

# The Valley Voice

Our Mission:  
to Make Disciples of Jesus

MtJacksonUMC.org

Mt. Jackson United Methodist Church

March 2023

## Ash Wednesday Dusts Off Some Lenten Traditions

Lent is a 40-day season of preparation for Easter. It is a season of self-denial, prayer, and reflection. This year it began on Feb. 22 with *Ash Wednesday*. The service reminded us that life is short, like *dust in the wind*. So, we should make the best use of our time by focusing on knowing and serving God.

This spiritual pilgrimage will continue as we gather for *Soup, Sandwich, and Study* in our Social Hall on all five Thursdays in March, 6-8 pm. We'll explore how we can deepen our friendship with God.

Then, we will hold a *Maundy Thursday* service at Quicksburg UMC, 7 pm; and a *Good Friday* service at Mt. Jackson, 7 pm. Join the journey that leads to the death of a Savior...only to discover that life has just begun.



### Rise Against Hunger Event

by Cindy Crosby

It's almost time for our *Rise Against Hunger* Event on (Sat.) March 25<sup>th</sup>. We need at least 30 people to participate. Participants are expected to be there from 8:30-11:30. What a great time we will have filling the meal packages, listening to great music, and having wonderful fellowship as we work side by side to feed 3rd world families. **Don't wait!** The deadline for sign-up is Sunday, March 19<sup>th</sup>. Please email Cindy at [crosby10@verizon.net](mailto:crosby10@verizon.net) or call her at 703 785-1120, if you have questions.

### Spaghetti Dinner

March 4th, 4 pm—until

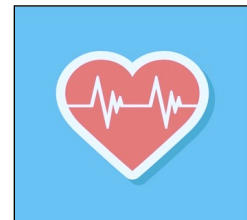
Gather around the table for a spectacular menu of Spaghetti, Salad, Garlic Bread, Dessert & Drink. It's the Spaghetti Dinner our community knows well. The cost is \$11. for adults, and children 12 & under eat FREE! Proceeds will benefit Earthquake Relief. So, eat well, eat together, and help those in need.





## Faith Community Nursing Ministry

by Catherine Ambrose



### From the Pastor...

James Moore, a United Methodist pastor, was sitting with some friends discussing the great music entertainers of their time when someone asked, "What is it about Ray Charles that made him so special?" Another person replied, "Some folks feel the rain; others just get wet." There is something about that statement that sticks with me. "Some folks feel the rain; others just get wet." It reminds us that as followers of Jesus, we always have a choice in how we view our lives. We can smell the roses or complain about the thorns. We can enjoy a beautiful sunset or dread the coming darkness that might follow it. We can celebrate life or we can just endure it. So, when it comes to your life, which best describes your attitude? Do you feel the rain or do you just get wet?

(Psalm 118:24) *This is the day that the Lord has made; let us rejoice and be glad in it.*

Look at *who* made your day. We will face trials and tragedies. We don't rejoice over the tragedies. We rejoice that the Lord is Lord of our day. Here are four ways we can FEEL the rain when it comes:

- F—Fight fear with faith in the God's goodness.
- E—Express thanks for what God's done in the past.
- E—Expect God to bring good out of your troubles.
- L—Look for blessing in the midst of the messing.

Choose to *feel* the rain...not just get wet.

**The Valley Voice** is a monthly newsletter of Mt. Jackson United Methodist Church. All articles or photos for the next issue should be submitted to Pastor Lee by the 20th of each month. Email it to [leecrosby@vaumc.org](mailto:leecrosby@vaumc.org). Use the same address to be put on our email list.

### Community CPR Class

Interested in learning how to save a life? In partnership with Robin Tusing, nurse educator at Valley Health, we will be offering a **FREE** community CPR/AED class on **Sunday, April 23, 2023** at **1 pm** with light fare provided in between the church service and the start of class. This class does not provide a certification, but DOES provide lifesaving knowledge including how to perform adult & child CPR, rescue breathing, choking relief, and use of an AED.

The class itself should last approximately an hour, is open to anyone in our faith community, and each participant will receive (for keeps!) a practice kit as well as a copy of the DVD used in the class. There is a sign-up sheet located on the Parish Nursing Board in the hallway beside the social hall; if interested, please sign up **no later than Sunday, March 26th**. Please reach out to Catherine Ambrose (703-606-5224) with any questions. Hope to see you there!

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### Transportation Assistance



**Need a ride?** If anyone is in need of a ride to medical appointments, grocery store, church, etc. know that there are friends you can lean on and we are closer than you think. There is a list of individuals who are willing to help provide rides, located on the main bulletin board in the hallway. Please reach out to anyone on this list and we would be happy to help as available. If you are interested in providing a ride to someone, please add your name to the list and know that this is greatly appreciated.



# UNITED METHODIST MEN

by Bobby Clark

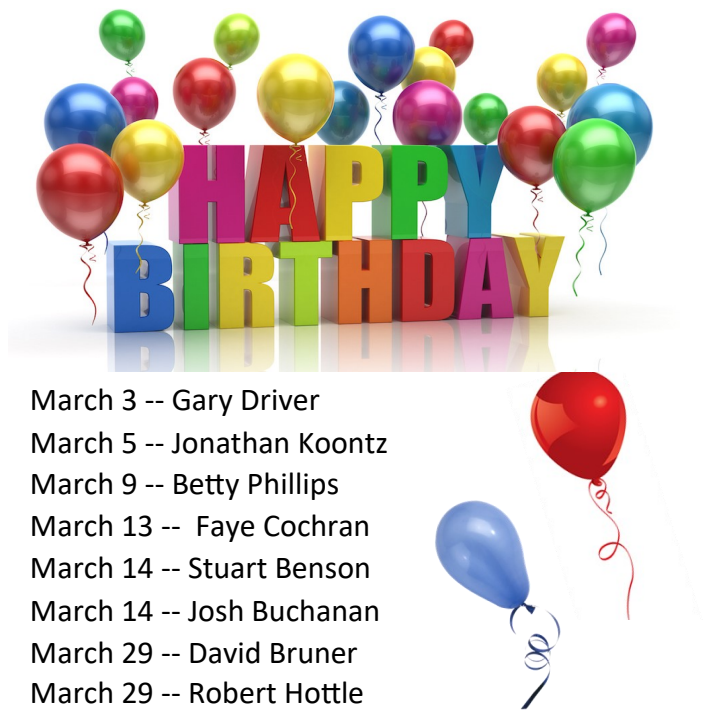
## A place for excellent food, fun, and fellowship!

The United Methodist Men of the Mt. Jackson and Quicksburg UM Charge met 2/15/23 with 18 members. We ate a superb chicken meal prepared by the women!

Wendell Cochran gave a presentation highlighting a few stories from his career as an ag reporter in Iowa. Interesting stories included a time when he reported farmers were anticipating high yields and a drought hit; the Grain Embargo in the 1970's that ruined crop prices; and the evolution of Roundup Resistant Crops.

In regard to the Spaghetti Supper planned for March 4; both men and women's groups decided that proceeds would go to World Central Kitchen for Earthquake victims in Turkey and Syria.

The "Touch-A-Truck" event scheduled for June 3 is still being planned.



## Financial Report

by Faye Cochran

January 2023

|                     |                    |
|---------------------|--------------------|
| General Fund Income | \$ 9,827.56        |
| Expenses            | <u>\$16,584.80</u> |
| Difference          | <b>\$-6,757.24</b> |

|                   |           |
|-------------------|-----------|
| Designated Giving |           |
| Health & Welfare  | \$ 48.00  |
| Building Fund     | \$ 120.00 |
| Food Pantry       | \$ 10.00  |
| Scholarship       | \$ 10.00  |

## Daylight Savings Begins



Daylight Savings begins on Sunday, March 12th. So, set your clocks forward one hour, and be ready to *spring forward* in spirited worship. Expect God's presence in power!