

Sermon Themes and Scriptures

<p>Date: April 7, 2019 Title: "With All Your Heart Worship Series: Making a New Thing" Theme: Lent (5th Sunday) Purpose: For the people of God, our <i>one thing</i> is resurrection – the movement from death to new life. We practice resurrection as a church and as individuals all the time, or at least we should. Old Testament: Isaiah 43:16-21 New Testament (Epistle): Philippians 3:4b-14 New Testament (Gospel): John 12:1-8</p>	<p>Date: April 14, 2019 Title: "With All Your Heart Worship Series: Preparing Theme: Palm Sunday Purpose: We emerge this week from our wilderness wanderings and find ourselves caught up in a parade, a party, a procession of palms! Old Testament: Isaiah 50:4-9a New Testament (Epistle): Philippians 2:5-11 New Testament (Gospel): Luke 19:28-40</p>
<p>Date: April 18, 2019 (Thursday) Title: Jesus Walked This Lonesome Valley Theme: Maundy Thursday Tenebrae Service Purpose: We witness the execution of Jesus, recognize our ongoing complicity with the powers of death, and are called to enter the Great Silence of all creation in response to the death of its God and Maker. Old Testament: Exodus 12:1-4, (5-10), 11-14 New Testament: John 13:1-17, 31b-35</p>	<p>Date: April 21, 2019 Title: Living Worship Series: Believe Theme: Easter Sunday Purpose: Easter is a 50-day season that marks the resurrection of Jesus Christ and the ways we live into that reality, just as his disciples did. Old Testament: Psalm 118:1-2, 14-24 New Testament (Epistle): 1 Corinthians 15:19-26 New Testament (Gospel): John 20:1-18</p>
<p>Date: April 28, 2019 Title: Living Worship Series: Believe in Me Theme: Easter Purpose: To say "My Lord and my God" is to recognize the divinity of Christ and to recognize that Jesus is one with God. Old Testament: Psalm 150 New Testament (Epistle): Revelation 1:4-8 New Testament (Gospel): John 20:19-31</p>	<p><u>Sunday's Service Information</u> Traditional Service – For those that love that "Old Time Religion", we have a traditional worship service that meets every Sunday at 8:30 am. Blended Service – 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 5th grade and a nursery for infants and toddlers.</p>

Church Contacts

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

Email: burtonmemorial@bellsouth.net Pastor: kmf_bmumc@bellsouth.net

Administrative Assistant: bae_bmumc@att.net Web Site: 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

DON'T MISS
THE DEADLINE!

April Birthdays:

April Anniversaries:

	<u>DAY</u>		<u>DAY</u>		<u>DAY</u>
John Baxter	1	Doratheia Tewes	20	Richard & Nancy Lancaster	5
Claude Bullock	17	Anne Dunn	24		
Susan Hulsbeck	19				

The Beacon

a monthly newsletter publication of Burton Memorial UMC
April 2019



Kerry's Corner



On April 21, 2019 we will be kicking off a new worship series called: **The Living Worship Series**. Although many people view Easter as just one specific day, in actuality, Easter is more than just one day. Easter begins on April 21, 2019. It is a 50-day season that marks the resurrection of Jesus Christ and the ways we live into that reality, just as his disciples did and it ends on Pentecost Sunday with the birth of the Apostolic Church.

The season of Easter has long been a time when newcomers to Christianity and those already on the Christian journey revisit the foundations of the faith. In other words, this is a time when people examine basic doctrines, providing, as Laurence Hull Stookey writes, “a time for both discovery and reconsideration.”

As a result, our Sunday sermons will culminate in two four-week series: “**Living**” (April 21st – May 12th) and “**Loving**” (May 19th – June 9th “*Pentecost Sunday*”) —that will focus upon the gospel narratives and ways to integrate these doctrinal pieces into daily Christian living. In other words, we will be discovering how to walk our Christian talk.



This first series begins with Easter Day, which serves as the hinge point between the Lenten and Easter series. All of the Scriptures are included for this day, but the Scripture passages for the following Sundays are all contained in the Gospel of John.



The narratives are post-resurrection accounts (Week 2: *Jesus and Thomas*; Week 3: *Breakfast with the disciples*), with the exception of Week 4, in which we observe what is often referred to as “*Good Shepherd*” Sunday.



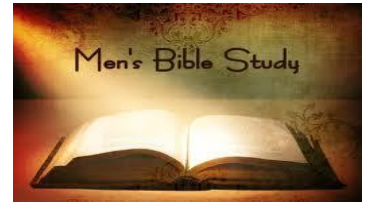
One possible thread to examine is determining how all these actions merge into the greater action of living as a witness of the risen Christ. How do believing, following, and listening intersect to form a way of discipleship in which we confidently share the good news of resurrection?



It is my hope and prayer that this series will help us fulfill the United Methodist mission mandate of: “Making disciples of Jesus Christ for the transformation of the world.”

Men's Fellowship Breakfast

All men are invited to meet in the Burton Fellowship Hall every Wednesday for fellowship and breakfast from 8:00 am to 9:00 am. Pastor Kerry is the facilitator and selects pertinent topics, videos, and scriptures for discussion. Opportunities are provided for prayer requests and events of interest (football, etc.). Breakfast favorites are provided by the men and/or their wives.



Women's Bible Study Group



The Women's Bible Study Group meets on Tuesdays at 9:30 am in the Joy classroom. We will be studying the book, *Cast of Characters: Common People in the Hands of an Uncommon God* by Max Lucado. For more information or a ride, please call Virginia Spear at 305-852-7757. All ladies are invited to attend.

Membership and Information Class

On Sunday, April 7, we will have a membership and information class in the Pastor's Office at 2:00 pm. 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 just show up. If after the class, you would like to become a member of Burton Memorial United Methodist Church, we can make that happen.



Flower Calendar



The Flower Calendar for 2019 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 2019 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.

Choir News

The choir only has 2 more months before summer vacation. It is not too late to join up to try it out. New voices are always welcome and needed. We practice on Wednesdays at 7:15 pm. No experience is necessary, no tryouts, just good fun and good service to the church. Our next performance is Easter Sunday, April 21. If you can help us out, please come at 7:15 pm on Wednesday after the hand bell choir practices. Singing is always good for the soul and helps with lung capacity; in other words it is good for the body, mind and spirit. If you need more information, please call me at 301-655-0522 or email me at dcjarboe@gmail.com. Thanks again.

Carlene Jarboe



Passionate Worship Committee



We are always looking for people to help the church out in any way they feel comfortable. So if you can spare some time, we are in need of volunteers in the following areas: Acolytes, Children's Church, Greeters & Ushers, Liturgists, help with the Altar Guild, and any singers and/or ringers are welcome and needed. *Watch the announcements for our next meeting date.*

Ringling News

New beginner bell opportunities: join us on Tuesdays at 6:45 pm for Beginner chimes and handbells. Our beginner handbell/chime ministry is looking for a few more new ringers. Practice is from 6:45 pm to 7:30 pm every Tuesday 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 6:00 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.

KIDSRING Choir

The KIDSRING CHOIR is chiming in this month. We are excited for Easter. Thanks to all the great chimers for their hard work and dedication. We are so excited about all our Children's Arts Ministries!



God's Kitchen



As we all know, the tradition of Thursday night's God's Kitchen meals are an important service to our community that Burton performs. Many thanks to the volunteers over the last few months. *We are looking for someone to cook on the second and fourth Thursdays of the month. If you would like to help out, please call the office at 305-852-2581.*

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.*

College Ministry

by Barbara Koch, College Ministry Coordinator

The end of the academic term is approaching for our college students. Jenna Johnson and Sara Waits, granddaughters of JoAnn and Marty Waits, are graduating April 11th. Lee and Ryan Bowman, grandsons of Claude and Betty Bullock, are also due to graduate this spring. Please continue to keep these students in your prayers as they decide on their future paths in life. Pray that God guides them at this critical time and encourages all our students during the stressful weeks ahead.



Palm Crosses

We will be making palm crosses on Saturday, April 13, starting at 9:00 am in the Fellowship Center to be handed out the following Sunday 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. The Girl Scouts will be joining us to learn how to make the crosses. Come out and join in the fun and fellowship.

Lenten Native Plant Sale

The Altar Guild is continuing its Lenten Native plant sale in lieu of a congregational Easter lily sale this year. We will be purchasing native plants, shrubs, and trees to plant in and around our church campus. The plants can be purchased in memory or honor of someone or given to the glory of God. Help with planting is needed too! Forms are available before and after each service in the Narthex. *The sale runs until Palm Sunday, April 14.* Help build our wilderness!

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 31, 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).*



Food Pantry Assistant Position Opening

BMUMC is seeking help from an individual in overseeing our Daily Bread Food Pantry operations. This is a paid part-time position (\$10.00/hour; approximately 60 hours/month) and the person who fills it will work closely with the church's Administrative Assistant and the Food Pantry Volunteers to ensure that the operation runs smoothly and operates in an accountable manner.

Key responsibilities of this position include:

- Coordinate volunteer workers to ensure that the Food Pantry is staffed during all hours it is open and also during regular major food delivery times. The Food Pantry/Delivery schedule is as follows;
 - Monday and Wednesday; 9:00 am – noon.
 - Tuesday and Thursday; 5:00 pm – 7:00 pm.
 - Thursday; Food Delivery only 8:00 am – 12:00 am – time approximate.
- Work with volunteers to ensure that:
 - Measurable activities are logged onto the proper forms [volunteer daily work hours, client sign-in sheets, new client cards (with appropriate identification checked), daily shopping lists, receipts of food with weights and type of food noted].
 - Food received from Feeding South Florida, Publix, Winn Dixie, Star of the Sea (SOS) Farmshare, and other sources is sorted and stored properly.
 - Food Pantry shelves are continuously restocked.
 - Boxes are broken down and trash taken to the dumpster each day.
- Coordinate activities and reporting as required with God's Kitchen staff.

The person that fills this position should have good interpersonal skills, enabling them to work with a variety of groups and individuals, and be able to use a computer well enough to enter data tracking Food Pantry operations.

All applicants should apply by submitting a resume to the church office in person Monday through Thursday from 9:00 am – 4:00 pm, or by emailing bae_bmumc@att.net, or by sending a fax to 305-852-4917. The Staff Parish Relations Committee will conduct interviews and make the final selection. ***The deadline for applications to be received by the church office is noon on April 14, 2019.*** For additional information contact the church office at 305-852-2581.



Blood Drive

There will be a blood drive in the church parking lot on Sunday, March 31, from 9:15 am to 12:30 pm. All donors will receive a free OneBlood T-shirt and a wellness checkup.

Don't miss out on giving the gift of life to someone in need.

Church Work Days

We are hosting a church work day on Saturday, April 13, from 8:00 am to 2:00 pm. We will be working the outside grounds and the sanctuary in order to get ready for Palm Sunday and Easter Sunday.

Please wear your work clothes and bring gloves. Lunch will be provided.



Health and Wellness – Conquer Cravings

Debbie Premaza, RN, BSN

We are in the home stretch for biggest losers and the best is yet to come! *The final weigh in is April 28.*

Weigh in on Sundays between 9:45 am and 10:30 am in the Joy Classroom. There will be a celebration on Sunday, May 5, at 12:00 pm in the Fellowship Center. Watch for details.

Hope to see you on Monday evenings from 5:30 pm to 6:00 pm for fellowship, education, and support. Then from 6:00 pm to 6:30 pm there will be exercise that fits all levels of ability. If you have any questions please do not hesitate to contact me at 305-546-6682.



1 Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with **endurance** the race God has set before us. Hebrews 12:1 NLT

By Dr. Daniel Amen (Daniel Plan)

Here are 10 simple changes you can make to your daily habits to get better control of your cravings.

Avoid your triggers: To control your cravings, you have to control your triggers. Know the people, places, and things that fuel your cravings and plan ahead for your vulnerable times. For example, take a snack when you go to the movies so you aren't tempted by the popcorn and licorice.

Balance your blood sugar: Low blood sugar levels are associated with lower overall brain activity, including lower activity in the PFC, the brain's brake. Low brain activity here means more cravings and more bad decisions. Low blood sugar levels can make you feel hungry, irritable, or anxious—all of which make you more likely to make poor choices. Here are tips to keep your blood sugar levels even throughout the day so you can reduce cravings and boost your self-control.

- **Consider taking the supplements alpha-lipoic acid and chromium.** They both have very good scientific evidence that they help balance blood sugar levels and can help with cravings.
- **Eat a nutritious breakfast every day.** Eating a nutrient-rich breakfast helps get your blood sugar off to a good start and can help keep it balanced for hours so you don't get hungry before lunchtime. Studies show that people who maintain weight loss eat a healthy breakfast.
- **Have smaller meals throughout the day.** Big meals send your blood sugar skyrocketing only to plummet later on. Eating smaller meals helps eliminate the blood sugar rollercoaster ride that can impact your emotions and increase your cravings.

Eliminate sugar, artificial sweeteners and refined carbs: If you really want to decrease your cravings, you have to get rid of the artificial sweeteners in your diet. Things like candy, potatoes, white bread, pretzels, sodas, sweetened alcohol, and fruit juice causes your blood sugar to spike and then drop, so you feel great for a short while and then you feel stupid and hungry. Be very careful with high-fat, high-sugar, high-calorie foods because they work on the morphine or heroin centers of the brain and can be addictive.

Eat slow carb, not low carb: Carbohydrates are so important for good health. Bad carbohydrates such as simple sugars and refined products are the ones to avoid. Choose high fiber carbs like vegetables, fruits, beans, and whole grains! They will keep you fuller longer and help you with weight loss.

Drink More Water: Dehydration can contribute to increased hunger. When your body sends signals that it is hungry it can actually be an attempt to get more water. Sometimes hunger is disguised as dehydration. If you drink a glass of water before your meals to make you will feel fuller and can moderate your food intake.

Prioritize Protein: Do you want to feel satisfied longer? Make sure protein is an important part of your diet. Protein fills you up and regulates your blood sugar while making your body release appetite suppressing hormones.

Manage your stress: Chronic stress has been associated with increased appetite, obesity, sugar and fat cravings, addiction, anxiety, heart disease, cancer, and depression. To decrease your cravings, get on a daily stress-management program including deep-breathing exercises, prayer, and other relaxation methods.

Follow the 90/10 rule: Make great food choices 90% of the time. For the remaining 10%, cut yourself a little slack and allow yourself margin to enjoy some of your favorite foods on occasion.

Get moving: Scientific research has found that physical activity can cut cravings whether you crave sugary snacks or things like cigarettes, alcohol, or drugs. Instead of immediately giving in to your cravings or focusing on how much you want something, get moving if at all possible. Make this a high priority and stay committed to exercising each week.

Get 7 to 8 hours of sleep: Have you ever noticed that after a night with almost no sleep, you wake up ravenously hungry and want to eat anything and everything in sight? That is because lack of sleep can increase cravings. It's time to explore ways to develop healthy sleep habits and put unwanted hunger to rest.

Message from the Green Team

Speak out for those who cannot speak, for the rights of all the destitute. Speak out, judge righteously, defend the rights of the poor and needy.

Proverbs 31:8-9

Ralph Norman, member of the Green Team, shared a pledge from the Episcopal Church, for those of us in the United Methodist Church here at Burton Memorial, to consider this Lenten season. Lent is naturally a time for reflection and simplicity. In this spirit, join the members of the Green Team as we use this season of Lent as a time to make a pledge for the care of creation.

PLEDGE TO CARE FOR CREATION

We long to grow loving, liberating, life-giving relationships with the whole of God's Creation. So, in this urgent moment, we pledge to protect and renew this good Earth and all who call it home. Together, we commit to specific actions, trusting we can do more as a body than any person could alone.

- **LOVING:** We will share our stories of love and concern for the Earth and link with others who care about protecting the sacred web of life.
- **LIBERATING:** We will stand with those most vulnerable to the harmful effects of environmental degradation and climate change - women, children, poor people and communities of color, refugees, and migrants.
- **LIFE-GIVING:** We will change our habits and choices in order to live more simply, humbly and gently on the Earth.

In the name of Jesus, I so pledge: _____

Project Linus Blankets

In addition to making prayer shawls, the Burton Prayer Shawl Ministry has been knitting, crocheting and sewing blankets for "Project Linus." The blankets will travel to Orlando this week to the Florida State Daughters of the American Revolution Conference to be delivered to children of active military who experience trauma. Thanks to all contributing. We made over 20 blankets.



Palm Sunday and Holy Week Worship Opportunities 2019

Palm Sunday

April 14, 2019 Worship times: 8:30 am and 10:30 am

Come and hear about Palm Sunday as told through the Word, song, and prayer and witness the transformation of the sanctuary as we celebrate the triumphal entry of Christ into Jerusalem.

Maundy Thursday

April 18, 2019: Service 7:00 pm



MAUNDY
Thursday

Come on Maundy Thursday for a special Tenebrae Service. Tenebrae (/ˈtɛnəbreɪ, -bri/—Latin for "darkness") is a religious service of Western Christianity held during the four days preceding Easter, and characterized by gradual extinguishing of candles, and by a "strepitus" or "loud noise" taking place in total darkness near the end of the service. *We will also be having a live drama for this special service.*

Good Friday

April 19, 2019 Worship time: 12:00 pm

We are invited to join our UMC family at Matecumbe UMC for a service on Good Friday. This service of Word, song, and prayer is a wonderful way to prepare your heart for Easter – come and bring a friend. Prior to the service, Spirit and Truth will be undertaking their traditional “Cross Walk”. This is open to any that would like to participate. They will be meeting at Venetian Shores at 9:30 a.m. and will walk the two crosses to Matecumbe UMC for the Good Friday service.



Easter Sunrise

April 21, 2019 Worship time: 6:30 am.



Join the Upper Keys community at the best service of the year – Easter sunrise! ***We will meet at Harry Harris Park at MM 93 O/S (follow Burton Drive right to the park) at 6:30 am for an amazing service – see the sunrise and hear the story of God’s gift to us all! Bring a chair and a friend!***

Easter

April 21, 2019 Worship times: 8:30 am and 10:30 am

He has risen, He has risen indeed! Celebrate the Resurrection with your family at Burton! ***Experience the Joy of Easter with our Burton Ringers, and WOW Band and our Chancel Choir as we ring and sing the Joy of the Gift of Easter!***

Easter Egg Hunt

April 21, 2019 Time: 12:00 pm

And what would Easter be without an Egg hunt? ***Tons of eggs*** will create a carpet of color all over our church campus. The hunt begins in the Sanctuary at noon with the “Resurrection Eggs” Gospel story and ends with hot dogs in the Fellowship Hall. Our eggs each have a Bible verse – children read the verses to get prizes. This is a wonderful community outreach – everyone is invited. Following the hunt, hotdogs and refreshments will be provided as children redeem the scriptures in their eggs for Easter prizes. ***Volunteers are still needed*** – please call the church office for more information.



Holy Week



**United
Methodist
Women**
Faith • Hope • Love in Action



Burton Memorial United Methodist Women is a group of women, most of whom are members of Burton Memorial UMC, gathering together “to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand the concepts of mission through the global ministries of the church.” We invite the women of our church and community to our upcoming events.

Thank you to all the people who made our United Methodist Women’s Annual Tea a lovely, memorable tea party. We especially thank Pat Fincannon for serving as Chair of this year’s tea. The tea raised over \$2000 to go undesignated to United Methodist Women for mission benefitting women, youth and children here in the Florida Keys and around the world.

April 7, 2019 *United Methodist Women (UMW) will offer a **Call to Prayer and Self Denial Program at 9:45 am on Sunday, April 7, in the Fellowship Center between the two worship services.*** The offering collected will fund projects nationally and internationally that provide educational opportunities for women and girls who are chronically underserved. There is a display in the narthex along with envelopes for anyone interested in helping us reach isolated populations of women and girls with life-changing educational and leadership opportunities. All are welcome to attend our program on the 7th.

April 22, 2019 - General Meeting, Edna Waldorf’s home

Mark Your Calendars: July 11-14, 2019 - Mission u, Florida Southern College, Lakeland

For more information or transportation,
call 305-852-9259, or send a text to 305-363-8392.

Prayer Shawl Ministry

Please join us on Thursdays at 7:00 pm in the Joy Classroom for fun and fellowship making Prayer Shawls. No experience is necessary. We can teach you. For information call Virginia at 305-522-2978.



Wouldn’t one of our beautiful Protestant Prayer Beads look lovely in an Easter Basket? What a wonderful way to express the joy of Easter! Our handcrafted Prayer Beads, made by United Methodist Women, sell for \$15.00 each. Your purchase will raise funds for our missions to help women, children and youth. If you are interested in purchasing or learning to string your own prayer beads please contact Linda Norman at 305-393-2589. Please feel free to call or text or email to lindalillonorman@gmail.com to make arrangements.

Prayer Bead Ministry

United Methodist Women's Tea 2019

