

## Heavenly Headlines

Publication of  
St. Georges' United Methodist Church  
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Believe,  
Belong,  
Become



## From the Office of the Pastor



This year Lent begins with Ash Wednesday on February 22, 2023.

Giving things up for Lent is rooted in Jesus' words, "Whoever wants to be my disciple must deny themselves and take up their cross daily and

follow me" (Luke 9:23). The idea behind giving up something for Lent is to challenge ourselves to think about and to relate to the sacrifice that Jesus made for us.

In the past I thought that my giving up Wawa coffee or Red Robin burgers did not even come close to Jesus' struggle with the devil in the desert. Besides, with all the pent-up cravings, as soon as Easter services are over I would end up at Red Robin and order one of everything on the menu. I did not see the point...

A few years ago for Lent, I was challenged to stop buying anything for myself except the basic necessities. If I needed something I thought was a necessity, I would wait for at least 24 hours before

purchasing it, to ensure it was a necessity and not just a want. While it was trivial, I found it difficult. That practice required planning and discipline.

This discipline challenged and changed me. It taught me to think about what brings me joy, what I really need and how much I waste, about my carbon footprint and my impact on the environment and those around me. It challenged me to think about the reasons behind my consumption and what I considered important or needed.

That exercise helped me to get in touch with Jesus' humanness and my own humanity. That exercise helped me to recognize my own brokenness and my need for God's Grace. That exercise helped me to acknowledge all the ways that I have turned away from God and to make a conscientious effort of focusing my mind and soul on God's presence in the world around me. The lessons that I learned during that Lent will stay with me to the day that I die.

Giving things up for Lent helped me learn to see and recognize God in the world around me better, deepened and strengthened my love for God and taught me to rely on God's Love and Grace for physical, emotional, and spiritual sustenance. It helped me to better see God's blessings in my life.

American theologian William Arthur Ward (1921 – 1994) taught that Lent should be more than a time of fasting. It should be a **joyous** season of **feasting**. Lent is a time to fast from certain things and to

feast on others. It is a season in which we should:

- Fast from judging others; feast on the Christ dwelling in them.
- Fast from emphasis on differences;  
feast on the unity of all life.
- Fast from thought of illness;  
feast on the healing power of God.
- Fast from words that pollute; feast on the phrases that purify.
- Fast from discontent; feast on gratitude.
- Fast from anger; feast on patience.
- Fast from pessimism; feast on optimism.
- Fast from worry; feast on hope.
- Fast from complaining; feast on appreciation.
- Fast from negatives; feast on affirmatives.
- Fast from bitterness; feast on forgiveness.
- Fast from self-concern; feast on compassion for others.
- Fast from discouragement; feast on hope.
- Fast from suspicion; feast on truth.
- Fast from thoughts that weaken;  
feast on promises that inspire.

Philos,

A handwritten signature in black ink that reads "Asher". The signature is written in a cursive, flowing style with a long horizontal stroke at the end.

Pastor Asher

*God is my conscience; Jesus lives in my heart!*

## **An Invitation from Pastor John Coleman** **from EverSpring Church**

Fasting is fashionable these days. Intermittent fasting apps and health experts are raving about the benefits of fasting.

Fasting, as a concept, might not be new to us Jesus-Followers. However, fasting as a practice or spiritual discipline...well, that's a different story. When was the last time you fasted? I'm not talking about fasting to lose weight or because you had a medical procedure that required you to fast in the hours leading up to it. When was the last time you fasted as a spiritual discipline?

The question is convicting to me too. A mentor of mine once shared that while fasting he tried to say a short prayer or spend a meaningful moment with God every time he felt hungry. Try it. It is incredibly eye-opening in regard to how self-focused we can be. Often, we are concerned with satisfying our own cravings above all else. Fasting (as a spiritual discipline) forces us to remember God (the reason for our fasting) with every hunger pang. During a personal fast, it's likely that we will think about God much more often than during our regular routine.

So, here's the challenge. Join me during this season of Lent, and pick something to "fast" as a spiritual discipline. Choose something that is meaningful to you. Perhaps your health (or "hangry" tendencies) prevents meal fasting. That's ok, then fast something like fast-food or

desserts. Maybe food's a non-starter for you. Then, fast by reducing your screen-time by an hour each day. Too much? Try ten minutes then. Just devote the temporary "sacrifice" of something you regularly enjoy each day as a fast. Each time you miss it, or crave it, spend a meaningful moment with God. You'll be surprised how beneficial fasting can be."

Take care,  
Pastor John Coleman

I will join Pastor John in his invitation to fast and encourage you to do the same. While I still have to decide what would be most meaningful for me to "fast" from (I have a little over a month to decide), I will follow this discipline during Lent. We are planning a joint Good Friday service with Pastor John and the congregation of EverSpring church on Friday, April 7 @ 7 p.m. We will break our fast during that service.

Philos, Pastor Asher

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"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."

~~ Catherine Doherty (August 15, 1896 - December 14, 1985)

"Nothing great is ever achieved without much enduring."

~~ St. Catherine of Siena (March 25, 1347 - April 29, 1380)

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## Please Mark Your Calendars

**Sunday, February 12: Boy Scout Sunday** at St. Georges UMC.

**Sunday, February 19: Blessing of the Ashes** during our regular service. These ashes will be used in the Ash Wednesday service.

**Wednesday, February 22: Ash Wednesday**, Lent begins.

Please note: This service will be held in OUR sanctuary (that is a change from previous plans)

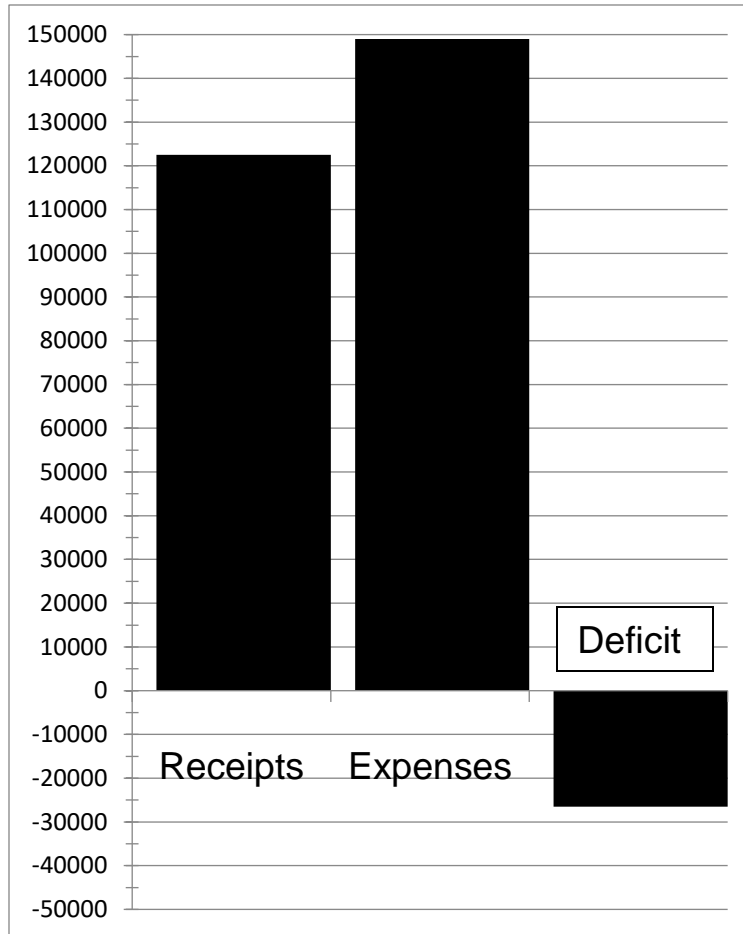
**Sunday, April 2: Palm Sunday**; Beginning of the Holy Week.

**Thursday, April 6: Soup and bread meal** in our fellowship hall, followed by **Maundy Thursday service** in the Sanctuary.

**Friday, April 7: Good Friday service.** We will gather in the Sanctuary of the EverSpring church to worship and to remember the 24 hours that changed the WHOLE world.

**Sunday, April 9: Easter:** Sunrise service will begin at 6:15 a.m. (sunrise is at 6:19), followed by breakfast and fellowship downstairs. At 10 a.m. we will gather in the sanctuary for our Easter Celebration.

## Our Financial Position as of End of December 2022



Receipts vs. Expenses A/O the End of 2022 (December 31, 2022)

For 2022 receipts for the Operating Budget at the end of December were \$122,511.06; expenditures were \$ 149,020.41. As of the end of calendar year 2022, expenditures exceeded receipts, resulting in a deficit of \$26,509.



Donna Goes Walk About.....

Another month down and still no snow. Of course February is usually the month we get the white stuff, IF we were going to get any, so I still have hope!

☺ Seriously, though, I pray you all are staying safe and warm this winter.

It is a slow time of year but there is still plenty going on in our St Georges church family.

Thank you to Claudia, Don, Kent, Heidi and the scouts for helping me un decorate the sanctuary. It always is so sad when all the decorations come down. We got everything all organized, boxed up and back in the attic until next year.

I would like to invite anyone who has been considering joining the choir to make the decision to join us! We have a good time and our numbers have been dwindling lately so it's the perfect time to help us sing Gods' praises!

Coming up this month on February 11<sup>th</sup>, we'll be having a Game Night in Fellowship Hall at 6pm. We'll start off with pizza for dinner and then get into some fun games. All ages are encouraged to come and join the fun.

A small group of ladies from the church made a trip to the movies to see the latest Tom Hanks movie, "A Man Called Otto It was difficult to watch at times but quite funny at others. Our group was divided with thumbs up and thumbs down.

Sunday February 12<sup>th</sup> will be Scout Sunday with Scouts from Troop 123 taking part in the service and after service there will be a soup sale thanks to the ladies of the church. Get your appetite ready!

And finally, the 3<sup>rd</sup> of this month will mark one year since we lost mom. I continue to miss her every day but thank God that He blessed me with her as my mother.

That's all for this month. Ill see you on Sunday morning.

Donna





# February Prayer

Loving and Gracious God who reveals Godself to us!

From the breath of your love came the creation of the world.

(Gen 1). We are amazed at the vast beauty of the night sky, at the intimate nature of the love you have for us, your children, and for all of your Creation.

Forever trusting, hoping, and believing in your word, may we always follow your light of truth in all that we do. May your love and light guide our search and longing for the Kingdom of Heaven.

Today and always, as we lift our eyes may we see your eternal light shining brightly, illuminating our path and leading us to you. Amen.

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Loving and Gracious God!

By the leading of a star you manifested your only Son to the peoples of the earth: Lead us, who know you now by faith, to your presence where we may see your glory face to face. Through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and forever. Amen.

~~ From the Book of Common Prayer



## February 12 – Boy Scout Sunday at St. Georges United Methodist Church

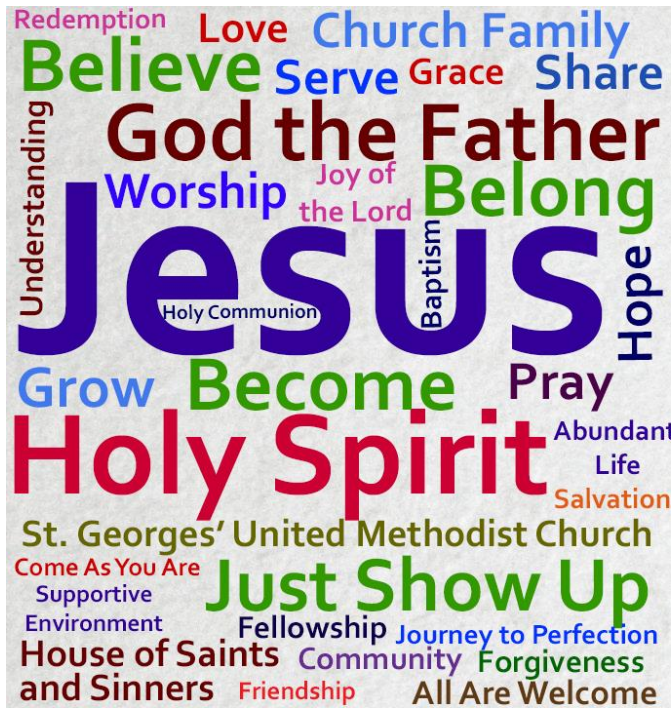


Photo by Jamie Tobin

Type of graphic that you see above is called “**wordle.**” I used all the adjectives and descriptive words about our St. Georges’ United Methodist church that I could think of. I will use this graphic in outreach. The image of our church is by Jamie Tobin.

## Outreach Update

It's cold, dark and lots of rain. No snow or ice as yet but, it's still cold. There are so many in our area that have no warm place to stay other than for some, their car.

Many of us, take this time to clean our drawers and closets. If and/or when you do, think of those people that need some warmth and protection from the elements. If you have blankets or cozy throws that your not using, place them in the black box in the Fellowship Hall. Warm clothing, coats, new socks and new underwear (for men and women) would be welcome as well. If you're out and about and you see hand warmers, they are so important in helping someone prevent frostbite or hypothermia.



Carole Jaques, Outreach Chairman

## Scout Update

Troop 123 attended Klondike, in which they raced to different stations to show their Scout skills.





## Methodist Women

### Souper Bowl Sunday

On Scout Sunday, February 12, the Methodist Women will be selling a variety of soups for you to take home and enjoy, whether for the football game or just anytime you don't feel like cooking. Soups will be available after the worship service and the cost will be \$8.50 a quart. They will be sold on a first come first served basis. The money will be put towards our Women of Hope Banquet in May. And speaking of the banquet, mark your calendars for Thursday, May 11 and plan to attend the banquet. Also, as you spring clean, set aside items you can donate for the silent auction. Our next meeting will be Thursday, February 9 at 7pm at the church.



### Friendship Star Quilters

Friendship Star Quilters will be meeting on Tuesday, February 7 from 9:30am to 4pm at the church. Come when you can and stay as long as you can. Lunch will be provided. Bring your sewing machine if you can. Also, Jim will be there to sharpen any scissors or knives that you need sharpened.



Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand. -  
Isaiah 41:10

# Young Disciples Page

## VALENTINE'S DAY

### ♥ WORD SEARCH ♥

Q Q R N F U R Z F K Y M F X D E L C L D  
R Z C U C E P N R A I R A L I I H E Q R  
Y W F H R I G L O X L S A O O O P X N G  
F D K I G U H D H D B L S U C W Q U R U  
F H M U W B V B R D F I I O R P E D C O  
C D I B X S T T Z N T B L N G B Y R O Y  
A G G A S W Y B J Q E A R O L T E Y S E  
K S P Q W E Q X R M T F T U S O D F D V  
E F A L M E W S I E S X A W O W V S J O  
L T N M G T T N R W R T Z B C Z I E M L  
O V X J D H E W E B O U Q U E T R O T I  
V R W L H E G J Q B D I I L V Y O N R T  
E M D P R A E N I T N E L A V P M E A K  
I L I E J R Y V Z V L U W A S R A J E J  
N N Y Q R T S R M P E U C A M N N B H V  
K B T W K E O S R E I W G J Y P C O G I  
M Z E Z S M N G F W N Y A W I G E B Y Q  
X T E O J W U T V B U D X O Y D N A C I  
W V R P C G V H G I F T H X G I N M Y Y  
M C V J J N R Z H U F M U I K Q E V E R

- |              |            |           |
|--------------|------------|-----------|
| ADMIRER      | BE MINE    | BOUQUET   |
| CANDY        | CHOCOLATE  | CUPID     |
| FALL IN LOVE | FEBRUARY   | FLOWERS   |
| GIFT         | HEART      | HUG       |
| I LOVE YOU   | KISS       | LOVE      |
| PINK         | RED        | ROMANCE   |
| ROSES        | SWEETHEART | VALENTINE |



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# Young Disciples Activities



## VALENTINE WORDS: UNSCRAMBLE ME!

**DIRECTIONS:** Unscramble the letters of each to make a Valentine word.

*Partners: Race each other to see who can unscramble more words in one minute!*

REHAST \_\_\_\_\_

ETVLANEIN \_\_\_\_\_

YACND \_\_\_\_\_

TWSETHERE \_\_\_\_\_

SISK \_\_\_\_\_

REWLSFO \_\_\_\_\_

NKIP \_\_\_\_\_

RDCA \_\_\_\_\_

ESTRCE RDAREIM \_\_\_\_\_

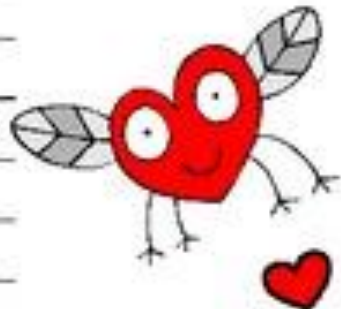
UCIDP \_\_\_\_\_

RSWOAR \_\_\_\_\_

OLEV \_\_\_\_\_

ELCOACTHO \_\_\_\_\_

DRE \_\_\_\_\_



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## What is Walk to Emmaus?

The Walk to Emmaus is an experience of Christian spiritual renewal and formation that begins with a three-day short course in



Christianity. It is an opportunity to meet Jesus Christ in a new way as God's grace and love is revealed to you through other believers.

The Walk to Emmaus experience begins with the prayerful discernment and invitation from a sponsor. After one accepts this invitation, they complete an application. The Emmaus leaders prayerfully consider each applicant and in God's time, the person is invited to attend a three-day experience of New Testament Christianity as a lifestyle.

Following the three-day experience, participants are joined in small groups to support each other in their ongoing walk with Christ.

Through the formational process of accountable discipleship in small groups and participation in the Emmaus community, each participant's individual gifts and servant-leadership skills are developed for use in the local church and its mission. Participants are encouraged to find ways to live out their individual call to discipleship in their home, church, and community.



The objective of Emmaus is to inspire, challenge, and equip the local church members for Christian action in their homes, churches, communities, and places of work. Emmaus lifts up a way for our grace-filled lives to be lived and shared with others.

On a personal note, when I went on my Walk to Emmaus pilgrimage, it felt like a trip to the foot of the Cross of Jesus, a sentiment that is shared by most pilgrims. Because I am an ordained pastor, it was not my first experience of being at the feet of Jesus. That being understood, I saw lives changed, men and women profoundly affected and inspired to deeper relationship with God on their pilgrimage. Walk to Emmaus is a strong spiritual experience that will challenge and inspire you; you will be blessed if you make a decision to take this pilgrimage.



Photo (from March 2014) of the pilgrimage group that I was a part of.

I am close to the center in the middle row.

## Who was Saint Valentine? Glad you asked... 😊

**St. Valentine**, (died 3rd century, Rome), name of one or two legendary Christian martyrs whose lives seem to be historically based. Although the Roman Catholic Church continues to recognize St. Valentine as a saint of the church, he was removed from the General Roman Calendar in 1969 because of the lack of reliable information about him. He is the patron saint of lovers, epileptics, and beekeepers.

By some accounts, St. Valentine was a Roman priest and physician who suffered martyrdom during the persecution of Christians by the emperor Claudius II Gothicus about 270. He was buried on the Via Flaminia, and Pope Julius I reportedly built a basilica over his grave. Other narratives identify him as the bishop of Terni, Italy, who was martyred, apparently also in Rome, and whose relics were later taken to Terni. It is possible these are different versions of the same original account and refer to only one person.

According to legend, St. Valentine signed a letter “from your Valentine” to his jailer’s daughter, whom he had befriended and healed from blindness. Another common legend states that he defied the emperor’s orders and secretly married couples to spare the husbands from war.

Feast of St. Valentine is celebrated on February 14, which we know as Valentine’s Day. **Happy Valentine’s Day!**



## **How to Reach our Bishop and District Superintendent**

### **Our Bishop**



**Rev. Latrelle Easterling**

**Peninsula-Delaware Conference**

**Bishop Felton Edwin May**

**Resource Center**

139 N. State Street,  
Dover, DE 19901

Website: [www.pen-del.org](http://www.pen-del.org)

Phone: 302-674-2626

Toll Free: 1-877-736-3351

The Peninsula-Delaware Conference  
office is open:

Monday thru Thursday  
8:30 a.m. - 4:30 p.m.

### **Our District Superintendent**



**Rev. Joseph Archie**

**Delaware District Office**

900 N Washington St  
Wilmington, Delaware 19801

Website: [delawaredistrictumc.org](http://delawaredistrictumc.org)

Phone: 302-655-8873

e-mail:

[delawaredistrictumc@gmail.com](mailto:delawaredistrictumc@gmail.com)

The District Office is open:

Monday thru Thursday  
8:00 a.m. – 2:00 p.m.



### **Our Pastor: Rev Asher F. Tunik**

Email: [pastorasher@gmail.com](mailto:pastorasher@gmail.com)

Cell Phone / Voice Mail / Text: 443-350-5077

**I am in the Church office on Friday mornings and by appointment.** Rest of the week I work from my home office and can be reached via phone or e-mail/text.

St Georges United Methodist Church  
P.O. Box 145  
St. Georges, DE 19733



## Dates to Remember

- Feb 5.....Communion Sunday
- Feb 7.....Friendship Quilters 9 to 4
- Feb 9.....Methodist Women's meeting 7pm
- Feb 11...Game night with dinner 6pm
- Feb 12...Scout Sunday
- Feb 12...Souper Sunday Sale
- Feb 14...Happy Valentine's Day
- Feb 19...Blessing of the Ashes
- Feb 22...Ash Wednesday

