

# Sermon Themes and Scriptures

<p><b>Date:</b> March 1, 2020  <b>Title:</b> Selah - Life in a Minor Key  <b>Theme:</b> Happy Are Those  <b>Purpose:</b> Lent seems to call for something a little more somber, reflective, and inward looking.  <b>Old Testament:</b> Genesis 2:15-17; 3:1-7  <b>New Testament (Epistle):</b> Romans 5:12-19  <b>New Testament (Gospel):</b> Matthew 4:1-11</p>	<p><b>Date:</b> March 8, 2020  <b>Title:</b> Selah – Life in a Minor Key  <b>Theme:</b> Going Out and Coming In  <b>Purpose:</b> It's only week two in Lent; there's a long road ahead of us. Yet, if we're not careful, we can begin to stop paying attention.  <b>Old Testament:</b> Genesis 12:1-4a  <b>New Testament (Epistle):</b> Romans 4:1-5, 13-17  <b>New Testament (Gospel):</b> John 3:1-17</p>
<p><b>Date:</b> March 15, 2020  <b>Title:</b> Selah – Life in a Minor Key  <b>Theme:</b> Worship and Bow Down  <b>Purpose:</b> We enter the worship space and nothing else matters but the community who gathers and the God we worship.  <b>Old Testament:</b> Exodus 17:1-7  <b>New Testament (Epistles):</b> Romans 5:1-11  <b>New Testament (Gospel):</b> John 4:5-42</p>	<p><b>Date:</b> March 22, 2020  <b>Title:</b> Selah – Life in a Minor Key  <b>Theme:</b> In Right Paths  <b>Purpose:</b> Of all the songs in the hymn book of the people of God, the 23rd Psalm is probably the most beloved.  <b>Old Testament:</b> 1 Samuel 16:1-13  <b>New Testament (Epistles):</b> Ephesians 5:8-14  <b>New Testament (Gospel):</b> John 9:1-41</p>
<p><b>Date:</b> March 29, 2020  <b>Title:</b> Selah – Life in a Minor Key  <b>Theme:</b> Out of the Depths  <b>Purpose:</b> Psalm 130 provides a proper ending to the series and an anticipation of what is to come.  <b>Old Testament:</b> Psalm 130  <b>New Testament (Epistles):</b> Romans 8:6-11  <b>New Testament (Gospel):</b> John 11:1-45</p>	<p><b><u>Sunday's Service Information</u></b>  <b>Traditional Service</b> – For those that love that “Old Time Religion”, we have a traditional worship service that meets every Sunday at 8:30 am.  <b>Blended Service</b> – Not too bold, not too mild...just right. Our Blended service combines the best of our traditional and contemporary worship services. The Blended service is every Sunday at 10:30 am. There is also Children's Church available for kids K through 5<sup>th</sup> grade and a nursery for infants and toddlers.</p>

## Church Contacts

Phone: 305-852-2581, Fax: 305-852-4917

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Administrative Assistant: [bae\\_bmumc@att.net](mailto:bae_bmumc@att.net) Web Site: [www.BMUMC.net](http://www.BMUMC.net)

Office Hours: Monday – Thursday: 9:00 am to 4:00 pm. Friday – Office Closed.

## Newsletter and Bulletin Deadlines

We have a lot of ministries and events going on at Burton and it is important to get the word out regarding them. So, please remember the *deadline for getting information into the weekly bulletin is on Wednesdays. The deadline for monthly Beacon articles is the 20 of each month.* Please send all information that you want placed in the bulletin or in the Beacon to the office at [bae\\_bmumc@att.net](mailto:bae_bmumc@att.net)

DON'T MISS  
THE DEADLINE!

## March Birthdays:

## March Anniversaries:

	<u>DAY</u>		<u>DAY</u>		<u>DAY</u>
Shannon Premaza	6 <sup>th</sup>	Liz Baker	22 <sup>nd</sup>		
Lou Ward	14 <sup>th</sup>	Kyle Gonsalves	23 <sup>rd</sup>		
Linda Lillo Norman	15 <sup>th</sup>	Katie Holly	23 <sup>rd</sup>		
Carlene Jarboe	18 <sup>th</sup>	Edna Waldorf	24 <sup>th</sup>		
Lawrence Beerkircher	20 <sup>th</sup>				



# The Beacon

*a monthly newsletter publication of Burton Memorial UMC*  
**March 2020**

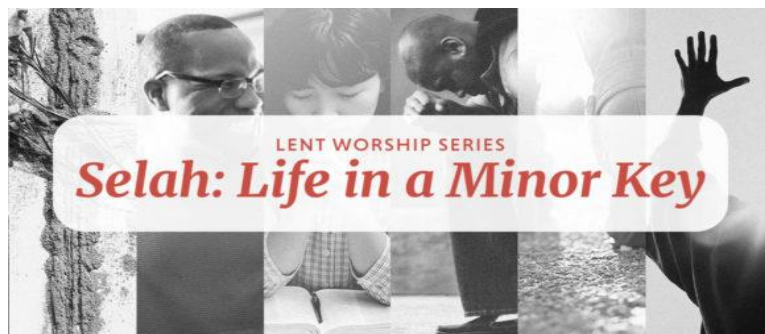
## **Kerry's Corner**

During the season of Lent, we are encouraged to engage in a Season of Selahs. Throughout the Book of Psalms, we encounter this Hebrew term at least seventy-one times. It even appears three times in Habakkuk. While the word has not been definitively defined in scripture, the placement of the word suggests a shift, pause, break, or interruption; it suggests exhaling or resting from routine activities.

It is thought that the “Selah” functions much like a musical rest. This describes how we should understand our posture throughout the forty days of Lent. Christians are urged to refrain from business as usual in order to attend to the body, spirit, mind, soul, and heart. It is a time set aside for worshipers to connect their faith walk with the ways in which they live, move, and have their being throughout daily life. Thus, the trajectory for the Lenten journey is a renewed spirit and a genuine desire to become an incarnational presence in the world.

The Book of Psalms provides myriad examples of how these connections are made. Similarly, the African American Spiritual follows patterns that begin with suffering and end with positive, faith-filled notes of Glory, Hallelujah!! How is this possible? The African ancestors posit, “The Spirit will not descend without a song.” Song has always played a vital role in human life. In every part of history and/or cultural context, communities have depended upon a unique soundtrack; songs in the key of life that express a full range of human emotion:

**Lament/Joy**  
**Trust/Lack of Trust**  
**Thanksgiving/Unforgiveness**  
**Praise/Regret**  
**Complaint/Empathy**  
**Cries for Help, Love, Support**  
**Contemplation/Anxiety**  
**Hope/Hopelessness**



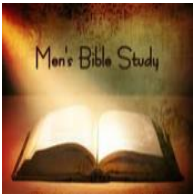
The apostle Paul encourages followers of Christ to . . . be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the [Creator} at all times and for everything in the name of our Lord Jesus Christ (Eph. 5:18-20, NRSV).



## **SELAH- Taking a Rest: Monday Morning Prayer Time**

Be still, and know that I am God. The only way you can be silent around God is if you're comfortable in His presence. OR if you want to LEARN to be comfortable in His presence. You see, the way to learn to be truly comfortable around God is to start practicing being quiet in His presence.

**During this Lenten Season,** We want to invite you to start the practice of being still before God. Every Monday from 8:00 am to 10:00 am we are opening up the sanctuary for a time of prayer and silent meditation. Consider it a way to kick off the work week putting God first and seeking God's direction.



## Bible Study Groups

*The Men's Bible Study Group meets on Wednesday mornings at 8:00 am in the Fellowship Center. This is a time of fellowship, study, and breakfast. We cover current topics in light of Biblical understanding and truth. The Women's Bible Study meets on Wednesday mornings at 9:30 am in the Joy Classroom, studying "Making God Smile."*



## Membership and Information Class

If you would like to discover more about Burton Memorial United Methodist Church and what it means to be a member of the United Methodist Church, ***please contact Pastor Kerry to set up an appointment.*** Call or text him at 305-407-7040 or email him at [kmf\\_bmumc@bellsouth.net](mailto:kmf_bmumc@bellsouth.net).

## Choir News

Carlene Jarboe

Now that it is lent, it is a good time to give up sitting in the congregation and come share your skill in service to the congregation. It is a great time to add a new habit that benefits you and others. There is plenty of scientific proof that singing is good for your body and spirit. Just ask anyone in the chancel choir how much we enjoy our time together. We are one small, happy choir family. We always have room for more so please consider joining us in the fun and service to the church.



Our next performance will be April 19. Our last performance before summer break will be on May 3 at our 9:45 am ***one service***, communion/pot luck lunch. If you would like to join our choir family, we practice on Wednesdays at 7:15 pm. No experience is necessary, no tryouts, just come and enjoy! If you need more information, please call me at 301-655-0522 or email me at [dcjarboe@gmail.com](mailto:dcjarboe@gmail.com).

## Ringling News



***We have a new beginner bell opportunity! Join us on Wednesdays at 4:30 pm for Beginner Hand chimes.*** Our beginner handbell/chime ministry is looking for a few more new ringers. We would love to have a few more. New ringer practice is from 4:30 pm to 5:30 pm for chimes every Wednesday in the sanctuary. Ringing techniques and basic music education are provided. No experience necessary. God offers the BEST benefit package around! Come and join the bell choir.

***The Burton Ringers are rehearsing on Wednesdays at 5:30 pm in the sanctuary.*** We are always seeking new ringers. If you have handbell/music experience we would love to have you. See any bell choir member or director RaeLeigh Gonsalves for more information.

***The KidsRing Choir is chiming OUT this month – we will see you all in May.*** Thanks to all the great chimers for their hard work and dedication. We are so excited about all our Children's Arts Ministries!

## Flower Calendar

***The Flower Calendar for 2020 is ready for you.*** Please consider placing a flower arrangement or orchid on the altar in memory of a loved one, in honor of someone or something (such as a ministry or event) or to the Glory of God. In 2020 we will not have altar flowers on Communion Sundays – the Sacrament will be our focus. The year is completely open so sign up. Cost is \$20.00 per arrangement. The calendar is in the Narthex or you can contact the church office. Please, only two arrangements per Sunday.



## Rummage Sale Thank You

A big thank you to all wonderful people who donated, all the volunteers that sorted and priced, and EVERYONE who came to buy – YOU ALL made our rummage sale a success! It truly is humbling to see our church come together like this. Thanks also to the bell choir for their yummy breakfast!

## College Ministry

by Barbara Koch, College Ministry Coordinator

The following students are currently enrolled for this college term:

James and Jacob Kirkman, Kyrié Foote, Makenzie Wright, Kayla Lynn de Vroedt, Daniel Walker and Brooke Peacock. Please keep them in your prayers as they undergo midterms.



## Palm Crosses

We will be making palm crosses on Saturday, April 4th, starting at 9:00 am in the Fellowship Center to be handed out on Sunday, April 5, for the Palm Sunday service. If you do not know how to fold Palm crosses, do not worry. We will have “experts” on hand to teach you. . Come out and join in the fun and fellowship.

## Acrylic Painting Workshop

On Sunday, March 29, from 1:00 pm to 4:00 pm in Burton’s Fellowship Center, the United Methodist Women are sponsoring a painting workshop led by Monica Bankowski. Monica is an art teacher with over 40 years of experience. She is furnishing all the materials and the instructions to create an 8 by 10 canvas panel painting during the session. The subject matter will probably be daisies. All participants will leave the session with a completed painting. Cost per person is \$25. Refreshments will be served by the United Methodist Women.



Space is limited to 25 people and is not restricted to women so please reserve your space early to ensure you get a spot in this workshop, which is sure to be very popular. Workshop profits are designated by the United Methodist Women for local mission projects in the Keys. So now, if you are feeling badly that you have to miss our fundraising tea on March 22, you have another chance to support mission work with the added benefit of discovering just how hidden your artistic talents have been. Call Barbara Koch (716-913-1061) to make a reservation.

## We Need Candy

We need wrapped non-chocolate (no mints please!) candy to stuff our Easter eggs. If you are unable to get to the store and wish to make a monetary donation, please mark your envelope or check “Easter candy”. Thank you!

## Easter Egg Stuffing

Our annual Easter Festival is not that far away and you know what that means...*Eggs...Lots and Lots of Eggs! This year we will be setting up “drop off” and “pick up” stations in the narthex of the church starting Sunday, March 22, 2019.* There will be empty eggs and candy that individuals can pick up following the 8:30 am and 10:30 am service or any time during office hours of the week. There will also be a drop off station where individuals can bring their candy-stuffed eggs. *(Please no chocolates or things that can melt).*



## Free Blood Pressure Checks

Every Sunday Monroe County Fire Rescue Department will be providing *free blood pressure checks in the Fellowship Center after the 10:30 am service.*

## Burton Care Ministry

*There will be a Care Ministry meeting on Sunday, March 8, from 9:45 am to 10:15 am in the Joy classroom.* All are welcome.

## **Message from the Green Team – Live Simply**

by the Creation Care Ministries of the United Methodist Church

The Green Team says: Live Simply

St. Luke says:

*All those who had believed were together and had all things in common; and they began selling their property and possessions and were sharing them with all, as anyone might have need. - Acts 2:44-45*

Gandhi (quoting the first American saint, St. Elizabeth Seton) says:

*Live simply, that others may simply live.*

### **Practical Ways to Live Simply:**

Conserve energy at home to reduce power plants' nitrogen, sulfur and mercury emissions, and in so doing mitigate the disasters resulting from a warmer climate (such as sea-level rise, fires, flooding and stronger hurricanes). And perhaps more importantly, your conservation mind-set is contagious increasing awareness of and commitment to caring for God's creation.

Open windows instead of turning on A/C.

Use compact florescent light bulbs.

Turn the heated dry cycle off on your dishwasher.

Turn down the temperature of your water heater.

Keep thermostat in the low to mid 60s in winter, and mid to upper 70s in summer.

Turn lights off when not needed.

No Styrofoam.

Make 2-sided copies

Eat more locally grown food.

Turn off the water when brushing teeth and shaving.

Take showers instead of baths

Take "navy" showers.

Recycle ...by giving to and buying from the Burton Rummage Sale!

For more information, check out the *United Methodist Church Creation Care – Resources* website.



### **Status of Offerings**

Please remember that the weekly offerings pay the expenses of our worship services, as well as contributing to the various church ministries. Below are the offering and website collections for the past four services.

Last Four Weeks					Year to Date		
Week	Date	Offering	Plan	+ / -	Offering	Plan	+ / -
5	2-Feb	\$3,321	\$3,310	<b>11</b>	\$16,000	\$16,550	<b>-550</b>
6	9-Feb	\$2,921	\$3,310	<b>-389</b>	\$18,532	\$19,860	<b>-1,328</b>
7	16-Feb	\$2,554	\$3,310	<b>-756</b>	\$21,086	\$23,170	<b>-2,084</b>
8	23-Feb	\$2,991	\$3,310	<b>-319</b>	\$24,077	\$26,480	<b>-2,403</b>

**Please pay special attention to our current giving "Year to Date." I would not consider this a crisis, but if we continue the current trajectory, we will have to start cutting budgeted ministries. -Rev. Kerry Foote**

### **God's Kitchen**



***We are still looking for groups or individuals to help with our God's Kitchen Free Dinner, helping to cook, serve and clean up on Thursdays.***

If you need more information or would like to help out, please call Marylou Wilkinson at 305-394-3878 or the church office at 305-852-2581.

## **Health and Wellness**

Debbie Premaza, RN, BSN

March is National Nutrition awareness month and I hope to raise awareness of healthy habits through the Beacon newsletter as well as on Monday evenings from 5:30 pm to 6:30 pm during our Fit 4 Christ group in the Fellowship Center. I found a wealth of information on our United Methodist website (<https://umcabundanthealth.org/resources/>) regarding health and wellness for our MIND, BODY, AND SPIRIT. Hope you all check it out!



### ***Wesley and physical health: Practicing what he preached.***

During the final days of the Wesley Pilgrimage in England in July 2016, pilgrims traveled to London to visit Wesley's Chapel. The Chapel campus includes a Museum of Methodism, John Wesley's tomb and John Wesley's winter home for the final 12 years of his life.

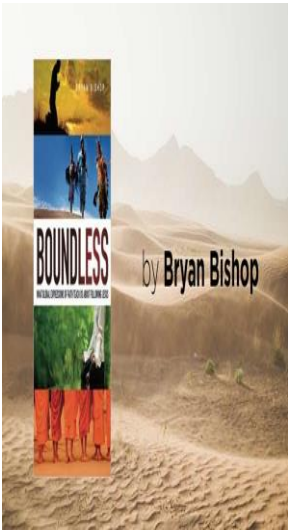
The curators display Wesley's house as it may have looked when he lived there. Furniture owned and used by John Wesley is there. Other pieces belonged to Charles Wesley, John's hymn-writing brother. Still others are careful reproductions. In the dining room is an odd-looking chair. It is quite tall, looking as if the manufacturer stacked several cushions on top of one another. One of the docents, dressed in period costume, noticed me looking at this piece of furniture and told me it was an exercise chair. She pressed down on the top cushion several times to show me the spring action. I later learned that this "chair" was actually a reproduction of a chamber house, a piece of exercise equipment from the 1700s. Sitting in the chair, one would bounce up and down, mimicking the activity of riding a horse — similar to the way we use stationary bicycles and treadmills today.

During his winters in London, Wesley used the chamber house to help him stay in shape for his grueling riding schedule the rest of the year. He traveled long distances on horseback well into his 80s, overseeing the Methodist movement. The dining room may seem like an odd place for a piece of exercise equipment, but historians are certain that this is where Wesley kept the chair. He said so in a letter to his niece, Sarah Wesley, dated Aug. 18, 1790, when Wesley was 87: *You should be sure to take as much exercise every day as you can bear. I wish you would desire George Whitfield [a Methodist preacher] to send you the chamber-horse out of my dining-room, which you should use half an hour at least daily.* Wesley often advised friends to exercise to keep them well.

In the study is another object I could not identify. The mechanical looking device made of wood, glass and metal is an 18th-century electrical machine. Cranking the handle creates low-level electric current many believed had healing properties.

In his book, *Primitive Physick, or an Easy and Natural Method of Curing Most Diseases*, Wesley lists more than 40 ailments for which he prescribes electrifying. At worst, it couldn't hurt, Wesley writes, "unless the shock were immoderately strong." *Primitive Physick*, Wesley's best-selling book during his lifetime, also included natural remedies for asthma, baldness (onions and honey), earaches, bee stings, kidney stones, vertigo and much more. He also includes tips on maintaining wellness through exercise, a healthy diet and adequate sleep.

Under Wesley's leadership, Methodist preachers and meetinghouses were known as dispensers of remedies for illnesses, especially for those who could not afford to see a doctor. *Primitive Physick* was their primary reference. Wesley understood that physical and spiritual health were intimately connected. In a letter dated Oct. 26, 1778, Wesley offers this telling advice to his friend, Alexander Knox. "Alleck ... it will be a double blessing if you give yourself up to the Great Physician, that he may heal soul and body together. And unquestionably this is his design. He wants to give you ... both inward and outward health." Wesley taught that God cares for the health of our minds and bodies as well as our souls. The United Methodist Church continues in that tradition today.



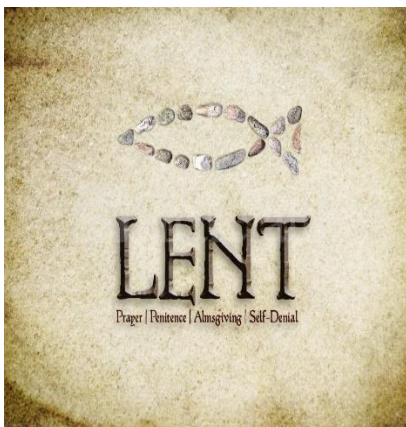
## **Women's Book Discussion**

Thanks to everyone who attended our four monthly book discussions on the book, "50 Women Every Christian Should Know" by Michelle de Rusha. It was a very uplifting experience to examine the lives of these amazing women. If you were unable to attend our discussions but are interested in reading the book, there may be extra copies on the UMW shelves in the church narthex for you to sign out.

Our March discussion has been moved to a Friday due to a conflict with UMW district events. ***We will meet from 9:00 am to 10:30 pm on Friday, March 20. We will be discussing the first 6 chapters of Bryan Bishop's book, "Boundless: What Global Expressions of Faith Teach Us About Following Jesus".*** The remainder of the book will be discussed on Saturday, April 18 from 9:00 am to 10:30 am. There may be a copy of this book on the UMW book shelves in the narthex. Otherwise it can be purchased on Amazon. This is sure to be an amazing discussion because Bryan Bishop has written a mind blowing book. Any questions about this book discussion may be directed to Barbara Koch (716-913-1061).

## **"Mission Possible" Tea**

***The UMW will be selling tea tickets (\$20 each) and soliciting baked goods for our annual mission fundraising tea which will be held at the church on Sunday, March 22 from 2:30 pm to 5:00 pm.*** The theme this year is Mission Possible. Betty Ann Gear is this year's tea chairperson. Tickets sell out early so please do not procrastinate on your purchase of tickets or you may miss out. Table hostesses will be available at most worship services to sell tickets. And do not forget our hat contest. We have prizes for the most beautiful, the funniest, and the most original hat. Just a visitor in the Keys? We would love to have you attend our tea. It is a fun experience and all money raised goes to support mission work with women and children in this country and around the world. And Linda Lillo Norman will be there with her protestant prayer beads to raise money for local missions in the Keys.



## **Lenten Self Denial**

There are envelopes in the narthex by the Call to Prayer and Self Denial display. The United Methodist Women are collecting an offering for eight regional missionaries as well as for neighborhood community centers in the United States which offer services for women and children suffering from abuse and other oppressive situations who need support in improving their situations. Any member of the church who would like to make a Lenten self-denial offering to this cause may do so by putting the envelope in the church offering plate or turning it into the church office any time before Easter. Thank you for your support of this worthy cause and good luck with your Lenten self-denial efforts.

## **Other UMW News**

***Our monthly meeting is scheduled for Monday, March 23 at 7:00 pm.*** Location is expected to be at the church. Call to Prayer and Self Denial Offerings not already received may be turned in at this meeting. The program will be "Holy Bold Women Lead" by Barbara Koch.

-Barbara Koch, President of Burton's United Methodist Women



## **Child Development Center (CDC) Ministry Opportunities.**

*Thanks to Virginia Spear, Barbara Koch and Melba Benson for volunteering to read stories to 3 and 4 year olds at the Child Development Center on Tuesday mornings. Other members of the congregation who are interested in this outreach ministry should contact Barbara Koch or Betsy in the church office. Currently, there is also a need for someone to do a monthly craft project with the children.*

If you are interested in this or have craft materials of any kind to donate for this project, please contact Edith Zewadski-Bricker. Thank you for helping us enrich the educational experience of these young children.

## **Prayer Shawl Ministry**

*Finally, we are encouraging anyone who knits or crochets to help us with our prayer shawl ministry. Since Pastor Kerry has been working as the hospice chaplain, we are having difficulty keeping up with the demand for shawls. If you would like to learn to knit or crochet, **there is a small group that meets in the Joy classroom on Thursday evenings at 7:00 pm who are happy to instruct.***



We are also holding learn to knit and crochet sessions at the JOY center at Coral Isles Church (mm90) on Wednesday mornings at 9:30 am. The JOY Center, not to be confused with the Joy classroom in our church, is a senior citizens program that meets every Wednesday from 9:30 am to 3:30 pm at the Coral Isles Church. We hope to recruit more people for our prayer shawl ministry at this venue.



Any questions about this should be directed to Barbara Koch (716-913-1061) or just show up there. They are thrilled to welcome walk ins. Daily attendance at all their programs is 50-70 people during the peak season.

*Andy Hogan is sewing fleece blankets into beautiful prayer shawls with pockets. If sewing is your thing instead of knitting or crocheting, we will show you how. Contributing to hospice has increased our need.*

## **Prayer Bead Ministry**

Our handcrafted Protestant Prayer Beads make wonderful gifts for celebrating special occasions or to provide comfort to those in need. A new selection of our prayer beads and smaller "chaplets" will be available at our upcoming Tea on March 22. Please stop by our table while at the Tea and find that special one that speaks to you! Your purchase will raise funds for our missions to help women, children and youth. Please contact Linda Norman at 305-393-2589 or email to [lindalillonorman@gmail.com](mailto:lindalillonorman@gmail.com) if you have any questions.



## **Bereavement Support Group**

*Every Friday during the month of March a bereavement group led by Debbie Premaza and Barbara Koch will meet in the Joy classroom at church from 11:00 am to 12:15 pm. We are offering a chance for those who have suffered the loss of a loved one to share feelings and concerns with each other as well as to support each other in the grieving process. Anyone interested in more information about the group can contact Debbie or Barbara (716-913-1061).*