# RALEIGH COURT UNITED METHODIST

## Columns

March 5: Shrove Tuesday Pancake Dinner

March 6: Laity share Lenten Devotions from 3/6—4/18; sign up

March 6: Ash Wednesday 7:00 PM Worship following Mosaic and dinner

March 10: Final Words from the Cross Sermon series begins

March 13: Final Words Mosaic Small Group Study begins

March 17: He Chose the Nails Small Group Study begins

March 22: Coffee House

March 24: Hymn Festival

April 19: Good Friday Cantata

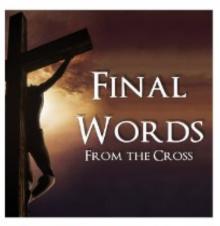
April 20: Easter Egg Hunt

Watch your Weekly Good News and Bulletins for details.

# SHROVE TUESDAY Pancake Supper

March 5
5:30-7:00 PM
Hosted by our Youth to support
their mission trip!



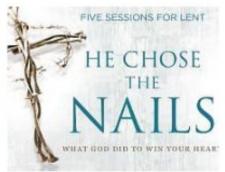












BRING FAMILY, FRIENDS AND NEIGHBORS TO SHARE THE LENTEN EXPERIENCE WITH US THIS YEAR!



# **Loving God (3) - How To Worship**

We are a community of faith called to 'Love God, Love others, for the Transformation of the world.' To be faithful to our call we are focusing our hearts to be 'idiots for our Lord.' We believe worship is a spiritual discipline helping us understand who we are and how we can live according to God's call. For the next couple of months, I'll be writing about worship, praying that it will help our understanding

of worship. Please let me know your thoughts and feedback about worship!

'I've grown up in church, and I know how to worship and why we worship.' Hope everyone can say this, but many times, we

see how worship ends up being a motion we go through. Soon that motion seems to be tedious, that might be a reason why some might have drifted away from the church. Jesus was talking with the woman at the well, and she asks him a question about what might be the right way to worship God. Jesus responds to her question by saying. "But the time is coming—and is here!—when true worshippers will worship in spirit and truth. The Father looks for those who worship him this way. God is spirit, and it is necessary to worship God in spirit and truth." John 4: 23-24 In his answer, Jesus tells us to worship in spirit and truth.

What does this mean and how do we make this happen.

1. Worship is a Spiritual Encounter

We might all know that worship is a spiritual act, but how many of us expect and wait for a spiritual encounter with God? How many of us expect to hear God's voice through the prayer, song, and the shared word? How many of us hope the hand of God heals us in our weaknesses and diseases during worship? How many of us desire for God to provide new strength for us to continue to live and

walk in this journey of following God. If we don't come and ask for this encounter to happen, I've learned that it seldom happens.

(3) How Do We Worship?

(4) Worship in the Wesleyan Tradition - Pattern of Worship

(5) Worship vs. Service

(1) What is Worship?

(2) Why Corporate Worship?

# 2. Preparing our hearts for worship We live a world that continually distracts us from focusing on

God's presence. Worship is a space where we come to see how God creates room for God to dwell in us. It takes time for us to transition from the world's distractions to focus on God's presence. That is why some may come early and sit in the quiet sanctuary. I have the practice to prepare for worship starting on Saturday evening. Traditionally, Jewish Sabbath will start on Friday sundown to Saturday sundown. Since the Protestant movement to move and celebrate Sabbath to Sunday, I try to prepare and practice Sabbath beginning on Saturday evening. Doesn't always work the way I would like, but at least we designate a time to pray for the worship service we, as a church, will offer to God.

#### 3. Bow our hearts in truth

Several other traditions will have kneeling rails in the pews

Continued on page 10

#### Pastor Seungsoo Jun

pastor@rcumc.org (540) 556-1188

#### **Larry Dickenson**

Lay Leader
Larry@rcumc.org

Watch our services when you cannot attend!
Go to www.rcumc and click "Watch Online."

Check out our Facebook page! (Sunday services are posted each week on our website.)

To receive the "Columns" by email or to sign up for our email newsletter "The Weekly Good News", just send a note to us at rcumc@rcumc.org

Prayer requests can be shared directly with our Prayer Ministry Team by emailing to prayers@rcumc.org.

The church office is open Mon - Fri 9am - 2pm.



Download our app! Scan this QR code





### **Mission Corner**



### Freedom is Possible

If you are in need of healing or recovery from...

- · Abuse-verbal, physical, or sexual
- Alcohol
- Anger Anxiety
- Codependency
- Depression
- Disappointments
- Divorce
- Drugs
- **Eating Disorders**
- Enabling
- Faith Doubts
- · Family Problems
- Fear
- Gambling

- · Grief/Loss
- Guilt
- Insecurity
- Job Loss
- Lying
- Need to Control
- Overspending
- Overworking
- Perfectionism
- Pornography
- Relational Pain
- Sexual Addiction
- Self Destruction
- Shame
- Stress
- Unforgiveness

...Celebrate Recovery Can Help

**Every Thursday** Dinner: 6:30 Worship 7:00 Men & Womens Groups 8:00

> **Coming** March7th



#### RALEIGH COURT

**UNITED METHODIST** 

The Pink Grocery carts at the church entrances are for collecting "Congregations In Action" items in

March. CIA needs:

- Instant Oatmeal-Boxed
- Fruit and Pudding cups
- Granola Bars-breakfast
- Juice Boxes 100% Juice
- Peanut Butter-med size jar
- · Nabs-crakers.
- Pop Corn-small bags-already popped



## What can we do in a day?



SUPPORT YOUR COMMUNITY ONE GIFT AT A TIME

rvgives.givebig.org





3



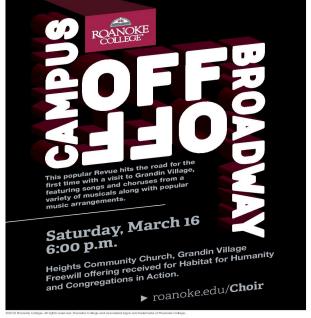














Would you like to volunteer for something, but aren't sure how?
Just ask Terri!(terriu@rcumc.org)
She will connect you with the right people to show you the ropes!

Mar 10, 2019	Mar 17, 2019
Kathy Arritt (Substitute Usher)	William Adkins (Liturgist)
Ken Arritt (Substitute Usher)	Nathan Austin (1st Light Video Cameras
Nathan Austin (1st Light Video Cameras	Greg Barrette (Usher)
Luke Barrette (Acolyte)	Rachel Downing (Nursery)
Linda Bartlett (Usher)	Cindy Hayth (Raleigh Court Healthcare)
Titus Counihan (Acolyte)	Charlie Hubbard (1st Light ProPresenter)
Bill Gearing (Transportation)	Daphne Huffman (Usher)
Sidney Handy (Nursery)	Greg Huffman (Usher Captain)
Brian Handy (Nursery)	Steven McConchie (TWT - Soundboard)
Christine Hubbard (TWT - ProPresenter)	Ellen McGimsey (Nursery)
Charles Hubbard (TWT - Video Cameras)	Meredith McGimsey (Nursery)
Stew Hubbell (Usher)	Andreea Mihalacke-O'Keef (TWT - ProPresenter)
Philip Parr (1st Light Soundboard)	Philip Parr (1st Light Soundboard)
John Pero (TWT - Soundboard)	Sarah Stephens (Nursery)
Julie Realmuto (Nursery)	Mat Talbot (Transportation)
Keira Realmuto (Nursery)	David Tanner (Usher)
Jeremy Smith (Liturgist)	Carla Taylor (Usher)
E. Stephen Smith (Usher)	Bill Taylor (Usher)
Carla Taylor (Counter)	Rob Vaughan Jr (Counter)
Andy Thornton III (Usher Captain)	Frank Walkiewicz (TWT - Video Cameras)

Mar 24, 2019	Mar 31, 2019
Nathan Austin (1st Light Video Cameras	Nathan Austin (1st Light Video Cameras
Emma Batty (Nursery)	Rick Bowyer (Usher)
Carl Cress (Usher)	Teresa Bowyer (Usher)
Bonnie Dickerson (Usher)	Dennie Denison (Usher)
Shelby Dickerson (Usher Captain)	Sherrie Denison (Usher)
Joe Downing (TWT - Video Cameras)	George Dickenson (Nursery)
Rachel Downing (Raleigh Court Healthcare)	Steve Gross (Counter)
Dalia Downing (Raleigh Court Healthcare)	Bob Hufnagel (Transportation)
Vivianne Harris (Usher)	Lindsay Murray (Usher)
Woojin Jun (1st Lt ProPresenter)	Emily Nester (Nursery)
Hazel Keller (Nursery)	Philip Parr (1st Light Soundboard)
Tim McConchie (Usher)	John Pero (Liturgist)
Jason Murray (TWT - Soundboard)	Ben Realmuto (1st Lt ProPresenter)
Philip Parr (1st Light Soundboard)	Mark Seiler (Usher Captain)
John Richardson (Usher)	Kelly Silva (Nursery)
Mark Seiler (Counter)	Katherine Vaughan (TWT - ProPresenter)
George (Landon) Smith (Nursery)	Rob Vaughan Jr (TWT - Soundboard)
Whitney Smith (Nursery)	Frank Walkiewicz (TWT - Video Cameras)
Andy Thornton III (Transportation)	Patsy Wingfield (Nursery)

#### UMW Reading Program

Some of the books in the UMW Reading Program are available through Inter-library loan in the RVL

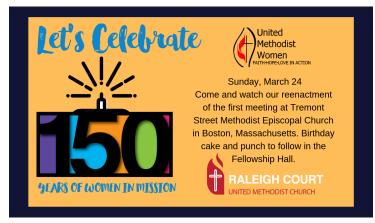
system. Good Health, Good Life: 12 Keys to Enjoying Physical and Spiritual Wellness by Joyce Meyers is one of those books. This book was on last year's list. Joyce is a NY Times bestselling author and has created a wellness plan to help counter-act the effects of our modern stressful existence. Don't forget to read some of the articles in the Response magazine, also, to learn more about the various projects that are supported by UMW.

#### **Sunday Evening Fellowship**

Sunday Evening Fellowship met on Sunday, February 10, at 6:30 PM in the church library. We welcomed Mary Dieter to our meeting. Our members completed their 2019 pledge to UMW. Sarah McConchie reported that we had collected \$60 in change for Henry Fork. Our fellowship voted to disperse the profits from the fall pecan sale to Bethany Hall, Henry Fork, Kids Soar as well as the Raleigh Court nursery. All of these recipients work with women, children and youth which is the focus of UMW mission work. Our fellowship thanks each church member who purchased a bag of our Georgia pecans.

Plans for our February meal for the children and staff at Kids Soar were finalized. UMW is celebrating 150 years of mission work, and our Raleigh Court organization will present a short skit at the Sunday services on March 24, 2019. Our next meeting will be Sunday, March 12, at 6:30 PM in the church library. All women are welcome to attend our meetings. Contact Janice Phillips for information at 725-1358.







#### Frances Allen Circle

The Frances Allen Circle will meet at the church Tuesday, March 5, 10:30am-12noon. All women are welcome to visit our time of fellowship, refreshments, and programs. We will be making more plans for now till June. Gladys Munsey is hostess and Bonnie Dickerson will be doing the program. For more information contact any of our members.



Join us each Monday at 7 PM in the parlor as we gather together specifically to pray. All are welcome each week.

There are times when we sit down to pray and we aren't sure what to pray for. At these times, you could try praying with scripture to guide your thoughts. When we use God's

own words by praying scripture, we're aligning ourselves with His heart and praying according to His will. So when words fail you, open up the Bible and allow God's words to be your prayer. Here are a few tips:

- Find a quiet place to connect with God.
- Begin by praying a scripture that prepares your heart for connecting with God.
- Use a verse or passage to shape your prayer, such as the book of Psalms.
- Allow imagery from scripture to influence your prayer.
- Turn a verse into a first- or third-person prayer.
- And ask the Holy Spirit to help you pray.

Weekly Prayer Focus	The Lord's Day	Monday
666 665	March 2	2019
Pray that our govern- ment officials will desire to work together instead of against one another.	3 Exodus 34-35; James 3 8:30 AM First Light Worship 9:00 AM Connection Corner Coffee 9:40 AM Sunday Bible Fellowships 11:00 AM Children's Worship 11:00 AM Traditional Worship 12:15 PM Usher Appreciation Lunch 4:00 PM General Conference 2019 Listening Session 4:30 PM Caring and Coloring	4 Exodus 36-38; James 4 6:30 PM Boy Scouts 7:00 PM Prayer Ministry
Ask God's Holy Spirit to guide you thru the season of Lent as you seek to surrender all of yourself to Him.	10 Job 11-13; 1 Corinthians 5 8:30 AM First Light Worship 9:00 AM Connection Corner Coffee 9:40 AM Sunday Bible Fellowships 11:00 AM Traditional Worship 4:30 PM Caring & Coloring 6:30 PM UMW Sunday Evening Fellowship 6:30 PM Youth G.L.O.W. Fellowship	11 Job 14-16; 1 Corinthians 6 6:00 PM Girl Scouts 6:30 PM Boy Scouts 6:30 PM 1st Lt Worship Team 7:00 PM Prayer Ministry
Pray that God will give comfort and strength to anyone who is suffering with illness, grief, loneliness, hunger, or financial challenges.	17 Job 30-31; 1 Corinthians 10:19-33 8:30 AM First Light Worship 9:00 AM Connection Corner Coffee 9:40 AM Sunday Bible Fellowships 11:00 AM Traditional Worship 12:00 PM Girl Scouts 4:30 PM Caring and Coloring 5:30 PM BELLievers Rehearsal 6:30 PM Youth G.L.O.W. Fellowship	18 Exodus 4-6; Mark 15:26-47 6:30 PM Boy Scouts 7:00 PM Prayer Ministry
As you waken each new day, thank the Lord for all of His many blessings and praise Him for His undying love.	24 Proverbs 3-5; 1 Corinthians 15:1-28 8:30 AM First Light Worship 9:00 AM Connection Corner Coffee 9:40 AM Sunday Bible Fellowships 11:00 AM Traditional Worship 3:00 PM Hymn Festival - Singing the Faith 4:30 PM Caring and Coloring 5:30 PM BELLievers 6:30 PM Youth G.L.O.W. Fellowship	25 Proverbs 6-7; 1 Corinthians 15:29-58 6:00 PM Girl Scouts 6:30 PM Boy Scouts 6:30 PM 1st Lt Worship Team 7:00 PM Prayer Ministry 7:00 PM Private Event - Library
Pray today for those in your family or for your friends who do not know Jesus personally, and ask God to use you to show them His love.	8:30 AM First Light Worship 4:30 P	AM Traditional Worship M Caring and Coloring M BELLievers Rehearsal

Tuesday	Wednesday	Thursday	Friday	Saturday
Church Library: If you are a teacher or small group leader, please be advised that the Sunday School Curriculum shelves in the library have been rearranged. They are now grouped broadly into two sections: Bible Studies and Topical Studies.  Hopefully, this will make it easier to look for a particular theme of study. They are not alphabetically arranged by either author or topic.			1 Exodus 29-30; James 1 8:00 NA Meeting	<b>2</b> Exodus 31-33; James 2 Youth Retreat
5 Exodus 39-40; James 5 7:00 AM Men's Bible Study Breakfast 10:00 AM Frances Allen Circle 5:45 PM Yoga Class 6:30 PM 1st Lt Worship Rehearsal 8:00 PM NA Meeting	6 Job 1-2; 1 Corinthians 1 11:30 AM Ashes To Go in Grandin Village 5:00 PM CR Men's 12 Step Study 5:30 PM Mosaic 7:00 PM Ash Wednesday Service	7 Job 3-4; 1 Corinthians 2 10:00 AM Women's Bible Study 6:30 PM Women's AA 6:30 Celebrate Recovery	8 Job 5-7; 1 Corinthians 3 BELLievers Young Ringers Festival 11:00 AM Friday Friends 8:00 PM NA Meeting	9 Job 8-10; 1 Corinthians 4 BELLievers Young Ring- ers Festival
12 Job 17-19; 1 Corinthians 7:1-19 7:00 AM Men's Bible Study Breakfast 5:30 Children's Council Meeting 5:45 PM Yoga Class 8:00 PM NA Meeting	13 Job 20-21; 1 Corinthians 7:20-40 5:00 PM CR Men's 12 Step Study 5:30 PM Mosaic 6:45 PM JuBELLation 7:30 PM Chancel Choir	14 Job 22-24; 1 Corinthians 8 7:00 AM Downtown Bible Study 10:00 AM Women's Bible Study 10:00 AM Prayer Shawl 6:30 PM Women's AA 6:30 PM Celebrate Recovery	15 Job 25-27; 1 Corinthians 9 8:00 PM NA Meeting	<b>16</b> Job 28-29 1 Corinthian: 10:1-18
19 Job 34-35; 1 Corinthians 11:17-34 7:00 AM Men's Bible Study Breakfast 5:45 PM Yoga Class 6:30 PM 1st Light Worship Rehearsal 8:00 PM NA Meeting	20 Job 36-37; 1 Corinthians 12 5:00 PM CR Men's 12 Step Study 5:30 PM Mosaic 6:45 PM JuBELLation 7:30 PM Chancel Choir	21 Job 38-40; 1 Corinthians 13 10:00 AM Women's Bible Study 5:30 PM RV Girl Scout Mtg 6:30 PM Women's AA 6:30 PM Celebrate Recovery	22 Job 41-42; 1 Corinthians 14:1-20 7:30 PM Coffee House with Second Wynde 8:00 PM NA Meeting	1-2; 1 Corin- thians 14:21- 40 3:00 PM
26 Proverbs 8-9; 1 Corinthians 16 7:00 AM Men's Bible Study Breakfast 5:45 PM Yoga Class 8:00 PM NA Meeting	27 Proverbs 10-12; Titus 1 5:00 PM CR Men's 12 Step Study 5:30 PM Mosaic 6:45 PM JuBELLation 7:30 PM Chancel Choir	28 Proverbs 13-15; Titus 2 7:00 AM Downtown Bible Study 10:00 AM Women's Bible Study 10:00 AM Prayer Shawl 6:30 PM Women's AA 6:30 PM Celebrate Recovery	-18; Titus 3 7:00 PM	30 Proverbs 19-21; Hebrews 1 G.L.O.W Ministry Family Nigh @ Rail Yard Dawgs Game

# WUSIC NOTES SE SUPER



Coffee House at Raleigh Court United Methodist Church

March 22 7:30-9:30 pm

Join us for another casual and fun Coffeehouse with entertainment by Second Wynde. Debra will be playing kevboard and our old friend Rebecca Meisel will play flute along with the rest of our Second Wynde friends. Refreshments will be for sale and coffee will be free! We will accept donations for the band.

Singers from Windsor Hills UMC and Greene Memorial UMC will join with our adult and children's choirs in a Concert of Hymns, "Singing the Faith." Our JuBELLation Handbell Choir and the Roanoke Chamber Brass will join us as we present anthems based on favorite hymns and sing hymns with the congregation. Join us in "Loving God!"



# Singing the Faith March 24 3:00 pm

Featuring a massed choir and the Roanoke Chamber Brass

Raleigh Court United Methodist Church 1706 Grandin Rd SW , Roanoke, VA www.rcumc.org



The Epworth Youth Choir from First United Methodist in Cuyahoga Falls, OH has been touring for 54 years! We will be the last stop on this year's tour. The choir was founded in 1934 and sings weekly at the church's 8:30 AM service, during the school year. Their director is Dean Wagner. Our youth group will help host this choir during their visit to Roanoke.

## NEXT GENERATION T RCUMC

March

KIDS & YOUTH G.L.O.W. MINISTRY

#### Family Hockey Night

Saturday, March 30th, 7pm Join us for a small group gathering for all generations and meal that follows. (Keep Watch for Details)

YOUTH G.L.O.W. MOSAIC

#### Final Words

March 13, 5:30pm-6:30pm Journey with me as we take a close look at the last six statements of Jesus Christ as he hung from the cross.

YOUTH Youth Fellowship G.L.O.W.

Sundays @ 6:30 PM

This is a time where youth can gather together to grow as a community and in their own personal faith! We start with games, then share a relevant topic, and close with small groups. We have a meal every third Sunday.

#### Upcoming Events

March 1 - 3 District Youth Retreat March 5 Shrove Tues. Pancake Dinner March 6 Ash Wednesday Service March 29 Youth Choir Concert from OH March 30 Family Hockey Night March 31 RAM House

continue to pray & Support G.L.O.W.MINISTRY

We need your prayers and support reaching out to the Next Gen. There is an easy way to be part of this support! Giving through shopping is a new way! Join us!

#### Support Raleigh Court United Methodist Church.

When you shop at smile.amazon.com, Amazon donates.

Go to smile.amazon.com

amazonsmile



#### Continued from page 2

and liturgies that will involve kneeling. It signifies how we are to kneel in front of our Lord and offer our lives. We don't have to kneel, even though I believe kneeling is a blessing in itself, but we can always kneel our heart. One way of kneeling our heart is practiced through confessions. God knows all our wrongdoings but also waits for us to bring it to God. Kneeling our heart can also be a symbol of how truthful and open we are to God's work in our lives.

#### 4. Respond to the Truth

We are called to respond to God's call. Sometimes it is through praising and worshiping God during worship. Sometimes it can be shared through our testimonies. Many other times, it allows God to transform our lives so that we can be sent to the world. Responding to the truth completes our Worship to our Lord.

We pray that we will cultivate a community of faith that worships our Lord and Savior. Help us make a Worshiping community.

In Christ, Seungsoo 'RJ' Jun pastor@rcumc.org









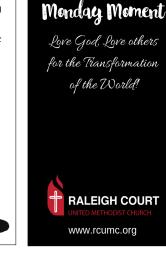
### Beginner's Yoga

All are welcome to attend the Beginner's Yoga Class on Tuesday evenings at 5:45 in the Fellowship Hall. Extra yoga mats and props are available. Advanced notice of attendance is not necessary.

The rate is \$10.00 per class or a class card may be purchased for a discounted rate of \$36.00 for four classes (to be used within two months).

#### Gift certificates are available.

For more information, call Rebecca Talbot, Certified Integral Yoga Instructor, (540) 342-0545 or join the Facebook Group, Roanoke Hatha Yoga.



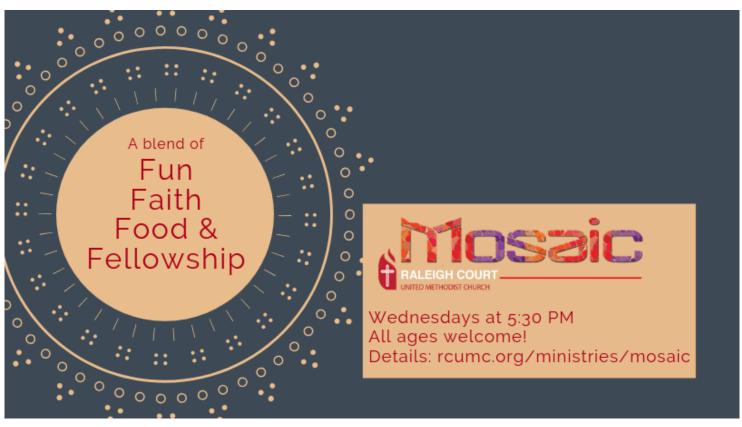
of the World!

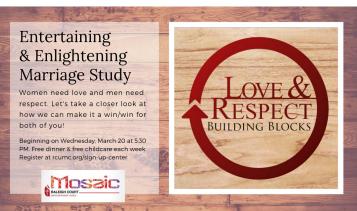
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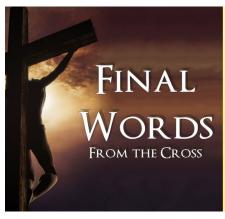
www.rcumc.org

Follow Monday Moment each week on Facebook!









#### Lenten Study by Adam Hamilton

Follow along with our sermon series

Let's explore Jesus' final words as seen and heard through the eyes and ears of those who stood near the cross and how those words apply to us today.

- Beginning Sunday, Feb 10 at 9:40
   AM in room 102
- Also beginning Sunday, March 3 at 9:40 AM in room 307
- Also offered on Wednesdays at 5:30 PM beginning March 13 in room 307





1706 Grandin Road Roanoke, VA 24015 (540) 344-6011 rcumc@rcumc.org www.rcumc.org



Bob	Hufnagel \	1-Mar \
Katie	Coleman 🔷	2-Mar∜
Baker	Handy 1	4-Mar
Ivria	Stanley	5-Mar
Parker	Talbot	5-Mar
Ronnie	St. Clair	5-Mar
Robert	Harrell	6-Mar
Jane	Hill	8-Mar
Joe	Downing	8-Mar
Charlie	Smith	9-Mar
Betty	Wolfe	13-Mar
Zach	Whitaker	15-Mar
Darlene	Bongrazio	21-Mar
Vincent	Snowadzky	22-Mar
Anthony	Bacigalupo	24-Mar
Susan	Harbert	24-Mar
Carla	Taylor	26-Mar
Stephen	Jamison	26-Mar
Amy	Moore	27-Mar
Patrick	Vaughan	28-Mar
Celia	Smith	30-Mar
Charlotte	Shockley	30-Mar
Linda	Sanders	30-Mar
Isabella	Mather	31-Mar

Weekly Stats	Feb 3	Feb 10	Feb 17	Feb 24
8:30 AM Worship	35	51	47	40
11:00 AM Worship	150	168	137	130
TOTAL including on-line & healthcare	195	229	193	180
Giving	\$7433	\$7970	\$8188	\$8403

Do you receive our Weekly Good News on

> Thursdays <sup>and</sup> Pastor's E-note on Saturdays?

If not, check you spam mailbox.
Also add reume@reume.org
and pastor@reume.org
to your contact list.

#getconnected #rcumc #email