

CANAAN TIMES

March 2014

CANAAN UNITED METHODIST CHURCH

Celebrating Lent

Rev. Mack C. McClam, Pastor

"I turned to the Lord God and pleaded with him in prayer and petition, in fasting, and in sackcloth and ashes" (Daniel 9:3).

Ash Wednesday opens the door to the season of Lent. Ashes symbolize humility and are a visual reminder of the vast difference between creatures and their Creator. They are a sign of sorrow and genuine regret. Historically the ashes used in Ash Wednesday ceremonies symbolize the need for repentance and a change of heart. The focus is on preparing oneself for the celebration of the resurrection. This is a time to repent and to prepare as a forgiven sinner to be received by

the Lord. The words of the traditional liturgy reads: "Remember, O man, that you are dust. . . Repent and believe the Good News." In Matthew 11:21 Jesus denounced the cities where many of his miracles had been performed because they did not repent "in sackcloth and ashes."

Here are some ways I invite you to celebrate Lent this year on The Canaan Sand Hill Charge. (1) Let's begin by attending the worship service on Ash Wednesday, March 5, 2014 at Sand Hill, at 7:00 PM. (2) For the next three Wednesdays we will have Lent Worship instead of Bible Study. We will follow the same schedule with worship at Canaan on Wednesday, March 12, 2014. The extent to which these services are effective in your life will depend on you. Jesus taught in Matthew 6 that we should fast, pray and give. These are im-

portant disciplines. (3) Lent provides a fresh opportunity for personal renewal. Think of ways to honor the Lord with your praise during these truly significant days. (4) Traditionally, ashes are made by burning palm branches used in the previous year's Palm Sunday celebration. If you are able to participate in our Ash Wednesday Worship with this observance, consider writing the sins you wish to confess on a piece of paper. Gather and burn the papers with God's words of assurance that *he "blots out your transgressions" and "remembers your sins no more" (Isaiah 43:25).*

Our Cooperative Lenten Service will begin on Sunday, March 9th, 2014 at Sand Hill United Methodist Church at 7:00 pm. The outline of the Lenten service is on page 2 of the newsletter.

Inside this issue:

Birthdays and Anniversaries	2
Cooperative Lenten Services	2
Blake's Financial Corner	3
Nutrition Month	4
Joke	4
Prayer Calendar	5
Lay Leader's Article	6

Birthdays and Anniversaries



- Birthdays:
- Linda Green—1
 - Barbara Lumar—2
 - Micah Roper—3
 - Reverend McClam—3
 - Nathan Geddis—6
 - Clement Singleton—6
 - Abraham White—10
 - Evelyn Blake—12
 - Cindy Myers—13
 - Sudie King—13
 - Melvin Smith—21
 - Jonathan West, Sr.—21
 - Barbara Blake—22
 - Kiara Bowens—22
 - Kenyetta Snipes—23
 - Dana McQuiller—24
 - Travis Fleming—29
 - Beth Singleton Perry—31
- Anniversaries:
- Terrance and Queen Bailey—27

Congratulations to Carvin Nkanata!

Yesterday at Clemson he won first place in the ACC Champ 200 meters and was a part of the wining 4X400 relay team! Go, Carvin!!!

The Slabtown Convention is +- coming to Canaan on March 22, 2014! Join us for the fun!

Cooperative Lenten Services 2014

DATE	COOPERATIVE LENTEN SCHEDULE / PLACE - PREACHER
March 9 th	Sand Hill UMC, Rev. Keith Stewart of Knightsville UMC
March 16 th	Stallsville UMC, Rev. Judith Knox of Wesley UMC-S'Ville
March 23 rd	Wesley UMC, Ladson, Rev. Kelli Taylor of Boone Hill UMC
March 30 th	Knightsville UMC, Rev. David James of Stallsville UMC
April 6 th	Boone Hill UMC, Rev. Mack McClam of Canaan/Sand Hill UMC
April 13 th	Wesley UMC, S'Ville, Rev. Julius McDowell of Wesley UMC-Ladson

Blake's Financial Corner—10 Great Ways to Spend Your Tax Refund

Evelyn Blake

Luke 14:28

"For which of you, intending to build a tower does not sit down first and count the cost, whether he has enough to finish it?"

10 Great Ways To Spend Your Tax Refund

<http://content.time.com/time/specials/packages/article/0,28804,1895126,1895119,1895059,00.html>

The average tax refund this year has been about \$2,700, according to the IRS. That's up 11% from last year and constitutes a pretty healthy one-time fiscal shot in the arm for the typical family struggling during this recession. If you didn't file until April you may still be waiting for your refund — and contemplating how to best use it. More people than ever are using their refund to pay basic bills, according to an AP poll. For example, 31% said they were using their refund to pay credit card debt

— up from 17% a year ago. The percentage using their refund to pay utility bills and rent or their mortgage has roughly doubled too. If you must, you must. But bear in mind that when you use one-time income to meet recurring expenses you're likely headed for trouble down the road. Better to cut costs and live within your means, and use your refund for a one-time fix. Here are 10 responsible ways to spend your refund for solid financial and happiness returns.

1. Invest in Your Health
2. Invest in Your Employability
3. Pay Off a Loan Early
4. Buy Something That Will Save You Money Down the Road
5. Open a Kiva Account
6. Set Up a Self-Funding Allowance for Your Kids
7. Go On a Volunteer Vacation
8. Pay Down Your High-Rate Debt

9. Open an IRA
10. Save For College / Emergencies

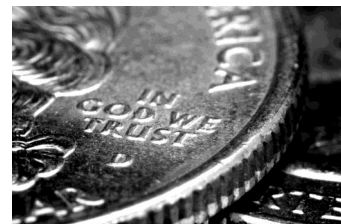
"Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you retire, save. Before you die, give." -- William A. Ward.

Attention Football Fans!

Click the link below for a fun game that allows you to enjoy a game of football and learn money management skills at the same time!

<http://www.practicalmoneyskills.com/games/trainingcamp/ff/play/>

(Follow-up – 52 Week Money Challenge: How are you doing? February 28 marks end of the 9th week of 2014. That means you should have **\$45** saved!)



"Before you speak, listen. Before you write, think. Before you spend, earn. Before you invest, investigate. Before you criticize, wait. Before you pray, forgive. Before you quit, try. Before you retire, save. Before you die, give." -- William A. Ward.



March is Nutrition Month**Theme: Enjoy the Taste of Eating Right
Seven Diet Sins and How to Avoid Them**

**“Remain
conscious
of portion
sizes.”**

1. Assuming your choices are better than they are.
The solution: Whenever possible, eat whole, fresh, and unprocessed foods. Read food labels.
2. Being confused about carbs.
The solution: Experts say you should never cut any food group out of your diet. There are some carbs that are very good and some that are less good, but your brain and body must have some carbohydrates every day. Complex carbohydrates (those rich in whole grains and fiber) keep you feeling full longer and help you eat less.
3. Eating too much.
The solution: Remain conscious of portion sizes
4. Not eating enough—or often enough.
The solution: Eat something every four hours
5. Taking too many supplements.
The solution: Don't supplement your diet without the guidance of your doctor, nutritionist, or other health expert.
6. Excluding exercise.
The solution: Make exercise a regular part of your life. Try to fit in some exercise—even if it's just a little bit—every day.
7. Believing everything you read about nutrition and weight loss.
The solution: Speak with an expert before following a particular diet or nutrition plan. Check out the credentials of the expert. There is no one diet or nutrition plan that is right for every person.

March is Women's History Month

Inspirational quote from Maya Angelou-" I've learned that people will forget what you said, people will forget what you did, but people will never forget the way you made them feel."

Seeing a Child in Need (A Joke)

One afternoon a little boy was playing outdoors. He used his mother's broom as a horse and had a wonderful time until it was getting dark.

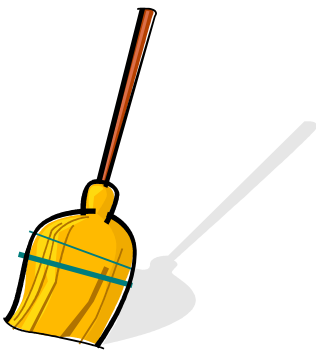
He left the broom on the back porch. His mother was cleaning up the kitchen when

she realized that her broom was missing. She asked the little boy about the broom and he told her where it was.

She then asked him to please go get it. The little boy informed his mom that he was afraid of the dark and didn't want to go out to get

the broom.

His mother smiled and said 'The Lord is out there too, don't be afraid'. The little boy opened the back door a little and said 'Lord if you're out there, hand me the broom'






MARCH 2014 - PRAYER CALENDAR



PRAY DAILY FOR: The Pastor & His Family; The Church Family; The Church Staff; Divorce within the Congregation; Domestic Violence within Homes; Exercising of Spiritual Gifts; Bereaved Families; Evangelism; Discipleship; Freedom to Worship; Sick/ Shut-in/Confined; Church Growth; Church Finances; Additional Teachers; Members Losing Their Homes; and Removal of Hindrances to those desiring to make a decision to accept Christ.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Pray to know God and to worship and serve Him with your whole heart and mind. 1 Chronicles 28: 9	3 Pray to choose your words carefully. Proverbs 29: 20	4 Pray not to put your trust in human beings who cannot save. Put your trust in the Lord. Psalm 146: 1-5	5 Pray to wait on the Lord. Lamentations 3: 22-26	6 Pray for those who are worried about the future. Matthew 6: 25-34	7 Pray for peace to rule in your heart, and be thankful. Colossians 3: 15	8 Pray to show your love for others by your actions. 1 John 3: 11-18
9 Pray that God be glorified with one mind and one mouth. Romans 15: 1-7	10 Pray for those who feel burdened down with the cares of life. Matthew 11: 28-30	11 Pray to know how to speak words to comfort, direct and assist others. Isaiah 50: 4	12 Pray salvation for the lost. Acts: 4: 7-14	13 Pray for marriages. Hebrews 13: 4-5	14 Pray to have a friend who loves at all times. Proverbs 17: 17	15 Pray to walk by faith, not by sight. 2 Corinthians 5: 1-7
16 Pray to apply your heart to wisdom. Psalm 90: 12	17 Pray for singles. Isaiah 41: 10	18 Pray for those who are fearful and feel alone. Deuteronomy 31: 6	19 Pray for our children and youth. Ephesians 6: 1-4	20 Pray to let others praise you, and not your own lips. Proverbs 27: 1-2	21 Pray to overcome evil with good. Romans 12: 15-21	22 Pray to walk in the Spirit. Galatians 5: 13-16
23 Pray for Pastors. Romans 10: 10-15	24 Pray that your faith will stand in the power of God. 1 Corinthians 2: 1-10	25 Pray to seek those things from above. Colossians 3: 1-11	26 Pray for financial breakthrough. Philippians 4: 19	27 Pray for the elderly. Psalm 71: 1-9	28 Pray to love one another with a pure heart. 1 Peter 1: 22-25	

SCRIPTURE OF THE MONTH: "What is it then? I will pray with the spirit, and I will pray with the understanding also: I will sing with the spirit, and I will sing with the understanding also." (1 Corinthians 14: 15)

Open hearts. Open minds. Open doors.

CANAAN UNITED METHODIST CHURCH

171 Highway 61
Ridgeville, SC 29472

Phone: 843-873-8596
E-mail: canaannewsletter@mail.com



Encountering a Lion (A Joke)

A Baptist missionary was walking in Africa one day when he heard the ominous padding of a lion behind him. "Oh Lord," prayed the missionary, "Grant in Thy goodness that the lion walking behind me is a good Christian lion."

And then, in the silence that followed, the missionary heard the lion praying too: "Oh Lord," he prayed, "I thank Thee for the food which I am about to receive."

He is God Not Man

Annette Ancrum, Lay Leader

"For He is not a man, as I am".
Job 9:32a

We are guilty at times of looking at God the same way we look at people. We bring Him down to our level in power, ability, strength, and understanding. Well, He is NOT like us. He is not a man. He is God. He is not limited in power. His strength is perfect. He is well able to do anything. His thoughts are higher than ours. He is a Great. Big God with whom nothing is impossible. That can't be said about any person.

Even when Jesus, the Incarnate One, wrapped Himself in flesh and took on the likeness of sinful man, He went about showing us what Father God was like--- that He was not like us. He showed us the depths of God's love—unselfish, enduring, patient, and longsuffering—which is unlike our love which is conditional and

demanding. He showed us the great grace of God—willing to reach out and grant forgiveness and pardon to those who were undeserving. We have no grace toward others unless we think there is something we can gain from it. He showed us the mercy of God—withholding the punishment that we so rightly deserved—if we would put our faith and trust in Him. We can be merciless when we have been done wrong. He showed us the healing, delivering and restoring power of God. None of us can heal, deliver or restore—no matter how educated, how smart, how much money we have. We can't do it.

So, how big is your God? Is HE as small as man? Or is He the One who does what we can't—rides on the wings of the win, uses the earth as His footstool, calls the stars by name, tells the sun when to rise, opens blind

eyes, raises the dead, sees each sparrow when it falls, clothes the lilies of the field, speaks and the winds obey and created the universe by only His spoken word? Stop bringing him to our level. See Him as Who He is-- "I saw also the Lord sitting upon a throne, high and lifted up" **Isaiah 6:1b (KJV)**. "I know that thou canst do everything and that no thought can be withholden from thee". **Job 42:2(KJV)**

(Morning devotional written by Lorraine Ezell)

Yours in His Service,
Annette Ancrum, Lay Leader