

The Springs



Rev. Don Tabberer

March 13, 2013

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"Don't you realize that your body is a sacred place, the place of the Holy Spirit? Don't you see that you can't live however you please; squandering what God paid such a

high price for? The physical part of you is not some piece of property belonging to the spiritual part of you. God owns the whole works. So let people see God in and through your body." (1 Corinthians 6:19-20)

Last evening a group of us gathered to watch the movie, *"The Way."* This film was the inspiration for our Lent sermon series. We have looked at some of the ways in which we encounter the living Christ and how we find our way, with God's help, around the many challenges and obstacles that try to stop us. As we watched the movie again last night I was thinking about how this series is really about transformation. As we each move along whatever path we are traveling, God seeks to transform us from the person we have become into the person we were created to be. This is not an easy task – even for God!

Recently my doctor sent me to see a nutritionist who recommended changes in my diet and encouraged me to begin a long-neglected program of regular exercise. It seems that I had forgotten who my body actually belongs to and I had not been very faithful about keeping the place up. Without belaboring the metaphor...my "temple" was in bad need of some "urban renewal."

So, I set about the task of changing my diet. I started keeping track of everything I put inside in effort to transform the outside. (*"You are what you eat."*) I joined a health club where professionals can guide and monitor my progress and help me reach my goal of being a healthier person. Then I changed my routine so that I could go to the gym every morning before coming to church. Now I am on my way! **Except...**

I like all that stuff that isn't good for me – temp-

tation lurks around every corner! I much prefer sleeping to getting up early and driving across town so I can sweat for an hour or so...*The bed is warm; outside is not!* I am no longer twenty years old and body parts do not want to stretch or bend or lift or move the way they used to... *This is most frustrating of all!* Along this way I have eaten the wrong things, I have slept in a time or three, and I have experienced new pains that are not at all pleasant. But I keep going because I know that, in the end, I will have remodeled this temple into something I am not ashamed for God to visit.

All of this is to say that each one of us is on some type of journey toward transformation. I don't know what your particular circumstances are; I don't know if your journey is a way to a fit temple or a more friendly disposition or a less angry attitude. You may be on your way to overcoming an addiction or rebuilding a relationship with your family. You may be going through grief or you may be on your way back to God after a long time away.

The point is that you will be tempted to stray from your path and find an easier way. You will be discouraged and want to pull the covers over your head and give up. You will be forced to stretch your spiritual and emotional muscles in new ways that are often painful. **Keep going!** Realize that God is standing at the end of your path with open arms ready to welcome you home. Jesus is walking with you all along the way to help you overcome the obstacles. The Holy Spirit is whispering encouragement and hope in your ear. The way really is worth it because the transformation is worth it. **You are worth the effort.** Amen.

*Grace and peace,
Pastor Don*

The Herbal Affair is Right Around the Corner

It's time to start digging out the recipes. Let's make this the best year ever! We will need cookies, cakes, pies, bread/rolls, spice breads, party mixes... be creative. Also, while thinking about what you will donate to the bake sale, remember to label each baked good with the ingredients. The Herbal Affair is April 20th. The ladies will weigh, package and price each item beginning at 9 a.m. on Friday, April 19 in the Parlor and Narthex-Mark your calendars.

SOMEONE'S PRAYING, LORD.....

How important is your prayer life? My Sunday School class has been studying about Daniel's prayer life. Would we really be willing to face the Lion's Den rather than give up our prayer life and worshipping our God? During Lent, we might remind ourselves how fortunate we are that we can lift our prayers to God at any time. And, also, each Sunday morning, we can freely attend worship service and Sunday School with a body of believers.

I have taken three short prayers from our study on Daniel and put them into one as follows:

*"We bow before you, gracious Lord, knowing that we are not all that we should be. Have mercy upon us, we pray, and lead us in paths of righteousness. Please help us, dear Savior, to be one of your servants and to see Jesus in those who serve us. Help us, dear Lord, to give ourselves without reservation to the accomplishing of your eternal will.
Amen and Amen."*

Let us pray for safety for all of our children, youth and their families as they enjoy their spring break.

Virginia

SIA Touring Restore Hope this Month

Have you gone with the SIA on a day trip? Do you know what the SIA is? They are the *Senior's In Action!* Every month, Sharon and Max Schuermann find an exciting and educating event to share with you. Usually, there is a lunch and tour involved but sometimes, it is a potluck or just a play day. This month, we will meet at the church at 12:15 p.m. on Wednesday, March 27th and leave together for lunch at the Blue Rose near downtown. It is a burger, sandwich, salad kind of restaurant. After lunch, we will head over to Restore Hope for a tour of the facilities. Please invite your friends and join us for a great day of fun-food-fellowship and a great learning experience. See Max or Sharon to sign up.

Music Ministry Musings

During worship on Palm Sunday, March 24, we invite you to join the music ministry in a musical celebration of the Easter season. At 8:30am the Praise Team will present "Lion of Judah, Calvary's Lamb" and at 11:00am the Chancel Choir will present "The Rose of Calvary". The Kingdom Kids and the Chancel Ringers will each contribute to both worship services as well. The "Lion of Judah, Calvary's Lamb" has three focused sections. The first proclaims God's sovereignty and power as the Lion. The second part tells of the sacrifice and redeeming love of the Lamb. The final section praises the King of kings and Lord of lords, who has conquered sin and death, and who alone is worthy to reign forever and ever. He is the Lion and the Lamb, worthy of our honor and praise!

In "The Rose of Calvary" the image of a sacred flower, a divine rose, from heaven's own garden blooming in the shadows of our world is a portrait of hope and comfort. When translated into music, it becomes a song that speaks to our deepest needs for restoration and redemption. It sings to us of gardens lost to sin and despair. It reveals to us a lonely garden where ancient olive trees stand silent witness to the suffering of the savior. It sings of a garden meant for death suddenly springing to life in a shower of joyful alleluias. It is God's tender love song reminding us all that we are children of the garden. Finally, at its heart, it is the music of one truly perfect Rose, who, choosing grace, died for his beloved thorns.

Lent



Devotion Series




Tuesdays at 12:00 Noon

Devotional Time,
followed by Lunch

March 19 – First Presbyterian Church
222 N. Adams Road

March 26 – St. Matthew's Episcopal Church
601 Lake Drive

Are You Marking Your Calendar?

There is so much going on the rest of this
month at SSUMC.

Read each article carefully and have your
calendar handy.



Holy Thursday, March 28 6:30 pm

"The Night Before" – We commemorate the events of the night on which Jesus was betrayed and arrested. Service includes Holy Communion and a meal served at the Family Life Center, 101 West 38th Street.

Good Friday, March 29 6:30 pm

"Two Faces in the Shadows" – We imagine a conversation that might have taken place after the Crucifixion between Peter and Judas. What were the Disciples thinking and feeling? This will be in our Sanctuary, 4th and Main.

Easter Sunday, March 31

Son-rise breakfast at the Family Life Center
6:30 am

Easter Sunrise Worship at the Family Life Center
7:00 am

Modern Worship in the Sanctuary 8:30 am

Sunday school/Small Groups 10:00 am

Classic Worship in the Sanctuary 11:00 am

Want to Sponsor a SSUMC Youth?

Sign Up Today

Are you looking for an
awesome way to spend
your summer?

GRACE

DAYSRING 2013

July 6th-10th

Ages: Entering 9th Grade to Graduating Seniors

Join us!
As we experience a new
understanding of "Grace"
@ Dayspring
Summer Camp 2013

Sign Up Today

Disciple Summer Camp 2013

May 31st- June 4th

Ages: Entering 6th, 7th, 8th

Sunday Lists

Sunday Volunteers March 17

Visitors Center & Coffee-UpRising-Young Adults
 Head Usher-8:30 a.m.-Frank Johnston
 Head Usher-11:00 a.m.-Eddy David
 Young Disciples Lesson-8:30 a.m.-Jami Warkentin
 Young Disciples Lesson-11:00 a.m.-Jami Warkentin
 Child. Church-8:30 a.m.-Kingdom Kids
 11:00 a.m.-Amy & Lauren Miller
 Counters-Betty or Howard & Karen Wilder
 Youth Dinner for Wed., March 13-Noah Class

Sunday Volunteers March 24-Palm Sunday

Visitors Center & Coffee-UpRising-Young Adults
 Head Usher-8:30 a.m.-Frank Johnston
 Head Usher-11:00 a.m.-Eddy David
 Young Disciples Lesson-8:30 a.m.-Janet Parker
 Young Disciples Lesson-11:00 a.-Janet Parker
 Children's Church-8:30 a.m.-Kingdom Kids
 11 a.m.-Susie Honeycutt & Family
 Counters-Sondar Bogert & Dick Ford
 Youth Dinner for Wed., March 20-No Meal

Please Keep In Prayer

Martha Scudder, Ryder Herring, Ruth Weaver, Virginia Vice, Donna Woodruff, Phil Cearley, Cathy Hula, Mark Nicholson, Elizabeth Taylor, Destinee Tackett, Sylvia Johnson, William Scott, Catie McGoldrick, Clinton Wilson, Margaret Pyeatt, Jack-Howard Smith's cousin, Larry Fisher-Connie's brother, Carl Welch-Carrol Hamner's brother, Jason & Natalie Mickels, David Wells Family, Heidi Bostwick, Theresa Rosales, Linda Pierce, Bobbie Simpson, Cheryl Simms, Jeannie McClafin, Christopher Watson (Dorthy Morton's grandson)

Acknowledgements

Thank You...

Dear Church Family, Thanks for all the calls and cards. The heart stent was a breeze and the flu was the pits. I am back to feeling great and it's wonderful. You and your prayers got me well. You're the greatest. Thanks.
Maureen Gibson-Love all of you.

Thank You...

We appreciate the many prayers, phone calls, cards and other expressed sympathies received from our Church Family. Our Mother and Grandma is now peacefully resting in the arms of our Lord and Savior. Thank You!

Marilee Randall and Rita Randall

Crumbs From The Cracker

the Awakening Vision:

"To Stretch the Church and to Redeem the un-Churched all to Glorify God"

Sponsor A Youth!!!!

Do you want to invest into the future of our church? We are looking for people to sponsor some of our students who want to attend our youth summer mission trip, and summer camp!!!! If this interests you, please...please make out all donations to SSUMC and in the memo, "Sponsor Youth Missions" or "Sponsor Youth Camp". This is an amazing way to contribute to the youth of our church! Thanks!

Summer Youth Mission Trip 2013:

Did you miss the sign up date for our summer youth mission trip 2013? Its not too late! We have 5 more spots for students! Don't forget to sign up for the youth mission trip 2013! We have 5 spots for parents. With a \$25 dollar deposit you can reserve your spot! Feel free to bring your deposit to the office or youth on Wednesday night!

Disciple Summer Camp 6th, 7th, 8th !!!!

Are you a going into 6th, 7th, or 8th grade???? Have we got an awesome summer planned for you!!! This year we will be going to Disciple Camp located in Tahlequah, OK!!! The dates for disciple camp are May 31st- June 4th. The cost for Disciple Camp is \$240.00. SSUMC will pay half, which means all you have to pay is \$120.00!!!!!! Great price for a great summer camp experience!!!!

Dayspring Summer Camp 9th, 10th, 11th, 12th, Grads!!!

Looking for a life changing moment with Jesus? Don't miss out on our first year attending Dayspring Camp located at Camp W.O.W.! This is going to be a super awesome week at camp!!! The dates for Dayspring are July 6th- July 10th. The cost for Dayspring is \$250.00. SSUMC will pay half, which means all you have to pay is \$125.00!!!!!! You don't want to miss this camp experience!!!!

Blue Devils

Our SSUMC Blue Devils had a tremendous season this year. Our young men finished the regular season in second place in their division this season. They entered the playoffs on March 2 looking to the championship 2 games later! With much determination and excitement our Blue Devils took on our neighbors downtown Boston Avenue UMC and defeated them in the Championship! Congrats Blue Devils! You guys did a great job this year!!! SSUMC Blue Devils are Macba North Division Champs!

Youth Teachings:

Our students are coming to the conclusion of "The Prayer" series teachings this Wednesday night. This was a series covering the "Lord's Prayer". It has been an awesome experience

to help our students understand the words of this famous prayer that Jesus taught His buddies. To drive home this "Prayer" series we will have a movie night on March 20th, and then provide our students the opportunity to go on their own individual prayer Journey on March 27th.

Upcoming Dates:

- March 13th - The Prayer Series Wk 5 "Save us from us"
- March 20th - Youth Movie Night @ 6:30pm
- March 22nd - Spring Break Fun!!! TBA
- March 27th - "The Prayer Journey" Starting 4:30pm (Don't Miss!)
- March 28th - Maundy Thursday Service @6:30pm
- March 29th - Good Friday Service @6:30pm
- March 31st - Easter Sunday 8:30am & 11:00am
-

(If you are interested in being apart of any of these upcoming events please do not hesitate to call me at 918-245-5955, or email me at gcollett@sandspringsumc.org)

Kidzone

We continue working on our series of lessons focusing on the Easter story. The children are enjoying making their scrapbooks. The Bible verse they are memorizing for this lesson series is: *Jesus said, "Because you have seen me, you have believed. Blessed are those who have not seen and yet have believed." John 20:29 (NIV)*



Mark your calendars for a couple of important dates. On Palm Sunday, March 24, the Kingdom Kids will be singing in both services. Easter Sunday we will host our annual breakfast for the children. This is always a big treat for the kids. Parents are welcome to attend.

Have a great spring break! We'll see you Sunday!

MARK YOUR CALENDAR

FLC-Family Life Center

Wednesday, March 13

7:30 a.m.-Men's Breakfast—Crescent Café
10:00 a.m.-Bible Study
6:30 p.m.-The Awakening
6:00 p.m.-Chancel Ringers
7:00 p.m.-Chancel Choir

Thursday, March 14

10 a.m.-Exercise to Music
11:00 a.m.-Needlers
7:00 p.m.-Stewardship

Friday, March 15

Wedding Rehearsal

Saturday, March 16

4:00 p.m.-Rebecca Ward & Joe Alvarez Wedding

Sunday, March 17

8:30 a.m.-Modern Worship
10:00 a.m.-Sunday School
11:00 a.m.-Classic Worship
2:30 p.m.-Council on Ministries
4:00 p.m.-Church Council

Monday, March 18

10:00 a.m.-Exercise to Music-FLC
6:30 p.m.-Bible Study-F. Hall
7:00 p.m.-Boy Scouts-FLC

Tuesday, March 19

12:00 p.m.-Lenten Service/Lunch-1st Presbyterian
7:00 p.m.-Praise Team Practice
7:00 p.m.-Al-Anon-Upstairs

Wednesday, March 20

7:30 a.m.-Men's Breakfast-Crescent Café
10:00 a.m.-Bible Study-F. Hall
6:30 p.m.-The Awakening-Youth Movie Night
6:00 p.m.-Chancel Ringers
7:00 p.m.-Chancel Choir

Thursday, March 21

10:00 a.m.-Exercise to Music-FLC
7:00 p.m.-Faith Circle

Sand Springs UMC

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918-245-5955 Fax-918-245-2801

Family Life Center: 918-245-3725

www.SandSpringsumc.org

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