines” of meditation, prayer, fasting and study combined with the “outward disciplines” of simplicity, solitude, submission and service are intensified as the community gathers to share “corporate disciplines” of confession, worship, guidance and celebration. We were not created to be islands of existence unto ourselves rather, God created humanity to live, dwell and to be in community with our creator and with one another. Foster shares, “God intends the Disciplines of the spiritual life to be for ordinary human beings: people who have jobs, who care for children, who must wash dishes and mow lawns.

In fact, the Disciplines are best exercised in the midst of our normal daily activities.” During Lent, we discover and re-discover that Jesus practiced these same disciplines while engaging in everyday life and living.

As we prepare our hearts and minds for the season of Lent, join us on Ash Wednesday to acknowledge and burn our sins during our 7 pm evening Worship Service on March 9th, may we be open to the possibility of creating attitudes for God to work in, among and even through us. May this season of preparation be a time of anticipation as we seek to be transformed by new and renewed spiritual insights. May Lent 2011 be our opportunity to truly celebrate and give thanks for God’s presence moving among us. . . individually and as a congregation.

Thoughtfully preparing for Lent with you,  
Elaine



## *In Our Thoughts & Prayers*



Steve Payne and family,  
John Obiol and family, Venie Weather,  
Dub Hornsby, Kathy Davis,  
Debbie Scates, Susan Ogburn,  
Chuck Cramer, Willie Williams,  
Shirley Hicks, Maxine Senter,  
Eddie Ragan, Bill Colagiovanni,  
Alice Schmelzer, Virginia Jones,  
Joe Weede, Kevin & Debbi Braswell,  
Vickie Cardin, Diane Rubin,  
Henry Hanmann, Carole Nanzetta,  
John & Beth Silveira, Dorothy Herring,  
Phil McCray, PJ Ramsey, Clay King,  
Ellen Tinsley

## **Meet our Property Manager and Custodian:**

Welcome Bob Anderson! Bob is now responsible for the church property, including the building, equipment, and grounds. He is a hard worker and does not sit down very long! Bob is originally from Middlesex, New Jersey and has called Fuquay-Varina his home for the last 5 years. Bob and his wife of 31 years, Beverly (Bev), joined the church soon after moving here. Both have been active in a variety of church events. Bob was a Church Trustee and he has also been on a *Walk to Emmaus*. He has a deep love for God and our church, Fuquay-Varina United Methodist Church. If you see something that needs attention, please pick up a green *Building Maintenance & Repairs Request* from outside of the church office and place in Bob’s mailbox for him to take care of.



# Youth Ministries

## ***A Note from Kevin***

### ***Discovery and Winter Retreat Report***

Dear Church Family,  
We are coming off of a couple of wonderful experiences that our youth had during this past winter. From Jan. 28-30, 52 middle school students participated in our inaugural Discovery Weekend here at FVUMC. This was a weekend of spiritual growth for middle school students, and they were led by a team of 21 high school students. These high school students led small groups, gave the talks, and formed relationships with the middle school students. Thank you so much for your prayers for this weekend and for surrounding our students with God's love. Look forward to next year's Discovery Weekend on Jan. 27-29, 2012!

Almost 40 high school students also went on a winter retreat, Something More, to Camp Don Lee from February 18-20. We were blessed with a beautiful weekend, and the students learned to grow deeper in their faith through the church's practices of communion, Scripture reading, prayer in God's time, and baptism. We were guided for this weekend by the gospel of John. There were wonderful times singing and worshipping together, canoeing and archery, and enjoying the opportunity to get away.

Grace and peace,  
Kevin

## ***Middle School Mission Opportunity***

High school students have been encouraged to go on Appalachian Service Project, but there will be a mission opportunity for middle school students this summer. Information for it will be coming shortly, so keep posted!

## ***Confirmation Highlights***

March 5	NC Conference Confirmation Rally with Bishop Gwinn in Fayetteville
March 6	No evening meeting
March 13	Reflectors or Receivers
March 20	F-VUMC a Uniquely Gifted Place to Serve
March 27	Mapping Our Future in Faith
April 3	<b>Practicing Our Vows: Meet in the Centrum!</b>
April 10	Confirmation Sunday!!!

## ***Variety Show Information!***

The youth variety show is on Friday March 18 at 7:00 pm, and the entire church family is invited! Tickets will be sold for \$5 each, and all proceeds will go toward the Youth Service Fund.

All youth acts for the show should sign up at Lifeline on Sunday nights or with Kevin at [kjohnson@fvumc.org](mailto:kjohnson@fvumc.org). We will have a mandatory rehearsal for all of the acts on Tuesday March 15 after school and at night. All acts will have a chance to sign up for a rehearsal slot for Tuesday March 15 which will give them a chance to rehearse!

## ***Lifeline***

All middle and high school students are welcome to come to our weekly youth gathering, Lifeline. We meet every Sunday at 4:30 for time to hang out, worship together, learn from the Bible, and get to know one another in small groups. Come and join us as we continue to talk about *What's the Story* every Sunday night in March.



## ***High School Growth Groups- Tuesday Mornings at 7:00 am***

Every Tuesday morning from 7:00-8:00 am all high school students are invited to participate in growth groups before school. There will be a guys group led by Kevin and a girls group led by Amy Ogburn. At each meeting we will have breakfast, a devotion, and a time of prayer and accountability. Sign up at Lifeline or with Kevin at [kjohnson@fvumc.org](mailto:kjohnson@fvumc.org).

## ***Senior/Youth Sunday—June 5***

Senior recognition and Youth Sunday are both on June 5 this year. All seniors will be honored in both the 9:30 and 10:50 services and should plan on being at both services. The youth will be planning this worship service, so get it on your calendars!

# Global Missions

## ***What is Samaria?***

### Jesus Talks With a Samaritan Woman

*So he left Judea and went back once more to Galilee.*

*Now he had to go through Samaria. John 4:3-4*

Jesus did not have to go through Samaria because it was the only route to Galilee, there were other routes. He had to go to fulfill His Father's will. Because He obediently went to Samaria, not only was the woman at the well saved, but many more by her witness.

*Many of the Samaritans from that town believed in him because of the woman's testimony. John 4:39*

We have heard that Samaria is that place which makes us uncomfortable, the place we may want to avoid. This may be a neighbor we do not know, someone from another denomination that may worship differently, someone from another faith that believes in a different God, someone who is unchurched, or someone with a lifestyle different from ours.

### Now a different thought:

Are we Samaritans to these same people? Do we make them uncomfortable? Are they afraid that we may condemn, judge, or even try to convert them?

So how do we cross or erase the border that separates us? Jesus gave us the answer in His last words. Jesus said for us to be witnesses for Him. One of the specific areas He speaks of is Samaria. (Acts 1:8) Being a witness for Christ does not require great biblical knowledge. It takes us being available to those in need of His grace. Many times simply doing a kind gesture opens the door for us to share our faith journey, how God has shown His Grace in our lives.

Les Page

Missions Coordinator

*Look for our new Missions web pages layout and informational boards.*



## ***2011 Mission Trips***

**Bolivia** We as FVUMC will be traveling back to Montero, Bolivia for the 10th year, June 10th -19th. We will be working with Dr. Dardo Chavez and Daniel Ortiz, building homes in rural Guarani villages on the outskirts of town. ***Please note:*** This team is looking for immediately for 3-4 members! Please contact Faith Mangum at mangumst@gmail.com or David Bell at davidbell27526@aol.com

**ASP 2011** will be July 17-23. This program is designed for youth and adults age 14 and up. Final destination in Appalachia area has not be set yet. Our next meeting is Sunday March 6th immediately following the 10:50 service. The next \$60 deposit is due. Contact Jennifer Rosa [jenrosa3@nc.rr.com](mailto:jenrosa3@nc.rr.com)

### **\*\*New Opportunity: Haiti, November 2-11\*\***

This trip is sponsored by the NC Conference UVMIM (United Methodist Volunteers in Mission) Team size limited to 10 people. Interested? Contact team leader Tomas DeLeon at [tdeleon@me.com](mailto:tdeleon@me.com) or at 919-414-9817.

## ***Prayers for our Mission Team!***



Please keep the Peru Mission team in your prayers as they head down to Lima on March 4-13th to work on the UMC seminary dormitories and facilitate a bible school for children in Jose Olaya.

Al Shuler

Tiffany Wagner

Eva Jane Buhrman

Si Weeks

Julie Orient

Cristi Finch

Emilyn White

Cameron Lewis

Ed Bethea

Mark Bethea

Jim Donahoe

Lorie Durham

Adria Fecteau

Matt Harrenstein

Tomás DeLeon

Rob Pavone

## Recycle Shoes For Those In Need



www.ShareOurShoes.org

Do you have shoes you do not wear? Do they sit in your closet taking up space? Donate them to someone in desperate need of shoes!

*Share Our Shoes* donates old shoes to those that have none! Any type, any style, and any size. A collection box is located in the lobby. Use rubber bands to secure pairs together! For more information contact Shari Judd at 567-0524.

## Main Street Kitchen: March 5<sup>th</sup> 19<sup>th</sup>

Only a couple of hours once a month, no commitment is required for being a part of this awesome ministry. Fun, Fellowship and a wonderful time being the hands and feet of Christ. Thanks to all who have and continue to be a part of this ministry, and if you would like to spend a couple hours being blessed, please feel free to contact Paula Cade at 557-4347 with any questions.

### F-V Food Pantry Food for March Canned Meat & Dried/Canned Milk

Other types of food items are also appreciated, as well as grocery bags. There is a blue collection container in the lobby. *NO Glass containers please!*



### Fresh Shipment- Coffees & Teas & Cocoa!

Every FVUMC purchase brings a donation to UMCOR by Equal Exchange. It also supports fair trade for small farms across the world!



## Experience God's Creation in the Covenant Community Garden

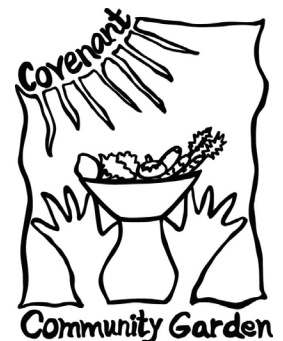
In the lobby this month, you are invited to become a member of Covenant Community Garden. There are two options for participating: a supporting member (someone who cares about the work going on in the garden but is unable to actively participate), or an active member (someone who commits to the mission of the garden and to working in the garden at least once a month). Each is \$10. The active members will get a compost bucket for their home use and will be able to share in the harvest on the days they work in the garden. Supporting members are added to the e-mail list to be kept informed of the garden goings-on.

Everyone is welcome to participate in the garden, regardless of your "green thumb" (or lack of one) or your level of experience. One of the primary goals of this ministry is to involve our children in gardening, so they may experience God's creation, learn where their food comes from, develop a sense of stewardship of the land, and learn that

vegetables really do taste good. We also provide fresh, organically grown produce to our garden member families, the Fuquay-Varina Emergency Food Pantry, Main Street Kitchen, and our WIHN guests. Starting in March, work days will be Mondays from 9-11 AM, Wednesdays from 4:30-6 PM, and Saturdays from 9-12 noon.

*If you have questions, contact Garden Coordinator Joy Brown at 557-5954 or by email: [admin@covenantcommunitygarden.org](mailto:admin@covenantcommunitygarden.org).*

A community of love and togetherness, the garden family welcomes you!



# Eco-Justice Ministries

## ***Lent, Fasting and... a Potluck?***

What do the Christian season of Lent, the spiritual practice of fasting and a good old-fashioned potluck have to do with one another? Perhaps the connection is not as far-fetched as you think.

### ***Lent***

In the Western Christian Church, Lent is the 40-day period before Easter, excluding Sundays. Historically, this was the time that newcomers would ready themselves spiritually and physically for baptism (membership) into the church which would occur on Easter. Lent, therefore, was then (and now) a time of penance, fasting and prayer for Christians.

The 40-day period is to symbolize the 40 days Jesus spent fasting in the desert preparing for his ministry and facing the temptations of Satan. Of course, there are many other “40” stories in the Bible such as the 40 days Moses and Elijah spent in the desert and Nineveh was given 40 days to repent. Lent is a liturgical tradition of the church that may not be specifically mentioned in the Bible, but nonetheless is firmly rooted in Scripture.

### ***Fasting***

A spiritual discipline that was practiced in the Bible and is often practiced during Lent is that of fasting, or abstaining from eating for one day or one meal or one

element, such as meat. Many of us “give something up” for Lent, and this practice is a form of fasting as well. This is often an attempt to get some “sinful” behavior under control. Ultimately, fasting during Lent is about spiritual awareness. Spiritual disciplines like fasting, prayer, and regular Bible study are exercises or training to help us transform our entire being into becoming more like Christ -- our body, mind, and soul.

### ***A Potluck?***

There is absolutely no historical basis for including a potluck in Lenten disciplines or activities; however, perhaps we can use this church staple to enhance our Lenten journey. The season of Lent calls for us to have a posture of self-denial and simplicity. Taking on this perspective can help us spiritually in many ways. We become aware of our brothers and sisters who are in need, and we become aware of the foods and material things we consume without much thought.

Did you know that it takes on average 12 pounds of grain to produce one pound of hamburger? This could make 8 loaves of bread, or 24 plates of spaghetti. It also takes on average 2,500 gallons of water to produce one pound of hamburger. This could be used to grow more than 50 pounds of fruits and vegetables. Though some 800 million people on the planet now suffer from hunger or malnutrition, the ma-

ajority of corn and soy grown in the world feeds cattle, pigs and chickens. Americans consume twice as much meat as other nations.

During Lent, on Wednesday evenings at 6 p.m., FVUMC will host a “Vegetarian Potluck” family style in the narthex. Consider joining your church family on this night and give up meat for one meal. Bread, fresh fruit and drinks will be provided by the EcoJustice Ministry. Bring a simple vegetarian dish to share (yes, macaroni and cheese is okay), and join this time of fellowship as we travel toward Easter together.

As Christians we have many holidays where we feast; however, to truly appreciate these as well as the Holy and glorious celebration of Easter, we need to step back a bit and deny ourselves during Lent. While this liturgical season is certainly an introspective time, as the church we are always called to live and work these things out in community. Come join the food, fellowship and discussion on Wednesday nights!

### Sources:

Presbyterian Hunger Program Website,  
<http://www.pcusa.org/hunger/food/>  
[www.churchyear.net/lent](http://www.churchyear.net/lent)

## Doing Their Part...

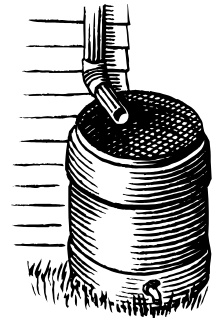
What do the PrimeTimers, Kids for Christ (KFC) and the Confirmands have in common? These groups are helping keep thousands of plastic cups, plates, bowls and utensils out of our community's landfill. During this 2010-2011 year, these groups have been using FVUMC's dishes for their snacks and meals while gathering at church.

Why does this matter, and in particular, to people of faith? Disposable dishes are plastic products that are made from petroleum, which is a non-renewable resource that is getting costlier every day. Some estimates say that it takes 50 years for a plastic cup to break down, and 350 years for a plastic bottle to decompose! Landfill space is running out in many parts of our country, and when new landfills are created, they routinely are placed next to poverty areas where land is cheap and the population is in little position to protest.

As people of faith, we are required to consider our neighbors and the home our Creator gave us before our desire for ease and convenience. The EcoJustice Ministry urges you to use washable dishes for your next meeting or gathering. FVUMC's nicely equipped kitchen is easy to learn and navigate. Just contact the church office or Trustees

## 7 Rain Barrels for Sale!

Whether it's watering your garden or washing your car, a rain barrel is a great way to help conserve water (and money) which is good stewardship all around. The EcoJustice Ministry is selling rain barrels on a pre-order basis. You order one; we make it. Upon completion, you purchase it for \$50. Proceeds support projects that demonstrate love of God and neighbor in alignment with the UMC social principles and in keeping with the mission of the Eco-Justice Ministry. For more information or to order a rain barrel, contact Tammie Quick at [tlquick@gmail.com](mailto:tlquick@gmail.com) or 557-2131.



## FVUMC RECYCLES!

Remember while at church: throw your plastic, paper, aluminum, glass and chipboard into any blue bin located in each classroom and throughout the



# Women's Ministries



**UMW Circle of Faith  
March 1st**

*Our meeting date has changed!*

Come join us on the first Tuesday of the Month  
at 10:00am in Room 127.



**2nd Saturday  
Women's Breakfast  
March 12th  
8:00-9:30 in the Centrum**

Come share how His love is impacting you.  
Join us for breakfast and a time to unwind and  
reconnect before starting your day.

*For more information email  
Penny Downey at [pgdowney@aol.com](mailto:pgdowney@aol.com)  
or call 919-946-0639.*

*Childcare can be arranged in advance if  
needed.*

# Children's Ministries

## COMING ATTRACTIONS

### Palm

### Saturday

Saturday, April 16th



#### What is Palm Saturday?

Children ages 3 & 4 learn about the *Joys of Spring*. Children K-5th will experience *Jesus' Journey* to the cross. Easter Egg hunt concludes our morning of fun.

#### We need YOUR Help!

We need LOTS of help to make this day a success. If you would like to help with Palm Saturday please contact Stephanie Weeks at 552-4331 Ext. 113 or [sweeks@fvumc.org](mailto:sweeks@fvumc.org)

Another way to help is to feed our hungry bunny in the lobby with plastic eggs and individually Wrapped candy.

#### The Morning Begins:

Registration begins at 8:45

Preschool (a parent/guardian is asked to stay with child as a set of helping hands)

Elementary—rotations begin at 9:00



Look for upcoming  
training dates in the Weekly Times!

### Children's Lenten Study

#### Green Church:

#### Caretakers of God's Creation

Inviting any 2<sup>nd</sup>-5<sup>th</sup> grader who would like to be part of a FUN interactive study to join us on Wednesday evenings during Lent where we will learn more about how to be caretakers of God's great creation. This study is based off of Psalm 8:6 which says "You have given them dominion over the works of your hands; you have put all things under their feet" and each week's lesson will revisit this verse in a variety of ways. Over the 5 weeks 3 main themes will be covered: In the Beginning, In the Garden, and In God's Name. There will be introductory activities based on individual interests, large group activities, games, crafts, as well as times of reflection.

*From the beginning, God asked humans to care for one another and for all creation. The basis of all stewardship can be traced back to our creation. Green Church: Caretakers of God's Creation will help children experience what it means to be good stewards of God's creation. —Excerpt taken from the back of the Green Church guide.*

If you have a child 2<sup>nd</sup>-5<sup>th</sup> grade who would be interested in being a part of this study contact Stephanie Weeks at

[sweeks@fvumc.org](mailto:sweeks@fvumc.org) or  
552-4331 x113 to register.

Begins March 16th

Wednesdays 7:00-8:00pm Room 204

Facilitators: Richie Hines and Jackie Trickel



# SAVE THE DATE- VBS 2011

Join us for *Inside Out & Upside Down on Main Street* where Jesus makes a difference every day!

June 27th-July 1st(daytime)

June 26th-30th (evening)

For more details or to VOLUNTEER please contact:

Daytime: Marianne Carroll (552-7695) or Jen Froning (762-9236)

Evening: Heather Layman (567-9383) or Lori Jackson (285-3104)

\*Registration will begin May 22nd for church members  
—more information to come!



## Mom's Prayer & Play Group 3rd Saturday Monthly

Saturday, March 19th

from 10:00 -11:00 am Room 213

on the Children's wing. A special time to celebrate Motherhood and offer up prayers of thanksgiving. The children will enjoy playing together and making new friends. Specifically designed for Mom's with children ages six and under. For more information please contact Lisa Brinkerhoff at lbrinkerhoff@hotmail.com



## Kidz NPraise

A Children's program through the season! Registration forms are in the office or website

[www.fvumc.org](http://www.fvumc.org)



For the registration process, please note the following offerings in programming:

### For 4 & 5 year olds & Kindergarten:

Kidz NPraise Juniors Choir 4:30-5:30 pm (including singing, instruments & more!)

### For 1st & 2nd grades:

Voices NPraise Choir & Kidz NPlay, 4:30-5:30 pm  
Optional Handchimes Choir 5:30-6:00 pm

### For 3rd, 4th & 5th grades:

NPraise Singers Choir & Kidz NPlay, 4:30-5:30 pm  
Optional Handbell Choir 5:30-6:00 pm

To volunteer, please contact

Felicia Wermke,

Associate Director of Music Ministries,  
at 552-4331 or [fwermke@fvumc.org](mailto:fwermke@fvumc.org).

## Preschool Happenings!

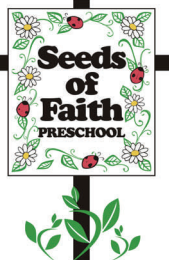
This month the preschoolers will dive into reading with our Read Across America Program. We will celebrate Dr. Seuss' birthday and celebrate our SLICE reading program with a special pizza lunch!

On March 9th Lent begins. Our children will learn about sharing and giving to others through the Heifer Project. Each child will save change in our banks then pool their change to purchase livestock for families across the globe.

*Give a man a fish, feed him for a day, teach him to farm, feed him for life.*

I wish you a blessed March as it comes in like a lion!

Ms. Lynne.



## All God's Children "GAME DAYS"

4th Sunday of each month

All God's Special Needs Children Game Day! If you know someone who may like to attend please

invite them to contact For more information, contact Diane Gabry at [ggabry@nc.rr.com](mailto:ggabry@nc.rr.com)



# Spiritual Formation

## *Soup Supper & Ash Wednesday Service*

On Wed. March 9th,  
You are invited to our  
Annual Potluck Soup Supper  
with soup being served from  
5:45-6:30pm!

Sign-up for soup donations are in  
the lobby. We will need 18 crock  
pots of soup for this wonderful  
event! Susanne Young will coordi-  
nate the kitchen team as donated  
crock pots of soup begin arriving  
at 5:30 pm.

Enjoy table fellowship prior to the  
Ash Wednesday Worship Service  
which will begin at 7:00 pm.

As we begin the 40 Days of Lent  
we will burn the palms from last  
year's Palm Sunday in our Centrum  
during the service. This memora-  
ble service is family-friendly with  
child care provided for our young-  
est under the expert care of Child  
Care/Nursery Coordinator Toni  
Drapkin and the incredible  
nursery/child care team.

Our The Sanctuary of Lent 2011  
Devotionals will be available in the  
lobby after the service.

On the Sundays of Lent, there will  
be Sunday bulletin inserts with a  
place to keep Sermon notes,  
Daily Lectionary Readings and  
personal reflections.

As a congregation let's consider  
Luke 9:23: *If any want to  
become my followers, let them  
deny themselves and take up their  
cross daily and follow me.*



## **WEDNESDAYS OF LENT**

### **Morning Offerings**

*An inspiring line-up of gifted speakers will be  
sharing in beginning March 16th.*

10:30 am

***Hard to Dance with the Devil on Your Back***  
*(a lectionary study)*

Room 117 Cost \$7.00

Facilitator: Pastor Al

11:30 am

**Light Luncheon in the Centrum**

12:00 pm

**Worship Service with Holy Communion**

March 16

Rev. Regina Henderson

March 23

Rev. Bill Young

March 30

Stephen Woods

April 6

Chaplain Lindsi Hines

April 13

Kevin Johnson

### **Evening Offerings**

6:00 pm

**Vegetarian Potluck Dinners**

In the Lobby

*Eco Justice invites Congregation to*

*Give up Meat for Lent. Bring side dishes, salads, & desserts;  
Eco Justice Group will provide bread, fresh fruit and drinks.*

7:00 pm

**Green Church Caretakers  
of God's Creation**

For children 2nd-5th grades

Facilitators: Jackie Trickel & Richie Hines

**Youth Lent Experience**

For youth 6th-12th grades

Facilitator: Kevin Johnson

**Outlive Your Life**

**Discover How You Can Make a Difference**

Room 124 Cost \$12.00

Facilitator: Jim Carver

**24 Hours That Changed the World**

Room 117

(Opt. Devotional book 40 Days of Reflection, \$8.00)

Facilitators: Rev. Bill & Susanne Young

**Childcare available for  
Wednesday evening classes**

## Sunday Mornings of Lent

March 13-April 17, 2011

9:30 am

*Christianity and the Koran,  
A Scriptural Comparison Study*

Room 109

Facilitator: Greg Buhrman

10:50 am

*Lenten Lectionary Study*

Room 124

Facilitator: Tammie Quick

10:50 am

*God's Renewed Creation:  
Call to Hope and Action*

Room 121

Facilitator: Susan Uno

10:50 am

*Out Live Your Life,  
Discover How You Can  
Make a Difference*

Room 123 Cost \$8.00

Facilitator: Rob Pavone

Visit

[www.WeMakeDisciples.org](http://www.WeMakeDisciples.org)  
For more information regarding  
all of our studies!

Or contact Debbi DeMaris  
[ddemaris@fvumc.org](mailto:ddemaris@fvumc.org) or  
552-4331 ext 106

## Upcoming Easter Events

**Palm Sunday**

April 17<sup>th</sup>

**Holy Week**

Monday, April 18th 8am-8:00pm

*Transformation Stations: Exploring Jesus' Passion*

Thursday, April 19th 7:00 pm

*Mundy Thursday Worship*

Friday, April 20th 7:00 pm

*Tenebrae Worship Service*

**Easter Sunday**

April 22<sup>nd</sup>

## Music Ministries

### Youth Handbells

The Youth Handbell choir is up and running at FVUMC!

This new group is open to all

6<sup>th</sup> - 12<sup>th</sup> graders and is rehearsing on Wednesday evenings, 6:00 - 7:00 pm.

Previous experience is not required, and the choir currently has openings for additional ringers! Get involved today!

Contact Felicia Wermke,

Associate Director of Music Ministries

([fwermke@fvumc.org](mailto:fwermke@fvumc.org) or 552-4331 ext. 115)



### Holy Week Music

The FVUMC Music Ministries are working hard in preparation for

Holy Week and Easter Services,

and you are invited to join us! We'll be singing with a combined mass choir and full orchestra for all of the Holy Week Services:

**Palm Sunday, April 17**

**Holy Thursday, April 21**

**Good Friday, April 22**

**Easter Sunday, April 24**

All voices are welcome! Rehearsals will take place during regular Wednesday evening (7:00 - 8:30 pm) and Thursday evening (7:00 - 8:00 pm) practices (come on Wednesday

OR Thursday nights, not both). Please contact Jennifer Harrenstein, Director of Music Ministries

([jharrenstein@fvumc.org](mailto:jharrenstein@fvumc.org) or 552-4331 ext. 105)

for more information.



# Men's Ministries



**F-V UMM  
Meet on the  
3rd Mondays**

All men are invited to attend the monthly meeting on the third Monday at 7:00 Room 126. To stay in touch, visit our Google Group Site at <http://groups.google.com/group/fvumc-um>

## Ongoing Men's Ministries

**Prayer Warriors** meet the third Monday of every month, in the Prayer Chapel at 8:30pm for devotion and intercessory prayer.

**Men Eager to Serve (METS)** meet on Thursday nights from 7-8:30pm in Room 127 for a time of service, fellowship, and accountability.

## UMM Upcoming Events:

April 7-9: *No Man Left Behind* Conference about 'Building a Sustainable Ministry to Men' will be held at the Merci Center.

May 13-15: Father/Child Canoe Trip. Details to come!

For more information regarding upcoming events, contact [ummen@fvumc.org](mailto:ummen@fvumc.org).



**4th Saturday  
Men's Breakfast  
March 26th  
7:30 in the Centrum**

Bill Barbour will be our guests speaker. At the conclusion of the breakfast you are invited to stay and help set up and serve barbecue for our Merci fundraiser. Bring a friend!

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# Our Life In Community



## Newsletter & Bulletin Deadlines

### Newsletter:

Submit items by the 15th of the month prior to publication.

Email [newsletter@fvumc.org](mailto:newsletter@fvumc.org)

### Bulletin:

Submit items by Tuesday at noon.

Email [bulletin@fvumc.org](mailto:bulletin@fvumc.org).

Please list the Sunday dates the announcement is requested to be included.

## Pine Straw Sale

Thinking about sprucing up those flower beds this spring? Make plans now to purchase your PINE STRAW from the FVUMC Music Ministries! Pine straw will be for sale on **Saturday, March 26** at Fuquay-Varina UMC! Forms are available online at [www.fvumc.org](http://www.fvumc.org) or in the church office! All orders are due to the Church Office by Sunday, March 20th. Home Delivery is Available!

### Pine Straw Cost:

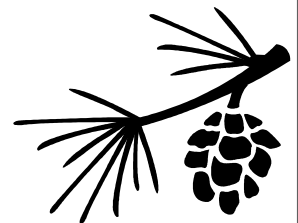
\$4.25 per bale if you pick it up

\$4.75 per bale delivered to your home

Order more than 40 bales--

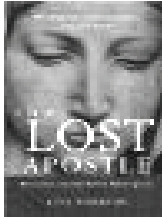
\$20.00 delivery fee plus \$4.25 per bale

Questions—contact Jennifer Harrenstein at [jharrenstein@fvumc.org](mailto:jharrenstein@fvumc.org) or 552-4331



## March Book Club

*The Lost Apostle:  
Searching for the Truth About Junia*  
by Rena Pederson  
(Jossey-Bass, 2006)



Pederson is a speechwriter and journalist, not a biblical scholar. So when she learned that there was a female apostle named Junia (whose name had been changed by church fathers to Junias), she saw it as an intriguing news story and set out to discover the truth. The book gets off to a scattered and repetitious start, perhaps because Paul writes only a few lines about Junia in Romans, which hardly seems enough on which to base a whole book. But Pederson hits her stride when she examines the roles of women in early Christian times and speculates on how and why Junia got "lost." This is fascinating material, and the journalistic perspective turns out to be a big plus in terms of readability. Among the other topics Pederson delves into are church attitudes toward women and how they evolved, biblical inconsistencies, and the role of women in the later church.

To join the dinner and discussion on Friday, March 18, contact Judy Casper at [jacasper@earthlink.net](mailto:jacasper@earthlink.net) or Matilda Storm at [matildastorm@embarqmail.com](mailto:matildastorm@embarqmail.com).

## Spring Church Grounds Clean Up

Saturday, March 5<sup>th</sup> from 8:00 am - Noon (unless it is snowing!), we will gather to clean up, spruce up and trim up the grounds of FVUMC! Everyone is invited to come and join the fun of caring for our church grounds! We will have tools - chainsaws, trimmers, loppers, and a trailer to haul away debris. You are welcome to bring your own tools if you like and of course don't forget your work gloves! The more folks that can come the better as more hands make lighter work for all. If enough people come on Saturday, then hopefully we can stretch some of our work area out to include the pond! Please consider this opportunity to be the hands and feet of Christ for this yearly maintenance ministry for the FVUMC Church grounds. Any questions please contact Joe Jackson at [cbjosephj@mindspring.com](mailto:cbjosephj@mindspring.com)



## PrimeTimers Update

Trips are being planned to visit Larry's Beans in Raleigh, The Little Herb House and Bentonville Battleground. Keep checking the Church's Weekly Times!



## New Ministry Team Opportunity Forming

Have a heart for people who are hurting because of the devastation of separation or divorce? Have a passion to help people heal through Christ? If this describes you, please pray about becoming involved in our DivorceCare ministry.

You do not need to be a counselor, teacher or have a degree. You DO need to have a close, personal relationship with Jesus Christ, have a heart for people in separation/divorce and be led by God to help. We will provide you with the training you need. You will not do this ministry alone, but will be part of a team. We will give you continued support.

If you feel God is leading you to help these people, please email Thearon Willis at [Thearonwillis@nc.rr.com](mailto:Thearonwillis@nc.rr.com), and he will be happy to meet with you and explain what DivorceCare is all about.

DIVORCE *Care*

## ***Are You Seeking Peace Today?***

Rejoice! For there is Good News! There is peace in Jesus!

*I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid.*

—John 14:27 (NLT)

Picture if you will a royal robe that you have the choice of wearing each day. This robe is very fine and eloquent with sparkles and shines and it is woven so very tight to be so very strong. When we choose to wear Jesus, our robe of peace, we choose to wrap ourselves in the wings of God. When we choose to wear the precious gift of Peace we are placing Jesus as our most center and positive focus in our lives. God has planted longing in our souls knowing that He is the only way to have it fully satisfied.

We constantly struggle to fill that longing, but often we get sidetracked on what we want to fill it with.

And God knew that, so very long ago, even before He created you and me, and Jesus was willing to die a criminal death to give you this Gift of Peace! Each day when you rise, let God clothe you in the royal robe of Peace. Wrapped in God's wings we are safe and secure from all alarms! We have power to overcome the very circumstances that overwhelm us, and you know that power is Jesus! Put Jesus on this morning, clothe yourself in His Peace, wrap yourself in His Wings, lean on His Everlasting Arms!

Stephen Ministers are available:

Susanne Young 552-7503

Polly Sheets 552-5035

Bob Sorrels 552-0505

Thearon Willis 820-1845

Mel Cade 557-4347



***Rejoice, again I say rejoice!  
There is Good News! Just For You!***

## ***Continued from cover...***

Or take what's happening in Egypt right now. One or two persons started a movement for change in government leadership, and now there are thousands of people gathered together pushing for change—and that kind of accumulative momentum eventually brings change.

Margaret Mead once said, 'A small group of people could change the world. Indeed, it is the only that ever has.'

Fourthly and lastly, as Christians we risk our lives to care for and serve others because in the words of James (1:22) we become "doers of the word, and not merely hearers". It's so very easy to hear God's word and say "yes", but to put that faith into practice requires so much more than just lip service. A seminary professor of mine frequently distinguished between Christians who did 'God-talk' and those who did 'God-walk'. Talking the faith and walking the faith are two very different movements. The first is often an intention that never bears fruit.

Mission involves our deliberate effort to relieve the suffering of others; to confront injustice; to heal disease; to free the oppressed; to feed the hungry; to assist during times of crisis, loss of grief.

Mission pulls us out of ourselves and puts us in vulnerable places with people we don't even know. Service and mission are grace-driven; they arise out of our love for God and others; they are 'walks' of God through our lives in which we expect nothing in return except the joy of giving life away.

Is there some place, large or small, huge or infinitesimal, where God is calling you to serve? You can be sure there is. Find a way to do it, because God is calling you into that place! There is no obstacle too large and no resistance too severe that God can't help you find a way. You connect, you collaborate, you negotiate, you think, you plan, you end up making a difference in caring for and serving others. You become a vital partner in God's re-creation of this world.

When we begin to give our lives away in risk-taking service and mission, we begin to realize that all that we have and all that we are belong to God.

# 2011 PINE STRAW SALE—SATURDAY, MARCH 26

Fuquay-Varina United Methodist Church  
100 S JUDD PARKWAY SE FUQUAY-VARINA, NC 27526  
(919) 552 – 4331 [WWW.WEMAKEDISCIPLINES.ORG](http://WWW.WEMAKEDISCIPLINES.ORG)

**Cost:** \$4.25 per bale if you pick it up  
\$4.75 per bale delivered to your home

(Minimum order of 5 bales for delivery—if delivery address is over 10 miles away please call to ensure delivery availability.)

Order more than 40 bales, \$20.00 delivery + \$4.25 per bale

- \* **Place your order on or before Sunday, March 20<sup>th</sup>.**
- \* **Payment is due with your order.**
- \* **All orders must be placed in advance.**  
Orders received after March 20<sup>th</sup> will be filled only if extra pine straw is available.
- \* **Pick up your order on Saturday, March 26<sup>th</sup> between 8:00 and 10:00 am.**  
Orders may be picked up at the F-V UMC Parking Lot, 100 S Judd Parkway.
- \* **Delivery will be on Saturday, March 26<sup>th</sup> between 8:00 a.m. & 1:00 pm.**  
If requesting delivery and you will not be home between 8:00 am & 1:00 pm on Saturday, March 26<sup>th</sup>, use the order form to indicate where you would like your pine straw left (driveway, front yard, etc.)
- \* **All proceeds will benefit Fuquay-Varina UMC Music Ministries.**

To place your order, complete the form below and return it with payment to the church office by Sunday, March 20<sup>th</sup>. Checks should be made out to Fuquay-Varina United Methodist Church—mark “pine straw sale” on the memo line.

Questions? Contact Jennifer Harrenstein at 552-4331 ext. 105 or [jharrenstein@fvumc.org](mailto:jharrenstein@fvumc.org)

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*Please return only this portion of the form—keep the top part of the page for your reference.*

## Pine Straw Order Form—Fuquay-Varina UMC

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

Subdivision: \_\_\_\_\_ Email: \_\_\_\_\_

# of Bales \_\_\_\_\_ x \$4.25 each = \_\_\_\_\_ subtotal  
\_\_\_\_\_ delivery (\$.50 per bale; \$20 max)  
\_\_\_\_\_ TOTAL

Not going to be home for delivery? Indicate where to leave the pine straw: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Office Use: Order Date \_\_\_\_\_ Paid \_\_\_\_\_ Dat \_\_\_\_\_

# *The Wellspring*

Fuquay-Varina United Methodist Church

919-552-4331  
www.WeMakeDisciples.org  
100 South Judd Parkway SE  
Fuquay-Varina, NC 27526

Non-Profit  
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Permit No. 17  
Fuquay-Varina, NC  
27526



The NC Conference is blessed to have three camps offering opportunities to reconnect outdoors. Each camp has the common resources of a beautiful outdoor setting, cabins, gathering spaces, campfires, and excellent food, yet each has its own distinct focus. Each camp provides amazing summer camps for children and youth, and operates year-round with special programs for families, seniors, youth groups, school groups, church groups and retreat participants.

**At Camp Chestnut Ridge**  
([www.campchestnutridge.org](http://www.campchestnutridge.org))  
near Efland, horseback riding, community gardening and ecological stewardship bring depth to the natural experience.

**At Camp Don Lee** ([www.donleecenter.org](http://www.donleecenter.org))  
in Arapahoe, sailing and marine science are central to the camp's offerings.

**At Camp Rockfish** ([www.camprockfish.org](http://www.camprockfish.org))  
near Fayetteville, guests can experience high adventure or enjoy the more refined retreat experience of the Bergland Retreat Center.

**REGISTER ONLINE TODAY**  
*At the camp of your choice  
for fun and adventure within  
a caring Christian community!*