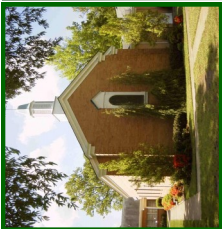




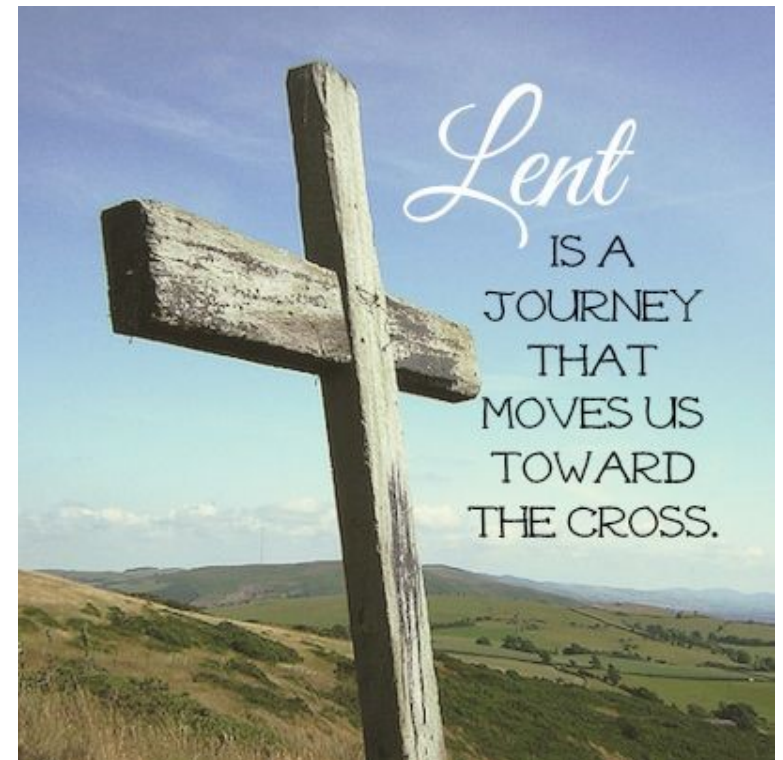
Aldersgate United Methodist Church
5767 Sellger Drive
Norfolk, Virginia 23502-5239



March, 2023

Vol. 26 Issue 3

**Join Us each Sunday morning
at 11 AM**



We will take the journey together



During this Lenten season, let us contemplate what we would ask God if we interviewed Him.

AN INTERVIEW WITH GOD

"Come in," God said to me, "So, you would like to interview Me?"

"If you have the time," I said.

God smiled and said: "My time is called eternity and is enough to do everything; what questions do you have in mind to ask me?"

"None that are new to you. What's the one thing that surprises you most about mankind?"

God answered: "That they get bored of being children, are in a rush to grow up, and then long to be children again.

That they lose their health to make money and then lose their money to restore their health.

That by thinking anxiously about the future, they forget the present, such that they live neither for the present nor the future.

That they live as if they will never die, and they die as if they had never lived... "

God's hands took mine and we were silent. After a long period, I said,

"May I ask you another question?"

"As a Parent, what would you ask your children to do?"

God replied with a smile:

"To learn that they cannot make anyone love them. What is important is who they love.

To learn that it takes years to build trust, and a few seconds to destroy it.

To learn that what is most valuable is not what they have in their lives, but who they have in their lives.

To learn that it is not good to compare themselves to others. There will be others better or worse than they are.

To learn that a rich person is not one who has the most, but is one who needs the least.

To learn that they should control their attitudes, otherwise their attitudes will control them.

To learn that it only takes a few seconds to open profound wounds in persons we love, and that it takes many years to heal them.

To learn to forgive by practicing forgiveness.

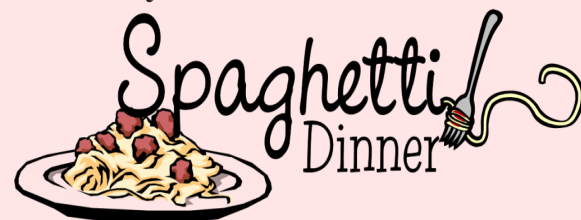
To learn that there are persons that love them dearly, but simply do not know how to show their feelings.

To learn that money can buy everything but happiness.

(cont. pg 3)

Invite a friend, neighbor to our weekly **FREE**

Community



Thursdays at 5:30 PM

The Aldersgate Experience

Aldersgate United Methodist Church
"Making Disciples of Jesus Christ"

5767 Sellger Drive, Norfolk, Virginia 23502

Phone: 757-466-8999 Fax: 757-466-8999

Pastor: 1-678-463-9334 –cell

Email: joyce@aldersgateumcnorfolk.hrcoxmail.com

Web page: www.aldersgatenorfolk.org

"Like" us on Facebook

Bishop.....Rev. Susan Hauptert-Johnson

District Superintendent...Rev. Dr. Cecelia Brooks

Pastor..... Rev. Bertrand Griffin, II

Lay Leader..... Kathleen O'Hara

Minister of Music..... Dr. Christina Pinkston

Church Secretary..... Joyce Russo

Office Hours.....9 AM--1PM—Monday-Thursday

Sunday School.....9:30 AM

Worship Service/Kid Zone...11 AM

Music Rehearsals— 6 PM Wednesdays

Some clipart and quotes used with permission only



SPRINGTIME SNACKS



Whip up a plate of these cute, healthy treats!

What you need:

- Celery sticks
- Cherry tomatoes
- Cucumber circles
- Olives
- Cream cheese spread
- Fresh basil leaves (optional)
- Adult help

What you do:

1. Have an adult help you wash and cut the veggies.
2. Spread cream cheese inside the celery rods.
3. Place a cucumber circle upright in the cream cheese to make a bug body.
4. Add the tomato as a head.
5. Arrange basil leaves on a plate and place the veggie bugs on them.
6. Making different-shaped bugs with your favorite veggies. Enjoy!



A seasonal reminder

Signs of spring remind us of God's promises.

Directions: Use the picture code and clues to complete Isaiah 61:11, NIV.

- | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> plants grow here to coil and jump (also a season of the year) to expand and get bigger | <ul style="list-style-type: none"> seeds are planted in this when watered, these make plants another word for seedling |
|------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|

For as the _____ makes the _____

come up and a _____ causes

_____ to _____, so the

Sovereign LORD will make righteousness

and praise _____ up before all nations.

ISAIAH 61:11, NIV

Answers: soil, sprout, garden, seeds, grow, spring



To learn that while at times they may be entitled to be upset, that does not them the right to upset those around them.

To learn that great dreams do not require great wings, but a landing gear to achieve.

To learn that true friends are scarce, he/she who has found one has found a true treasure.

To learn that it is not always enough that they be forgiven by others, but that they forgive themselves.

To learn that they are masters of what they keep to themselves and slaves of what they say.

To learn that they shall reap what they plant; if they plant gossip they will harvest intrigues, if they plant love they will harvest happiness.

To learn that true happiness is not to achieve their goals but to learn who they are through striving towards them.

To learn that happiness is a decision. They decide to be happy with what they are and have, or die from envy and jealousy of what they lack.

To learn that two people can look at the same thing and see something totally different.

To learn that those who are honest with themselves without considering the consequences go far in life.

To learn that even though they may think they have nothing to give, when a friend cries with them, they find the strength to appease the pain.

To learn that by trying to hold on to loved ones, they very quickly push them away; and by letting go of those they love, they will be side by side forever.

To learn that even though the word "love" has many different meanings it loses value when it is overstated.

To learn that they can never do something extraordinary for Me to love them; I simply do.

To learn that the shortest distance they could be from Me is the distance of a prayer."

--Author Unknown--



Bunny Breakfast registration form

Lay Ministry for the month

Calendar updates,
new directory information

And much more!



ANNUAL BUNNY BREAKFAST AND EASTER EGG HUNT

Saturday, April 1st
9:00 AM

All are invited—friends, relatives, neighbors
Infants—5th Grade -

Donations of wrapped candies, small toys, and cash appreciated

WE'RE BACK!

This event is the one of the times we can reach out to the community's children. They have such a great time hunting for the eggs and seeing the Easter Bunny(sometimes). So I hope you will help support this event. We will need volunteers to help with setting up tables, kitchen helpers and egg hidiers as well as supervise the children when they hunt for the eggs.

Consider VOLUNTEERING I promise you won't be sorry . I thank you in advance I'll be waiting to hear from you. Barbara Harrell

Cut Me Out!

Reservations required—
Deadline 3/22/23

Name _____

No. of Children _____

Ages of Children _____

No of Adults _____

Call 757 466-8999 or drop in the
offering plate



**Aldersgate UMC and Heritage UMC
Presents**

“A Reenactment of the Last Supper”

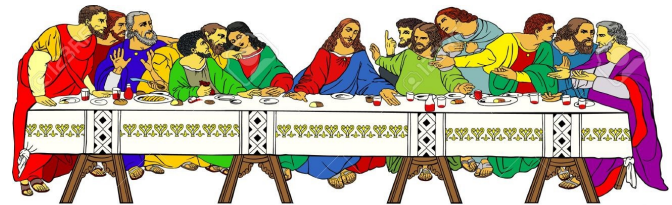
6 PM

Thursday, April 6th

Service will be at Aldersgate UMC

Members of both congregations will be participating in this special Maundy Thursday Service.

You won't want to miss this!



Aldersgate Family,

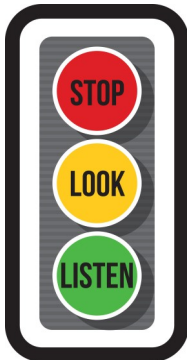
thank you so much for all the calls, cards
and meals you gave to our family during this sad time.
All of you have been such a comfort to us. thank you
the Harrell Family

**NEWS FROM
THE PEWS**

Millie and Michele and all the ladies and men who helped to make the reception, after the memorial service for Ollie, an uplifting occasion. I can not thank you enough for all you did to help us on this day.

the Harrell Family- Barbara, Stephanie, Daniel

THANKS
from the
HEART



Why should we observe Lent?

This 40-day season of repentance and reflection that began on Ash Wednesday has three important purposes.

Lent helps us STOP, LOOK and LISTEN.

We observe Lent because it tells us to STOP and rest awhile — and to stop sinning. Lent tells us to LOOK inward for an honest self-examination, to look upward to see the cross of Jesus with healing and love, and to look forward to the hope of the Resurrection. And we observe Lent because it tells us to LISTEN — to the voice of God, the words of Christ and the movement of the Holy Spirit.

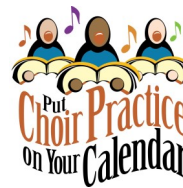
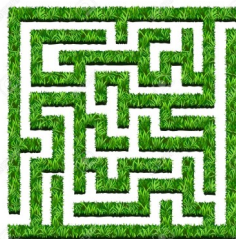
STOP, LOOK and LISTEN! These commands that are so crucial for travel safety are also important for our journey through Lent.

This year during Lent, Aldersgate will focus on prayer using a finger labyrinth.

Each Sunday you will pick up a maze when you pick up your bulletin.

Everyone will be a participant in this prayer style of worship. You will use your finger to go through the maze during special prayers.

At the end of the service you will leave your labyrinth on the table in the Narthex. They will be sanitized and will be ready for the next Sunday's service.



Notes from Our Music Ministry Schedule for March

Wednesday 3/1 6 PM Choir Rehearsal
Wednesday 3/8; 3/15; 6 PM Choir Rehearsal
Wednesday 3/22 No Choir Rehearsal
Wednesday 3/29 6 PM Rehearsals resume

We are always accepting new members—interested?? Contact Dr. Christina Pinkston at

<director@aldersgateumcnorfolk.hrcoxmail.com>

The Aldersgate Choir
requests your presence
for its special musical program



“An Easter Mini-Concert: Sermon in Song“

Palm Sunday, April 2, at 11:00 A.M.

The Instrumental Prelude will commence at 10:45 A.M.; the concert will follow thereafter. Bring your friends, family, and neighbors! Support your choir!

Fill the sanctuary with worshipers and music lovers! Let's “Praise the Lord!”

**The church office is
currently working on new
directories.**

**Please call or email the office if
any of your information has
changed: email, phone number, etc.
thanks**





Birthdays

3/18 Kevin Floyd
Jo Beth Strong
3/30 Marguerite Windley

3/27 Arthur Wallace
Norma Tipora

Anniversaries

3/26 Mike and Joyce Russo



Remember in Prayer

Home: Jimmie and Carolyn Powers, Pastor Lee
Crosby, Ruth (a friend), Ronnie Griffin

Any of our church family who are at home and still
not able to attend worship in-person

Those in our church family who are in the hospital, having tests or
just not feeling well.

Those who have lost family or friends.

The United Methodist church international;
Our Bishops and District Superintendents as they continue to make
decisions with our safety in mind.

If you know of others in the congregation who need to be included
on this prayer list, please call the church office.



Newsletter Deadline

Wednesday, March 15th
for the April issue.



You do not have to wait until the deadline to submit your
articles. You can email the office at any time or leave it on my
desk....



Ushers

Diane Willis, John Floyd

Counters

3/5 Millie Hanson, Gary Albertson
3/12 Neal Windley, Michele Floyd
3/19 Kevin Floyd, Diane Willis
3/26 Greg Dziagwa, Jimmie Powers
4/2 Debbie Supper, Bill Bunch



Lawn Maintenance



3/6 Team 1
3/13 Team 2
3/20 Team 3
3/27 Team 1
4/3 Team 2

Trash Duty—Guy Willis, II

Calendar Highlights



3/1; 8; 15; and 29 6 PM Choir Rehearsal

3/2; 9; 16; 23; and 30 5:30 PM Spaghetti Dinner

3/7 6 PM Vision Team Meeting
7 PM Elizabeth Park Civic League Meeting

3/11 Before going to bed—set clocks ahead

3/13 7 PM RFS/WM/EP Civic League Meeting

3/21 7 PM Finance/Administrative Board Meeting

3/23 6:30 PM Healthy Journey Meeting

3/28 10 AM Helping Hands Meeting



Financial Stats for January, 2023:

Income: \$14,750.76
Expenses: \$12,979.66
Difference: \$ 1,771.10

Year to Date Income/Expenses:

Income: \$14,750.76
Expenses: \$12,979.66
Difference: \$ 1,771.10

December Dedicated Offerings:

Communion: \$ 50.00
Post Office: \$ 22.00
Memorials: \$ 1,015.00

It's that time of year again...

Time to



Turn Your Clocks AHEAD one hour on

Saturday, March 12th!



Thanks so much for all of the generous donations of towels and blankets for our canine friends.

Because of you those special pups have dry, warm beds.

The church Office



Why? or Why Not!

As Christians we are often asked "Why do you go to church?" My reply most of the time is "Why Not!"

This often opens up the conversation for lots of whys and why nots. It puts the non-church goer a little at ease to be able to speak freely. It also gives me an opportunity to state my case for why it is important to me to go each Sunday.

Most people are put off if you start lecturing them on why don't they go to church-they think that they are going to be judged or have to defend themselves. By putting them at ease in the beginning you have time to talk candidly about the reasons why you do go each Sunday morning and why it is so important to you.

If you get asked "why are you always at church?" What will your answers be? Will you be able to express how important it is for your spiritual being or will you give all the usual excuses.

Think about it...How important is it for you to let someone know how faith makes your life easier each week. I recently purchased a sign that puts it into perspective—"Faith does not make things easy; it makes things possible" Luke 1:37

Maybe this would be a good topic to start with the next time you are asked "Why do you go to church?"...

JR

