



## STRAFFORD UNITED METHODIST CHURCH

### MONTHLY NEWSLETTER

March 2016

**PASTOR:** John Inmon

**Church Address:** 200 E. Chestnut, Strafford MO 65757

**Phone:** 417-736-3148

**Website:** [straffordumc.org](http://straffordumc.org)

**Sunday Service Times**

**Sunday School:** 9:15am

**Morning Worship:** 10:45am

**Wednesday Service:** 6:00pm

Dear Friends,

There's so much going on in the month of March. A handful of us are going to the Congregational Care Workshop on Saturday the 5<sup>th</sup> at Asbury UMC in Springfield. The ministry of Congregational Care is carefully designed to connect the church with people during their times of need. We are hopeful that this workshop will provide us with the tools we need to be members of an effective Congregational Care Team. We will have the information we received from the workshop on Sunday, so if you're interested in finding out how you can help your church please ask.

On Friday the 11<sup>th</sup> we're hosting a free movie showing of "The War". We will also be serving hot dogs, popcorn and beverages. Festivities begin at 5:30 and will end around 8:00. Please invite friends and family for an enjoyable FREE evening in the House of the Lord.

The Community Easter Service will be held at Landmark Church on Sunday the 20<sup>th</sup> at 6:00pm. And on Saturday the 26<sup>th</sup>, there will be two functions going on at our church. The United Methodist Women will be having their Annual Bake Sale at 8:00 in the morning, and they will remain there until the last loaf of bread is sold. At 2:00pm, OutReach will be hosting an Easter Egg Hunt Free to the community for children ages 1 to 11. The Easter Bunny will be making an appearance and will be taking pictures with the kids. Here's another opportunity to support your church by helping with the event, donating candy or volunteering your time.

And last but certainly not least...Easter. A time for rejoicing the resurrection of Jesus Christ from the dead! How blessed are we that the Lord sent his son to die for OUR sins. As Christians we should be more understanding, more tolerant, and more willing to give our time, resources and whatever it takes to be good stewards of the Lord. Happy Easter Everyone!

See you Sunday,

April Potter

**“Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as ever you can.”**

**— John Wesley**

***MISSION STATEMENT: We open our Hearts, our Minds, and our Doors and we answer the call of making Disciples of Jesus Christ for the transformation of the world***



Our Country, Our Church, Our Military, The sick and infirmed, Caregivers

Galen Bumgarner                      Frank Costello                      Martha Easterly                      Rex Easterly

Sam Easterly                      Ben Estep                      Austin Kepley                      Mary Malard

Mike Paxson                      Roger Todd                      John Williams                      Derek Wilson

## Message From Our Pastor

“As members together with you in the body of Christ and in this congregation of The United Methodist Church, we renew **our covenant faithfully to participate** in the ministries of the Church **by our prayers, our presence, our gifts, our service, and our witness** that in everything God may be glorified through Jesus Christ.”

These are our membership vows in the United Methodist Church. I bolded a few words in it that we should focus on.

The first part pertains to a covenant that we make with God and our church saying we will faithfully participate in the church’s ministries. That is very important statement to me, it means to me in every way I can I will participate in the church’s ministries.

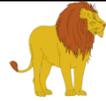
The next group of bolded words tells us how we keep that covenant. **Our prayers**, we should be praying for our church, the ministries of our church and for each other that for the body of Christ. **Our presence**, we need to be there, for services and for events, now I understand things happen, stuff comes up, but being there is very important. **Or gifts**, yep it is money it takes money to keep a church going and to do the ministries that God sends us into. **Our service**, what we do in support of our church, using our gifts that God has given us to serve the church. **Our witness**, how we show God to others in word and deed, not only what we say, but what we do.

We have all repeated these vows, not only when we joined, but when others joined the church. It’s kind of like preaching it when you say them.

Do we need to work on practicing what we preach?

In God’s Love,

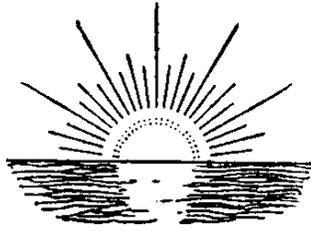
Pastor John



# MARCH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 2:00 Quilting  6:00 Praise Service 6:00 Kidz 7:00 Choir	3	4	5 <i>Congregational Care Class</i> <i>Asbury UMC</i> 8:30-5:00
6 9:15 Sunday School  10:15 Fellowship 10:45 Church	7	8	9 2:00 Quilting  6:00 Praise Service 6:00 Kidz 7:00 Choir	10	11  Free Movie Night w/ Free Hot Dogs, Popcorn & Drinks 5:30-8:00	12 <b>UMW</b> <b>10:30</b>
13 9:15 Sunday School  10:15 Fellowship 10:45 Church	14	15	16 2:00 Quilting  6:00 Praise Service 6:00 Kidz 7:00 Choir	17	18	19
20 9:15 Sunday School 10:15 Fellowship 10:45 Church  6:00 PM Community Easter Service Landmark Church	21	22	23 2:00 Quilting  6:00 Praise Service 6:00 Kidz 7:00 Choir	24	25	26 <i>UMW Annual Bake Sale</i> 8:00 - sold out  <hr/> <b>Easter Egg Hunt</b> Pics with Easter Bunny 2-3 
27 <b>EASTER</b>  9:15 Sunday School 10:15 Fellowship 10:45 Church	28	29	30	31		



## *Sunday Omelet*

Submitted by: Penny & Jan

### **Ingredients:**

Olive-or-vegetable oil cooking spray  
¼ cup diced fresh shitake mushrooms  
1 Tbsp finely chopped green onion  
¼ cup diced tomato  
¼ cup packed, chopped fresh spinach  
3 egg whites, lightly whisked  
1 Tbsp low fat cream cheese  
1/8 tsp sea salt  
1/8 tsp freshly ground black pepper

### **Method:**

1. Coat a nonstick sauté pan with cooking spray and place over medium heat
2. Cook mushrooms and onion about 5 minutes; add tomato and spinach and cook an additional 3 minutes
3. Mix in egg whites, cream cheese, salt and pepper in a blender. Cook about 4 minutes
4. Flip omelet in half to serve.

### **Nutrition:**

Makes 1 omelet.

110 calories, 2.5g fat (1g saturated fat), 10g carbohydrates, 13g protein, 3g fiber