



THE OPEN DOOR

A FREDERICKSBURG UNITED METHODIST CHURCH MAGAZINE

WORSHIP

Join us for Sundays at 11:00 am

Live stream worship

www.facebook.com/fumcva

(no account required)

SUNDAY SCHOOL

Some adults classes
online

Children and Youth
Sunday school classes
online

CHURCH OFFICE

Open daily

Monday—Friday

10:00 am — 3:00 pm.

officemanager@fumcva.org

(540) 373—9021

www.fumcva.org

www.facebook.com/fumcva

Social media: @fumcva



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This is a quarterly publication, so **our next deadline is June 15th** with a publication date of the first week of July 2020.

Send your pictures, praises and articles to newsletter@fumcva.org

A Word from Senior Pastor

Dear Brothers and Sisters in Christ,

On this Holy Week, our pastors and staff are holding you all close in our thoughts and prayers. Creation around us is bursting forth in beauty, but we all feel the hardship of this time for people across the globe, which stands in stark contrast to the beauty of springtime. In this, we look to God to guide and sustain us. We look to the way of Jesus, his grace and his sufferings that render hope.

When we began our Lenten journey, selecting courage as our theme for the season, we had no idea that we would all have to so deeply rely upon the strength of Christ to face our present days. In the darkness of this time, and in the darkness of this week as we stand in the shadow of The Cross, let us be reminded that God is always in-process, working for us and hovering over our fears and challenges with amazing grace. This word from Hebrews chapter four, beginning at verse 14, can be a guiding light for us this week and in the weeks to come.

“Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. ¹⁵ For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. ¹⁶ Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.”

God does not leave us when we face challenge. God comes near. He showed us this in Jesus. We see this as we revisit the path of Jesus going into Jerusalem humbly, suffering with grace upon the cross, and rising in victory from within a sealed-up tomb.

This week calls us to look and listen closely. To walk with Jesus, maybe closer than ever before...relying upon his strength, his way, his hope, which transcends even death.

Friends, hear the Good News... God loved us, while we were yet sinners, that proves his love for us... In the name of Jesus Christ, we are forgiven, and we are given courage for this week, for tomorrow and for all time!

Thanks be to God!

We hope you will join us in our on-line Holy Week Services – Thursday at 7pm and Friday at 7pm. Also, Pastor Josh and I will have a live, short mediation upon The Passion of Jesus at 2:45pm on Friday. Easter services will be streamed in both contemporary and traditional settings and our staff are also working on an Easter Zoom call to connect us all, so that we can see each other. More info TBA soon....

May your Holy Week be blessed, even in the struggles of our current age...May Jesus be your guide this week. May God's love comfort your soul. May the Holy Spirit give you courage, today and always!

In Christ's love,

Pastor Gina



FROM OUR PASTORS

How are you?

Dear FUMC Membership,

Please complete this simple, anonymous survey to let us know how you are doing. It will help our church staff shape their response at this time. Thank you! It is important to assess the status and needs of our church community.

There are 20 questions and it only takes 3—7 minutes.

<https://tinyurl.com/CheckinFUMC>



Winter 2020

YOU'RE INVITED to this new CONGREGATIONAL WIDE ONLINE STUDY!

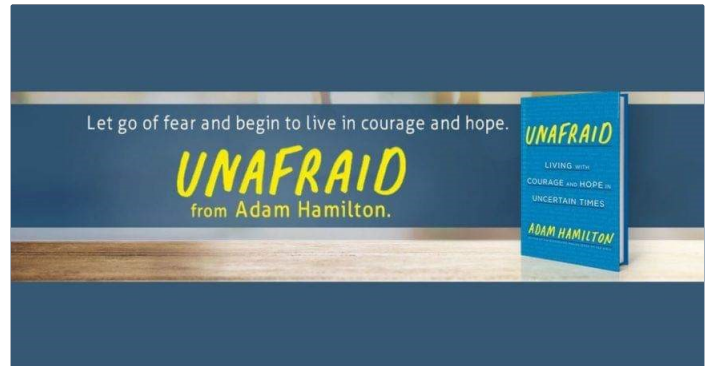
[Sign up Email Pastor Josh!](#)

WHEN: Thursdays - starting March 26th

TIME : 12:00 pm

WHERE : YOUR COUCH! (online via ZOOM)

WHAT : "Unafraid : Living with Courage & Hope in Uncertain Times" By Adam Hamilton



[CLICK HERE SEE THE FACEBOOK EVENT!](#)

FUMC will explore the worries and fears most of us experience. We will Learn to identify our fears and discover practical steps for overcoming them... all in the light of scripture and a faith that promises again and again that we can live with courage and hope.

Hello, FUMC Family

I pray everyone is safe and healthy during these uncertain times.

Here is an update on the church's financial health.

- The principal on Kobler Hall is now below the \$800K mark!
- Even with the current crisis, giving is very close to on track!

Even though we cannot meet in the building, the church ministries continue online. I strongly encourage you, if you haven't already, to tune into our worship service on the church's website (fumcva.org) or Facebook page. Children, youth, and small group ministries are also meeting face-to-face online. Reach out to the church at (540)373-9021 if you need assistance joining in. Our SERVE ministries are also still continuing to assist those in our community who are in need.

If you want to give to the church during these times, and are not sure how, we have created some additional options.

- Check: You may mail your check to 308 Hanover St, Fredericksburg, VA 22401
- ACH: Sign up for bank withdrawals; contact the church for more information
- SimpleChurch App: Visit the church's website and click on "Give" at the top right to get started. PayPal: Also available on the church's website under "Give" or at PayPal.me/FUMCVA
- Text: Text the word GIVE to (540)274-7836 and follow the prompts to make your offering



During this time, we ask that your offerings remain Undesignated so they can go to the most immediate needs of the church.

I am prayerfully confident church-wide giving will remain on track in the coming months and I thank everyone for your continued generosity. I look forward to seeing you all soon.

Mike Sienkowski
Finance Committee Chairman
Winter 2020

Leaning into Strengths—Celebrating how God wired you

April 9th at 7:00 pm

ZOOM class

Do you know what your top 5 Strengths are?

Come on in and join us let's discover how you can lean into your strengths! Don't know what YOUR strengths are, there is still an opportunity, contact betterhealth@fumcva.org to get your code to take the assessment.

Learn who YOU are most like in the Bible, and how you can use how YOU were uniquely wired to be disciple for Christ!



MICAH COMMUNITY VOLUNTEERS & DONATIONS NEEDED

NOW more than ever we would like to try to maintain a helping hand to our neighbors in need!

WHERE: Micah Hospitality center at 1013 Princess Anne Street

HOW? Volunteer or DONATE

To distribute breakfast or lunch items to the Micah community. We are also collecting and asking folks to purchase and donate portable chargers as these are essential for Micah neighbors for support on the streets as many of the usual places for daily activities have closed to the public. They cost about 5 to 6 dollars and they don't have to be new. Here are some examples :

[Charger 1](#) or [Charger 2](#)

If you are NOT high risk, we are continually looking for folks to shop for groceries for Micah friends that can't get out.

Please contact [Diane Cotter](#) or (540) 845-9636 for more details!



United Methodist Women Updates

My dear Sisters in Christ,

What a historic time we are living through right now. I am praying for the health and safety of all of you and your families and friends - and look forward to the day when it's safe to in close contact with one another again!

Based on mandated physical distancing and the feedback of the mission team....

- All April circle meetings are canceled until Fall
- The Spiritual Growth Retreat will be rescheduled in the Fall
- The UMW Wednesday night dinner on May 6th has been canceled
- Mission Team meetings canceled until Fall

For Rappahannock River District:

- Mission Day on April 25 is canceled
- The Spiritual Life Retreat May 15-17 has been rescheduled for May 14-16, 2021

Blessings,
Jillian

**ISOLATED OR QUARANTINED
AND CAN'T GET OUT?**

**Call Mary McGhee-Pasternak
at (540) 870 1985**

and we'll get you connected to the TRIPLE E Team!



If you are **HEALTHY**, not at-risk and willing to be the HANDS & FEET of Christ in service for some of our more vulnerable congregation members, [SIGN UP TODAY](#) to be on the short notice volunteer team.

Every effort will be made to connect you with someone in close proximity to your location.

Join in ONLINE

Class	Day and Time
Children Books at Bedtime	Evenings, 7:30 pm
Children Chat & Chew	Wednesdays, 5:00 pm
Children Sunday School	Sundays, 9:30 am
Christian Living Sunday School	Sundays, 9:30 am
Church Wide Bible Study	Thursdays, 12:00 pm
Strengths Workshop	April 9, 7:00 pm
Wayfarers Sunday School	Sundays, 10:00 am
Wesley Forum Class	Sundays, 12:30 pm
Youth Senior High Sunday School	Sundays, 9:45 am
Youth Book Study	Sundays, 4:00 pm
Youth Chats	M-W-F, 4:00 pm

FUMC Youth

Please connect 15 minutes before start time to resolve technical issues.

Senior High Sunday School

9:45 AM

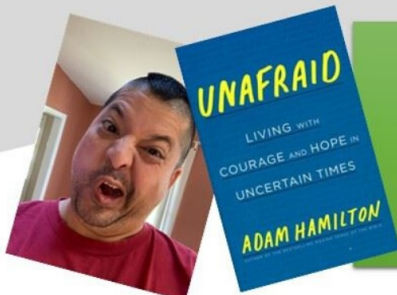
Zoom Meeting ID:



ZOOM with us!

M-W-F
Chats
4:00 pm

Zoom Meeting



Youth Book Study

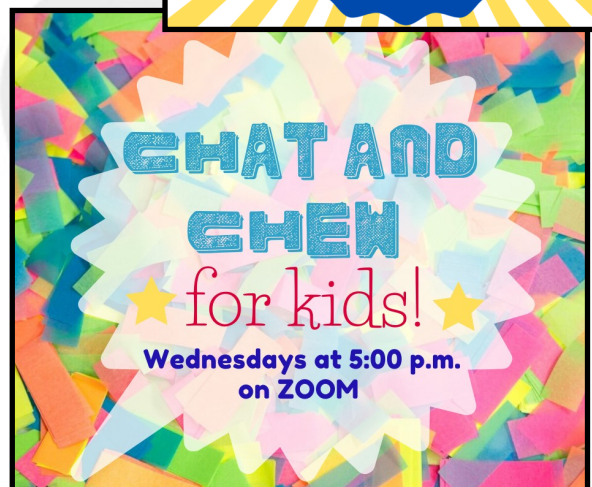
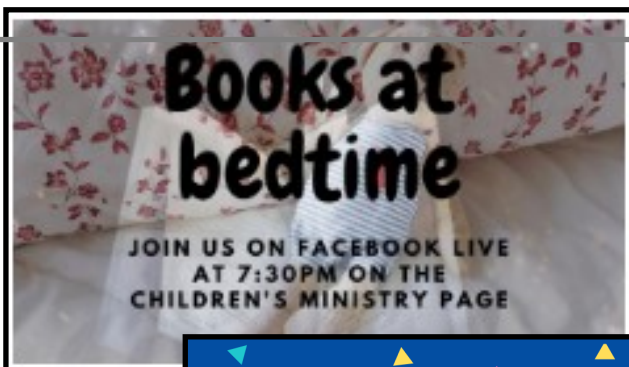
Sundays

4:00 PM

Zoom Meeting



Our preschool is currently closed, but please stay in touch through our Fredericksburg United Methodist Church Preschool page or by email preschool@fumcva.org



Contact Jillian Murray Today!

jillianmurray@fumcva.org

Children's Ministry News

On February 9th, the Children's Ministry and SEEK teams co-hosted a fun afternoon event called "Snowed-In Sunday." Kids and parents were invited to enjoy winter themed snacks, games, crafts and a movie. It was a perfect way to spend a couple of hours, even if there was not a snowflake in sight. We had a great turnout and hope to offer more seasonal events at FUMC in the future, to allow



kids and adults opportunities to connect and relax.

The FUMC Upward season wrapped up on February 29th after eight amazing and busy weeks. The

goal of Upward is to combine the game of basketball with the gospel of Jesus. There were 240 kids enrolled in the Upward program this year, which is an increase in years' past due to the expansion of the league to include 7th and 8th graders. The games were held all day on Saturdays in Kobler Hall. The halftime devotions were given by some of our phenomenal youth, including Grace Carryer, Kayana and Danielle Cloud, Kelsey Wilson, and Clara Szlyk. A huge thank you goes out to Lori and Justin Govar, and David and Carrie Bertauski, who were the coordinators for the second year in a row.

Did you know? Each week a group of students from Massaponax High School's REACH program come to FUMC and help with various tasks around the church. These students are between the ages of 18-21 with various intellectual and developmental delays, and REACH allows them the opportunity for additional vocational and social skill training. They have been instrumental in setting up for

Wednesday night dinners, bagging food for the food pantry, assisting in various Sunday School tasks, and helping to clean rooms around the building. On Fridays they even come to set up chairs for Upward game day, then shoot hoops for an hour! If you see these students



around the building, please stop and introduce yourself and thank them for their service to our church.

Sunday School is continuing its 4th quarter of Dig In: Digging Into the Heart of God curriculum. We have been learning some big concepts over the last couple of months, including Jesus'

miracle works, his death and the spread of Christianity and the formation of the early church.

Kids With Purpose met from January 8th until March 4th. Each week the kids were involved in a different hands-on service project which helped local and national

organizations. Our favorite activity this season was bagging 300 pounds of rice for SECA (Spotsylvania Emergency Concerns Association). SECA gives various types of assistance to people facing immediate crisis, and one of those types of assistance is food distribution through their food pantry. Large quantities of rice are portioned out into smaller, family-sized bags and given out at their pantry. The kids did great, with minimal spillage!



CHILDREN'S CHOIR



The Children's Choir has been working hard over the last several weeks preparing for their upcoming performances. They enjoyed getting to share their songs at our 11am service.

The children have also been learning how to use the chimes. Be on the look out for dates where they will be ringing during the service.



Upward Basketball – Another Season in the Books!

Commitment, Self-Control, Joy, Purpose, Thankfulness, Teamwork, Encouragement. . . All of these are Christian lessons that were intentionally taught throughout this year's Upward season *in addition to basketball skills*. The underlying message that all remember, though, is the joy of playing a loved game in a supportive environment. The mission of Upward sports is to promote the discovery of Jesus through sports. This year's season at FUMC touched the lives of 240 players and their families, 47 coaches, 31 referees, and more than 20 devotion speakers.

The Upward program began at FUMC in 2013 under the leadership of Mark Earnesty and then Adam Sutton. The program's expansion this year to include a 7th/8th grade division was met with great enthusiasm. Due to the increase in participation, different teams could be found practicing every night Monday through Friday and playing games from 8:30am – 8:30pm on Saturdays. If you were in the building during any of those practices or games, the energy, excitement and commitment were obvious!

The 2020 FUMC Upward basketball community participated in a sock drive for MICAH, a canned food

drive for FUMC's food pantry and eagerly supported both the FUMC youth and girl scouts by purchasing LOTS of concessions every week.

Upward players and coaches thank FUMC for their support and prayers during the past 2 months. It has been a great experience for all involved!

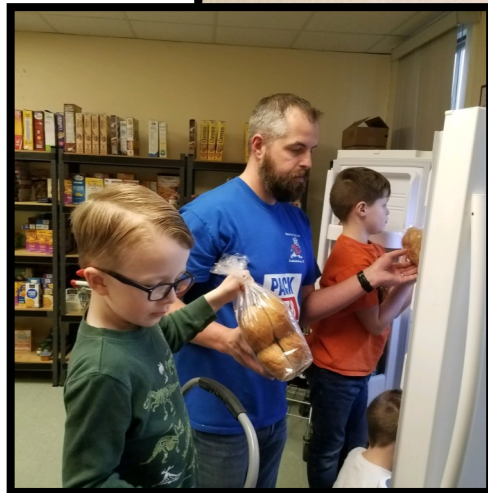
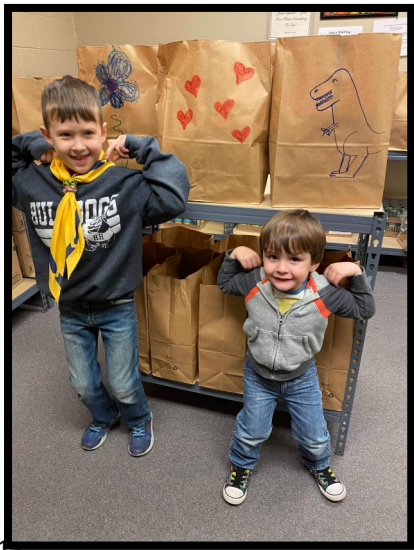
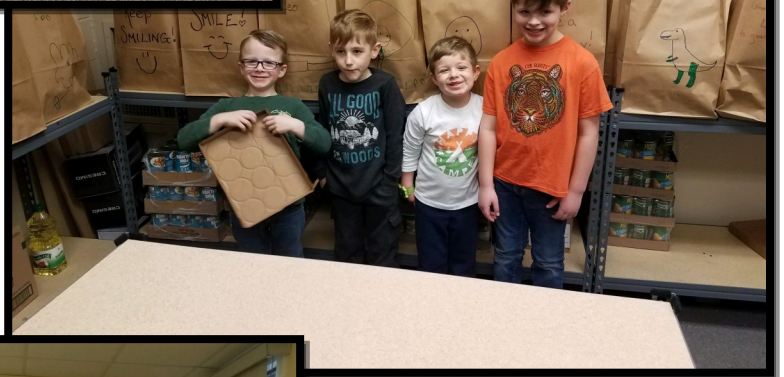
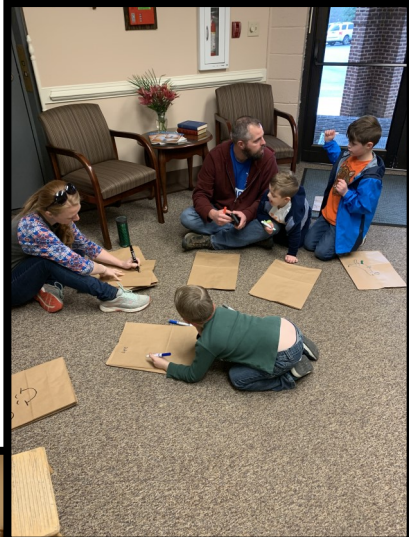






FUMC Cub Scouts—Pack 578 in service

These young scouts joined the Food Pantry packing efforts in January. They decorated bags, packed USDA (TEFAP) foods and even recycled all the packaging!



after they completed their lessons. The board is mounted on the Extended Narthex wall (near the entrance to the Courtyard). The Archives Committee has placed a plaque explaining the sound board next to the display. Take a look when you are in the Extended Narthex.

Archives Committee

FREE LITERATURE FOR ADULT GROUPS

Over the years, adult Sunday school classes have purchased Bible studies, church history books and contemporary literature that was used for class studies. The collection includes such authors as James Moore, Adam Hamilton, Max Lucado and many others. These collections are now available to all church groups for study. A few of the books are currently on display in the glass case in the Extended Narthex. Anyone who wishes to see the entire collection or would like to sign up to borrow a set of books may contact Sunday School Superintendent, Chris Jones, chrisandruss@verizon.net.

ABMYER PLAQUE

Harold Abmyer was our church organist for 38 years (1949-1986). During that time he mentored many organ students. The Möller organ sound board was signed by those students

REV. JOHN KOBLER—ROCKER

The church is in possession of a small rocker that is believed to have been made by Rev. John Kobler in the early 1800s. Recently the Archives Committee had the rocker cleaned and some minor repairs made. The rocker is stored in the Archives room and is available for viewing by contacting Margaret Mock,



Christmas Bazaar proceeds in service to our church. Two years of crafting, wreath making and artisanship with love. **Your church thanks you for all of your hard work and funding of so many projects!**

Clean the sanctuary (rafters, etc.)	\$800
Mulch for playground, \$750 per load	\$750
Freezer for TEFAP room and needed Wiring	\$800
Refinish both sets of stairs in sanctuary from altar area to pulpit area	\$500
Glass top to protect Kobler made dining table	\$300
Allocation of funds for extensive repairs in Narthex	\$5000
Choral Scholars Program	\$500
Ribbon and other supplies to replace Christmas bows—Altar Gild	\$200
Community Dinner – ServeWare, etc.	\$200
Total funds for church project and ministries	\$9050

Coping with Quarantine

This time of slow down and quarantine brings with it huge opportunities for growth. Stress occurs during times of uncertainty. While there are a lots things we can't do, there are many things that we **CAN** do! We can come out of this time with more confidence, more compassionate, more understanding and we can have a renewed sense of gratitude for everything we take for granted. How?

Get good quality sleep. Our bodies and brains rely on good quality sleep in order to function at their best! This means practicing good sleep hygiene. Go to bed at about the same time every night and get up at about the same time every day. While you may not have to get up for any particular reason, your brain will thank you with an improved outlook and enhanced coping strategies. Shut off the blue screens at least an hour before going to bed or get blue blocking screen protectors or glasses.

Get into a new routine! Get up make up your bed, and don't stay in your pj's all day! Why make up your bed? It sets you up for making better choices for the rest of the day. After you make your bed...

Set your intentions for the day! Take a second and decide what kind of person you want to be today? Who needs me to be at my best today? What obstacles might get in the way of me being who I want to be today? Who do I need to express my gratitude to and who do I need to forgive today? What is the first step I need to take to get one of my bigger goals completed. Now is a great time to make a donate/sell/ pitch pile! Decluttering has also been proven to help you lose weight and increase focus. (Bonus!)

Work on goals every day! Write them down! Personal and family goals. Even when the goal is small set it and tomorrow make that goal a little bigger! At dinner talk about what went well during the day!

Decide on how much news you are going to consume! While it is necessary to stay on top of current events and developments, we are all on information overload! Change the channel, including changing the channel on your thoughts!! Focus on good things. The Bible has a lot to say about that.

Exercise your gratitude muscles! In order to get the proven immune boosting effects of gratitude, you need to spend some time reviewing the things you are grateful for **in detail**. Be specific. Why exactly are you thankful for your family, food, friends? A grateful heart brings on miracles!! (or makes you aware of the miracles around you that happen every day). Write a gratitude letter and SEND IT! It does the heart good to both write and receive one!

This is the perfect time to develop a new or enhance a spiritual discipline. Get into the Bible every day, grab a devotional online or one you already have. Make it a part of your day you will be surprised how God will encourage you, uplift you and give you peace.

Breathe! Intentionally slow your breath. Throughout the day, for just a few moments, try slowing your breath to an inhale lasting 5 seconds and an exhale lasting five seconds or whatever slower rate is comfortable to you. Try a breath prayer, (Inhale), Holy Spirit, (exhale) hear my prayer, (Inhale) Father God (exhale) Have mercy on us. With or without the prayer you will be surprised how calm you can become.

Set Boundaries: If you work from home set your hours between work and outside working hours. Many people are putting in more hours now than they did when they went to their job. **Set some time up for self-care.** Find a place to be by yourself for a while, read, listen to music, meditate.

Reach out – write a letter, send an email, a text, a phone call a video chat, or smoke signals!!! Reach out and connect we are social animals and we simply function better when we are in connection.

Get some exercise! Take a walk every day! It is a great way to see your neighbors at a safe distance! So something physical! Every day! It's a great stress reducer!

Continued from previous page—

Get some help! If your anxiety has taken on a life of its own, robbed you of your ability to make good decisions or your short term memory, has made you irritable, easily frustrated, or less tolerant there is help as close as your phone or computer. Many therapists during this time have been given permission to practice telehealth which is meeting with you on a video platform like ZOOM, Go To Meeting, or others.

Chew gum! Your face will get a workout and it has been shown to reduce anxiety! Blowing bubbles optional!

Look for opportunities to help others! Check in on your neighbors, look on line and learn to sew !00% cotton face mask.

Focus on and create in your mind what your new normal will look like when restrictions are lifted. Are you going to be lost in busyness or are you going to be more intentional about your life. Your decluttered home /mind/spirit will be ready for guests to enjoy.

Be kind to others and PRAY PRAY and PRAY again!

Trust that we will all get through this TOGETHER! Lean on and into His promises!

Mary McGhee-Pasternak,

Licensed Professional Counselor, Licensed Marriage and Family Therapist

Email
BetterHealth@fumcva.org
to get connected today!



Primetimers Mission Journey to the Holy Land

September 8-19, 2020

**Sponsored by the
General Board of Global Ministries
Mission Volunteer Office**

Tour Leader:

**Janet Lahr Lewis, retired UM missionary and former
Global Methodist Liaison in Palestine and Israel**

For information contact: jlahrlewis2@gmail.com

**[https://www.umcmision.org/serve-with-us/additional-
opportunities](https://www.umcmision.org/serve-with-us/additional-opportunities)**

CHURCH HAS LEFT THE BUILDING, AGAIN!

January 17-26, 2020 Mexico Mission Trip

Ten team members from three local Methodist churches spent ten days in Mexico living and working at a rural development and training center known as GYTTE (Give Ye Them To Eat). GYTTE is an Advance Special mission project of the Methodist Church of Mexico founded in 1977 to combat hunger and poverty in rural Mexico. The center is located about 75 miles southwest of Puebla, Mexico near the little town of Tlancualpican in the high desert region. One goal of our trip was to promote friendships and understanding with the Mexican people; all of whom we met made us feel most welcome in their communities. The relationships have become so special that most team members have returned multiple times.

One aspect of GYTTE's ministry is the AWARE program fostering cross-cultural experiences through work and study. AWARE stands for Alternative Work/Study and Reality Experiences. The AWARE program immersed us in the reality of life in rural Mexico. It focuses on the needs of villagers and farming families as well as on the church's response to those needs. International church groups, seminary students, Mexican school groups, and many others visit GYTTE each year to learn about development issues and the importance of providing people with development tools and opportunities that enable transformation to take place in people's daily lives. Each day, in addition to arduous physical labor, team members participated in twice-daily devotion and reflection sessions which included faith-based social justice issues.

In our five days of work along with GYTTE staff and Mexican co-workers, our team was given a variety of work assignments:

- chopping firewood
- mucking out the goat and sheep stalls
- painting the interior and exterior of the palapa (open-air meeting space)
- assisting the mason Reymundo in building two animal feed troughs made of rock and mortar
- helping to build a home for a family of four constructed of rock, mortar, and compressed earth, together with a steel structure fabricated and welded on site.

Our job was to support the staff, who, in turn, provide training at the 40-acre facility during periods when AWARE teams are not visiting. The programs are aimed at strengthening the capabilities of marginalized people and communities to meet their basic needs.

Training programs offered at the center include:

- 1) Agricultural development: Courses are offered in soil conservation, composting and manure usage, vermiculture, family gardens, planting trees and crops, and medicinal plants.
- 2) Livestock development: Staff instructs people in environmentally sound livestock management practices; GYTTE sells food and income-producing animals at a subsidized price to those in need of quality livestock.
- 3) Community development: Appropriate technology is an integral part of the training offered in the construction of low-cost housing, dry composting toilets, fuel-efficient mud stoves, and solar cookers. Upon arrival, our team was instructed on the use of dry-composting toilets; many are conveniently located around the Center. There are very few flush toilets in rural Mexico.
- 4) "More than a Bandage": Village women are trained and equipped as volunteer workers in their communities. The women study health-related topics during three one-week long courses over an eighteen-month period. The training enables them to share what they have learned with others, while they are able to treat illness right in their own community. They are empowered to treat serious disease by changing the conditions which cause it.

Interested in volunteering or donating?? Please contact FUMC members Sue Botts (suebotts1@gmail.com), Bill Botts (botts2@verizon.net), or Gary Gross, team leader from Tabernacle UMC (garlind68@verizon.net). Also please visit www.gytte.org, Advance Special #07629A.



In mission to Mexico



Rampin' Up The Love

Boy do I love this church. Not necessarily the actually building (although that's pretty cool), I actually mean the people. Let me tell you my story...

I was browsing Facebook one day and saw a friend asking for recommendations for a contractor to building a wheelchair ramp for his son. His son spends a bunch of time in a wheelchair because of a condition that he was born with. Instead of the John paying a contractor and potentially having to wait for the job to be done, I was confident that we had loads of talent at FUMC to knock the job out over a weekend.

I had been going to FredCamp the past few years as an adult camper. In addition, I know several experts who have been designing and laying out ramps for years. I know people like Gil Seaux, Charlie Vernon, and Bob Silkensen who had designed and led teams for many years. I figured it might be a great help as well as fun to get together an FUMC Fredcamp team one last time to build a ramp. I remember walking into church one Sunday morning and seeing Gil. I mentioned this project and he immediately talked about going to the house to see where



a ramp would go, the layout, and getting started. That next weekend we went over to John's house and spent some time so that Gil could put together a design and a parts list. Charlie Vernon, Bob Silkensen, Chris Silkensen and I took that list to Lowe's on Thursday. By Friday,

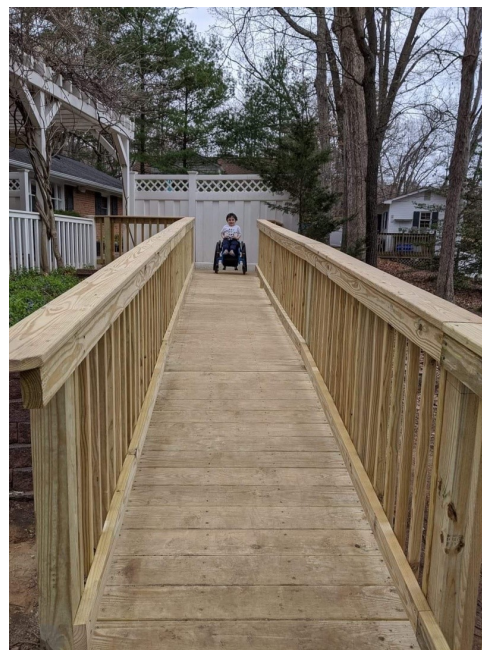
Lowe's had put all of the materials together. We loaded them up and brought them to the worksite on Saturday morning.

I forgot to mention that I made a few calls, sent a few texts, and had several hands that worked one day or both.



Mark Haus was there both days working. My son Will worked much harder than I did both days. The experts mentioned above were there both days as well. Finally, folks like Adam Sutton, Kash Eagleton and Dave Bertauski were there for a day helping along with the Young family.

As I look back on the weekend, we laughed, were incredibly taken care of, and remained socially distant all the while building an awesome ramp.



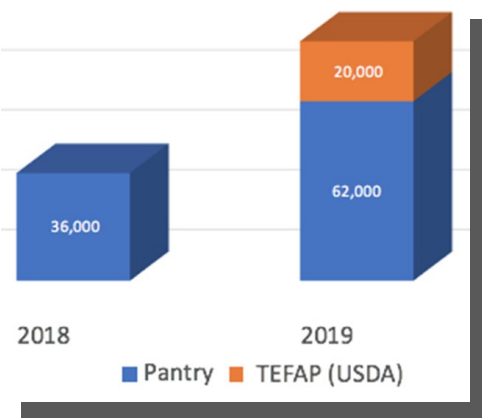


Food Pantry

We continue to serve as the hands and feet of Christ feeding our community and neighbors. 2019 has been a record breaking year as we added the USDA food distribution last fall. We typically serve 250 different families per month with TEFAP and Pantry foods. Each week 25-30 volunteers make this ministry possible for shopping, receiving shipments, checking in clients

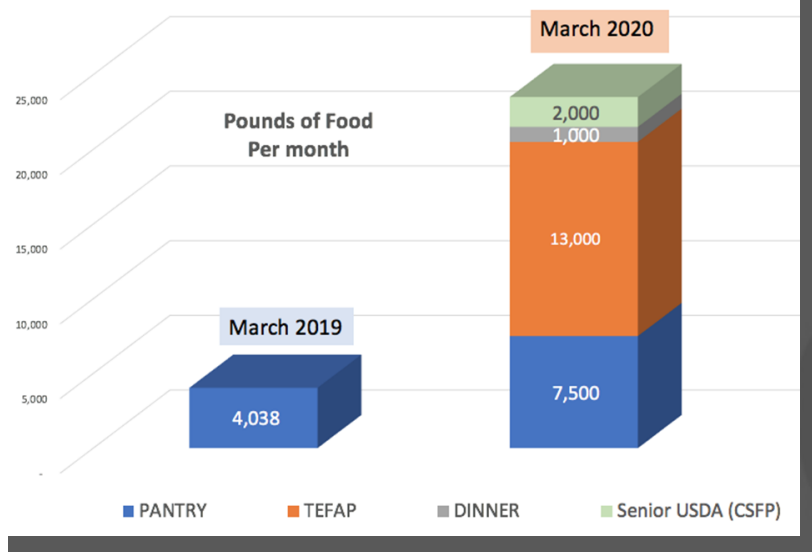
and assisting in pantry "shopping". We have gotten to know our regulars and enjoy the connection and prayers together. This past year almost doubled the pantry distribution and added the TEFAP foods, as you can see by the chart on the right.

COVID Updates: As pantries in the area close due to the pandemic, we have been able to sustain services to triple the clients because of an outdoor distribution set-up and prepacking pantry bags. Our church members, other church members and friends have been an amazing support system by donating food, sending prayers and signing up to help pack bags and give out food. Regular pantry foods are diminishing but the TEFAP (USDA) foods are in good supply so we will continue to feed those in need and recently impacted by COVID-19 job losses.



We had established a partnership with St. Georges Episcopal food ministry called "the Table" in January by bringing TEFAP foods to their clients—now in the midst of this crisis, St. George's has shared their stored food inventory back to us and will be using our parking lot to give out Senior Food Boxes (USDA Senior program called CSFP). We will also be sharing in a LDS church shipment coming in from UTAH in the next two weeks.

FUMC Pantry – COVID 19 Response



Our needs are fluid as we adjust to food supply and guidance from our government, church and safety precautions.

Check our sign-up frequently, as you feel comfortable:

<https://tinyurl.com/PantryHelp>

or email: pantry@fumcva.org

"For I was hungry and you gave me food, I was thirsty and you gave me drink,
I was a stranger and you welcomed me,"

- Matt 25:35

Some ways to help YOU and OTHERS during this Pandemic

- ☑ Donate to our church to support our ministries.
- ☑ Become an FUMC EEE team member by being the HANDS & FEET of Christ in service for some of our more vulnerable congregation.
- ☑ Help Mary Washington Hospital with New or hand-made items including hand-sewn masks, caps and face-shields other PPE. Follow this link: <https://tinyurl.com/helpMWH>
- ☑ Touch base with your Lenten Prayer partner.
- ☑ Touch base with neighbors and church members.
- ☑ Provide some items for the Micah community.
- ☑ Pack some food for our Food Pantry <https://tinyurl.com/PantryHelp>
- ☑ Take the Strengths survey and attend the upcoming session.
- ☑ Attend Small Groups, Sunday School classes online and keep connection and prayers going.
- ☑ Let us know if someone needs this newsletter or other communications printed and mailed by using this [website form](#) or calling the office. Or print church communications for other church members and drop off.