



Cedar Grove UMC

5965 Deale-Churchton Road
Deale, MD 20751
410-867-7417
office@cgumc.org
www.cgumc.org

The Beacon February 2018



REACHING OUT, GROWING CLOSE, CHANGING LIVES THROUGH JESUS CHRIST

From the Pastor's Desk . . .

Office Hours

Monday	10:00 am to 4:00 pm
Tuesday	10:00 am to 4:00 pm
Wednesday	10:00 am to 4:00 pm

Please read the article below (and one inside this newsletter from Ingrid Quimby-High) about our challenge to everyone to fast during Lent 2018. In conjunction with this call to fasting I will be preaching on prayer during Lent because fasting is more than simply not eating, it is also about reaching out to God in prayer. Lent begins on February 14 with our Ash Wednesday service at 7pm (all regular activities are cancelled on that Wednesday). Also, don't forget that on the day prior, February 13, we are having our Shrove Tuesday Pancake Supper from 5pm to 6:30pm. Come out and join us for this time of food and fellowship.

LENT 2018

CHRIST DID NOT SAY,

"IF YOU FAST," BUT RATHER, "WHEN YOU FAST..." - Matthew 6:16

This year during Lent we are going to challenge everyone to consider doing a Lenten Fast. Of course many of us every year do the basic Protestant fast of giving up some favorite food during Lent. We want to encourage you this year to not only do that, but to consider a greater commitment to fasting this year. Fasting is by definition not eating food for a certain designated length of time.

Before I go any further with this, if you consider doing one of these fasts other than the 'give up my favorite food' fast and **you have health issues you need to consult your doctor** before doing so. Further, fasting is about your walk with God, not showing off to others or showing people how you are willing to suffer for God, but rather by denying yourself physical sustenance and focusing on God spiritually to grow in your Christian walk and faith. We are encouraging only a food fast, **please drink water and other fluids** particularly if you do the lunch fast or breakfast to dinner fast. Finally, remember that Lent does not include Sundays, but if you feel so led you can continue your fast on Sundays or you can take a break because every Sunday is a day of celebration, celebrating that Christ is Risen!

The Bible makes clear that we should fast voluntarily for one of three purposes, to repent of sin, to strengthen ourselves spiritually, and/or to seek God's direction in our life. We know that Jesus fasted at the beginning of His public ministry and encouraged Christians to do so after he died,

rose, and ascended into heaven (see Luke 5:33-35). As the title of this article so rightly puts it, fasting is not a question of 'if' but rather a question of 'when'. Fasting is a form of worshipping God like singing, prayer, etc... No exact fast is set in the New Testament for Christians. Traditionally Christians have done dawn to dusk fasts, several day fasts, and many variations. John Wesley considered fasting a means by which we can receive the grace of God. What matters is that you use your fast to seek to know God more fully, to feel His presence, to evidence your faithfulness to God, and for God to speak, move, and impact you. We intentionally move our focus from our physical need to our spiritual need. By completely focusing on the spiritual we make ourselves more open to God's presence. We would like you to consider four types of fasts, pick one (you could certainly also do a combination of #1 and either #2) and do it during Lent this year. The four fasts, going from easiest to more challenging are:

1. Traditional Lent fast of giving up a favorite food and committing to spend 5 minutes a day in prayer and Scripture reading.
2. To skip one lunch, one day a week and use the time you usually eat to spend time in prayer and Scripture reading.
3. To fast between breakfast and dinner every day of Lent. Use your lunch time to pray and read the Scripture.
4. To join Ingrid Quimby-High in doing the Daniel Fast (see her article in this newsletter for more information about this fast).

During your fast time, as you read the Bible and pray, repent of your sins, seek God's guidance, and let God be your strength and strengthener.

On February 11 (the Sunday before Ash Wednesday) we are going to have a poster of the Cross and four different colors of markers. Based upon which fast you are going to do we are asking you take a marker and make a small cross in that color. Finally, on Palm/Passion Sunday we will have a blank half-sheet of paper and we are asking everyone to share a sentence or two about how their fast impacted them. No names please! A selection of your responses will be shared in a future newsletter article.

If you would like to read more about fasting I recommend two books, [Fasting: A Biblical Historical Study](#) by Romara Dean Chatham (see my review in this newsletter) and [Key Principles of Biblical Fasting](#) by Kay Arthur & Pete De Lacy (this book is a self-directed, six week Bible study which you could use during Lent). In addition, I will be preaching during Lent about prayer which is a partner to fasting. I will be using the psalms, which are prayers, and other Bible passages to remind us how we should pray, what we should pray for, and why it is so important.

I hope and pray that every member/attendee of our church will take up a fast during Lent and allow God to mold them, guide them, change them, and empower them.

From your fellow servant of our Lord and Savior Jesus Christ,

Glen



CHURCH NEWS

Greeters, Ushers, Nursery Help, Chancel Area, Candles, etc. There are a lot of things that need to be done week in and week out that enable us to have a good worship service and be a good church. The Church Council would like a Sanctuary/Sunday Committee to be formed to help coordinate the various duties that need to be done each Sunday like greeters for each Sunday, additional ushers to help our Head Usher Spike Deale, to make sure the candles are ready, that chancel area cloths are changed, that we have people to help our nursery coordinator Courtney Roby, etc... Along with meeting a need we have as a church it will also create opportunities for people to serve the church. We need a person to lead this committee and we also need a small group, maybe two or three people to be on the committee. The pastor will be a part of this committee as well. This is a vital job that needs to be done but also one that needs no special skills other than a heart for God, a willingness to lead, and a desire to see our church be a welcoming church ready to meet the needs of those who come and worship here. If you have questions or are interested in leading or being on this committee, please contact Pastor Glen.

Scripture Readers on Sunday mornings! It has been great having some different voices read the Scripture on Sunday mornings. We would love to have even more voices. If you are interested there is a sign-up sheet in the narthex and if you do sign up we will send you the reading electronically or inform you over the phone as to what the reading is. If you find the reading to be too difficult (length or hard to pronounce names) you can always let Pastor Glen know you have changed your mind.

Church Weather Policy for Weekday Events. In the event of inclement weather, Cedar Grove will follow Anne Arundel County Public School's policy. If schools are on a two-hour delay, all morning activities will be cancelled. If schools dismiss early, all afternoon and evening activities will be cancelled. If schools are closed for the day, all activities scheduled for that day will be cancelled. *Note:* If a specific group makes the decision to meet, you will hear from your group leader. Otherwise, please adhere to the policy set forth.

Wednesday Night Dinners & Activities! Come out each Wednesday and join us for some good food and fellowship at 6pm and then stay after for women's Bible study, youth group, or kids group at 7pm.

Family Movie Night is Friday, February 9 at 7:00 pm in the Fellowship Hall. We will watch the "Lego-Ninjago Movie." Movie night is FREE and all ages are welcome! As always, our movie night snack bar will be open selling pizza, popcorn, candy, and sodas. Everything is \$1.00 or less. Hope you can join us for a fun evening! If you have any questions, please contact Stacy Crine at sweetbooboo16@aol.com.

Youth Group Winter Lock-In. Friday, Feb. 9 to Saturday, Feb. 10. *Save the Date!* More details coming soon. Check the Sunday bulletin and youth group email.

Our Shrove Tuesday Pancake Supper is Tuesday, February 13 at 5:00-6:30pm in the Fellowship Hall. Come enjoy some fellowship and homemade pancakes. For those that don't know, Shrove Tuesday is the day immediately preceding Ash Wednesday because it's the last day of "fat eating" before the fasting period of Lent. In the old days, because the families were giving up flour, sugar, and dairy products for the fast, the pancakes gave them the opportunity to use up all those products in the store that wouldn't last the 40 days. The word "shrove" comes from the word "shrive," meaning absolve. Which ties into Pastor Glen's preaching of fasting and prayer and self-reflection during Lent.

Ash Wednesday Service with imposition of ashes is February 14th at 7:00 pm in the Sanctuary.

FASTING FOR GUIDANCE

--Ingrid Quimby High

A few months ago, I found myself at increasing unrest - troubled about the division in our nation, concerned about a world at war and my husband deployed, and worried about our teens, especially our new driver! :)

I found myself troubled, but unable to do much to change a lot of the things that were troubling me. I continued to do my daily prayer and bible study, but felt like I needed to do something more in my spiritual walk. This is when the idea of a fast was born.

I did a lot of research and settled on the Daniel fast, after seeking counsel from Pastor Glen.

As Pastor Glen states in his article, there are three main reasons for fasting. I chose to fast to seek spiritual guidance, but as I fasted, I realized it was for a blend of all three reasons. I wanted to be strengthened spiritually and I couldn't do that without starting with repentance for my sins.

I also asked for prayers from our church family, as it was a source of strength for me, but also an extra level of accountability. I had chosen a 21-day vegan fast, which would challenge me more than I realized! (The book of Daniel talked about 2 fasts - a 10-day fast of vegetables and water (Daniel 1: 12-15), and a 21-day fast of no choice food (Daniel 10:2-3). Basically, no meat, no dairy, no sweet foods, no leavened breads, no coffee and no alcohol).

Let me be clear, this was NOT a diet. Sure, the ancillary benefit was weight loss, but the focus was spiritual. I know that for me. If this had been strictly a diet, I would have failed. Giving up coffee and dairy products for weight loss would have lasted no more than a few days for me!

This fast was difficult, but I found myself looking at food in a spiritual way for nourishment and being more intentional about my choices. I also used my cravings to pray and throughout the plan, I read the book of Daniel to draw strength and encouragement.

At the conclusion of my 21-day fast, I felt myself sleeping better again. Our country was still divided, my worries for my family were still there, but my outlook on it all had changed. I was turning over my worries to God much faster and felt that He had given me opportunities to witness to more people along the way.

I encourage everyone to try a fast. Pastor Glen's article outlines some options. The opportunity for spiritual guidance is heightened, when we allow ourselves to be nourished by the Word of God and not just food.

I look forward to being in prayer and fasting with many of you this Lenten season and I pray for God's continued guidance for Cedar Grove.



MISSIONS CORNER

The Mission we are highlighting this month is Cedar Grove's **Emergency Food Pantry**.

Our Emergency Food Pantry is a success! Since we began this ministry, we have provided groceries to over 40 families and individuals in need. For those unfamiliar with this ministry, we keep on hand at the church enough food to feed a family of 3-5 for a few days until they can get to a regular food pantry in the area. This pantry serves all who contact Cedar Grove with an immediate need for food, and does not replace our support of the SCAN Food Bank (if you have donations for SCAN you can leave them in the bin in the hallway from the Narthex to the Fellowship Hall).

If you have an emergency need for food or know someone in need, please call the office at 410-867-7417 or stop by during office hours which are Monday-Wednesday, 10am – 4pm.

Those who volunteer to purchase the groceries (the cost is about \$40.00 and would be donated by the volunteer) are contacted by the Church office on a rotating basis to purchase a list of grocery items (we provide the list and it is also posted on our website) and bring them to the church. When one set is given away we contact the next person on the list to shop and bring us a replacement for the food taken. Of course, if you are not able to help at the time you are contacted you can always say no and we will go to the next person on the list.

Thanks to all who have supported this ministry and purchased groceries for the pantry. If you would like to be added to the volunteer list or would like more information, please contact Pastor Glen or Carla Hultberg at the church office at 410.867.7417 or by email at office@cgumc.org.

Thanks!

FOOD PANTRY 2



BOOK CORNER



Fasting: A Biblical Historical Study

Romara Dean Chatham Bridge-Logos Pub. 1987 171pgs

When a few of us began to think that fasting would be a good theme for Lent this year I immediately wanted to read something on the topic. I was disappointed by how little I found on an academic level on this topic. Chatham's book looked the closest to what I was hoping for so I bought it and read it.

The first half of the book (90 pages) gives one a short but solid introduction to what the Bible (and Apocrypha) says about fasting and how people have fasted over the years. Chatham does a good job of distinguishing between Jewish and Christian practices, the different reasons for fasting, and how fasting has been popular and not so popular over the years.

Chatham strikes all the right points, fasting is voluntary. Fasting is between God and you and not about trying to impress others. Fasting is a spiritual practice where one can repent of sins, seek spiritual strength, seek spiritual guidance from God, and as all forms of spiritual devotion to be given as a sign to yourself of your devotion to God.

The remainder of the book gives a selection of personal reflections by people who fasted and how it impacted their lives and a number of documents of when fasts were called by the government including several by President Abraham Lincoln.

While desiring something a little more detailed, this book will lay out for you clearly what the Bible teaches about fasting and how the church has or has not fasted over the years. I recommend this book to anyone who wants to know more about fasting.

Pastor Glen Arnold

* * *



Cedar Grove UMC Women's Ministry Presents:

**FROM DARKNESS TO LIGHT
WOMEN'S RETREAT WEEKEND**

*Featuring Anita Gutschick from Women of the Bible
and Bible teacher, Joanne Guarnieri Hagemeyer*

**Friday, March 2, 2018 thru Sunday, March 4, 2018
At the Clarion Resort Fontainbleu Hotel
10100 Coastal Highway, Ocean City, MD 21842**

If you'd like to go on this fun retreat weekend, please complete a registration form as soon as possible. Cost is \$35 per person for the weekend (non-refundable). This fee is for the retreat program only and does not apply to your hotel stay. (Each attendee is asked to make their own hotel reservations at the hotel, see info below.) Please make checks payable to "Cedar Grove UMC Women's Ministry" and put "For Retreat" in the memo area. You may place the check with your completed registration form in the collection basket during Sunday Worship or you can mail it to the Cedar Grove office or to Diana Seen at 4923 Thomas Drive, Shady Side, MD 20764.

Please contact us if you have any questions:

Diana Seen: 443-618-9759, dianaseen4@comcast.net

Sharon Staley: 410-562-6646, sharonstaley@aol.com

Clarion Resort Fontainbleu Hotel Package Rates:

- Standard Double/Double: \$269
- Double Occupancy: \$155
- Triple or Quad Occupancy: \$125

The Package Rate is based on single, double, triple or quad occupancy. The package rate includes: 2 nights' accommodations in a standard double/double room, Saturday breakfast buffet, Sunday deluxe breakfast buffet, all taxes and service charge included.

Individual Reservations: All guests will be responsible for securing their own reservations. Please use the Clarion's toll free number, 800-638-2100 when making your reservations and request the special Cedar Grove UMC group rate.

Hotel reservations must be made by Feb. 2, 2018.

Hotel Policies: Check-In: 4:00 PM. Check-Out: 11:00 AM. Personal checks not accepted in hotel. 72-hour notice required on cancellations/changes. No refunds for early check-out.

REGISTRATION FORM

**FROM DARKNESS TO LIGHT
WOMEN'S RETREAT WEEKEND
FRIDAY, MARCH 2, 2018 THRU SUNDAY, MARCH 4, 2018**

REGISTRATION/TICKET FEE : \$35 PER PERSON FOR WEEKEND (NON REFUNDABLE). THIS IS FOR THE ACTUAL RETREAT PROGRAM, DOES NOT APPLY TO YOUR HOTEL STAY. PLEASE MAKE OUT CHECKS TO CEDAR GROVE UMC WOMEN'S MINISTRY WITH MEMO FOR RETREAT ALONG WITH THE FORM BELOW. YOU MAY PLACE IN COLLECTION BASKET ON SUNDAYS, MAIL TO CEDAR GROVE UMC, OR TO DIANA SEEN, 4923 THOMAS DRIVE, SHADY SIDE, MD 20764.

Register by Dec. 1st.

FEEL FREE TO CALL WITH ANY QUESTIONS!

**DIANA SEEN, 443-618-9759, dianaseen4@comcast.net
SHARON STALEY, 410-562-6646, sharonstaley@aol.com**



NAME: _____

ADDRESS : _____

EMAIL: _____

PHONE #: _____



CEDAR GROVE UNITED METHODIST CHURCH

5965 DEALE CHURCHTON ROAD, DEALE, MD 20751

CHURCH COUNCIL 2018

PASTOR

Glen Arnold

COMMITTEE CHAIRS

Finance Chairperson:

Betsy Weinkam

SPRC Chairperson:

Cindy Rothhaas

Trustee Chairperson:

Paul Seen

MINISTRIES

Lay Leader:

Greg Witte

Lay Members to Annual Conference:

Mike & Jeanne Haas

Martha Lydia Circle:

Linda Keiffer

Missions Representative:

Ingrid Quimby-High

Sunday School Superintendent:

Sharon Staley

Treasurer:

Bill Kline

Worship Coordinators:

Doug Sheidy &

Trish Blankinship

Women's Ministry:

Linda Keiffer

Men's Ministry:

Greg Witte & Will Seger

Youth Ministry:

Pam Foster

COUNCIL STAFF

Council Chairperson:

Jeanne Haas

Recording Secretary:

Diana Seen

Church Council At Large:

Kevin Roby

Those listed above represent you, the membership, on the Church Council. If you have a question, suggestion, comment, or concern, please contact the individual responsible for the area of interest. Of course, you may always contact the Council Chairperson or the Pastor with your concerns.

LAY LEADERSHIP (2018-2020)

SPRC	2018 Mitzi Roby, Steve Richardson, Mark Clay 2019 Cindy Rothhaas (Chairperson), Charlie Brown, Pam Smith 2020 Tina Bucolo, Karen Johnson, Shirley Reio <i>Currently meets quarterly.</i>
Trustees	2018 Howard Dew, Peggy L'Hommedieu, Will Seger 2019 Kevin Roby, Renee Power, Pam Morton 2020 Paul Seen (Chairperson), Jeff Brunk, Mike Haas Trustees elect their own chairperson. <i>Currently meets every other month.</i>
Nominations & Leadership Development	2018 Sharon Staley, Melinda Keenan 2019 Peggy L'Hommedieu, Marjorie Johnson 2020 Bill Kline, Diana Seen Pastor is permanent chairperson. <i>Meets two or three times late Summer/Early Fall and to fill vacancies mid-year.</i>
Missions	2018 Theresa Lumsden, Ingrid High (Chairperson) 2019 Pam Morton, Sandy Burns 2020 Mary Day, Julie McNamee <i>Currently meets quarterly.</i>
Finance	Betsy Weinkam (Chairperson), Bill Kline (Treasurer), Sharon Staley (Finance Secretary)
Membership Secretary	Carla Hultberg
Lay Leader	Greg Witte
Lay Members to Annual Conference	Mike & Jeanne Haas
Church Council Chairperson	Jeanne Haas
Church Council Secretary	Diana Seen
Church Council At Large	Kevin Roby



Cedar Grove UMC Events/Meetings Calendar

FEBRUARY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:00 pm —FHall YOGA Relax 7:00 pm —Sanc. Praise Team	2	3 9:00 am —FHall YOGA Stretch
4 9:00 am —Adult Sunday School 10:00 am —Worship Service 10:00 am after the children's msg —K-5th Sunday School (& pre-k child care)	5	6 10:00 am —FHall Bible Study (Led by Pastor Glen) 6:00 pm —FHall YOGA Stretch	7 6:00 pm —FHall Community Dinner 7:00 pm —Ed Ctr Youth Group 7:00 pm —FHall CGKidz 7:00 pm —Parlor Women's Bible Study	8 12:00 pm —FHall Chesapeake Ramblers Meeting 6:00 pm —FHall YOGA Relax 7:00 pm —Sanc. Praise Team	9 7:00 pm —FHall Family Movie Night. <i>Showing</i> <i>the "Lego-</i> <i>Ninjago Movie"</i> -Youth Group Activity & LockIn	10 -Youth Group LockIn Ends 9:00 am —EdCtr YOGA Stretch
11 9:00 am —Adult Sunday School 10:00 am —Worship Service 10:00 am after the children's msg —K-5th Sunday School (& pre-k child care)	12 10:00 am —Parlor Martha Lydia Circle Meeting	13 10:00 am —FHall Bible Study (Led by Pastor Glen) 5:00-7:00 —FHall Shrove Tuesday Pancake Supper 6:00 pm —FHall YOGA Stretch	14 7:00 pm —Sanctuary Ash Wednesday Service w/ imposition of ashes <i>Ash Wednesday</i>	15 6:00 pm —FHall YOGA Relax 7:00 pm —Sanc. Praise Team	16	17 9:00 am —FHall YOGA Stretch
18 9:00 am —Adult Sunday School 10:00 am —Worship Service 10:00 am after the children's msg —K-5th Sunday School (& pre-k child care) 12:00 pm —Kitchen Prepare Homeless Meals 5:45 pm —Ed Ctr Meet- Homeless Trip <i>1st Sunday in Lent</i>	19 10:00 am —FHall Women of the Bible Class <i>Presidents Day</i>	20 10:00 am —FHall Bible Study (Led by Pastor Glen) 6:00 pm —FHall YOGA Stretch 7:00 pm —Ed Ctr Women of the Bible Class	21 9:00 am —PLot Chesapeake Ramblers Depart for Trip 6:00 pm —FHall Community Dinner 7:00 pm —Ed Ctr Youth Group 7:00 pm —FHall CGKidz 7:00 pm —Parlor Women's Bible Study	22 6:00 pm —FHall YOGA Relax 7:00 pm —Sanc. Praise Team	23	24 9:00 am —FHall YOGA Stretch
25 9:00 am —Adult Sunday School 10:00 am —Worship Service 10:00 am after the children's msg —K-5th Sunday School (& pre-k child care) <i>1st Sunday in Lent</i>	26 5:00 pm — Lighthouse Shelter Dinner Mission (Meet at Shelter)	27 10:00 am —FHall Bible Study (Led by Pastor Glen) 6:00 pm —FHall Yoga Stretch 7:00 pm —Ed Ctr Church Council Meeting	28 6:00 pm —FHall Community Dinner 7:00 pm —Ed Ctr Youth Group 7:00 pm —FHall CGKidz 7:00 pm —Parlor Women's Bible Study			