

**First United Methodist Church**  
of Shamrock, Texas  
March 4, 2014

Rev. Jarrod Neal, Pastor

Kathy Marak, Secretary

**What does The United Methodist Church say about fasting?<sup>1</sup>**

Fasting has been a part of Methodism from its early beginnings. John Wesley considered fasting an important part of a Christian's life and he personally fasted weekly. To Wesley, fasting was an important way to express sorrow for sin and penitence for overindulgence in eating and drinking. He believed it benefited prayer life by allowing more time for prayer. He also felt fasting was more meaningful if combined with giving to the poor. Wesley did advise caution against extreme fasting and against fasting for those in fragile health. Visit *John Wesley: Holiness of Heart and Life*<sup>2</sup> for more on John Wesley and fasting.

The penitential season of Lent is a season of the Church year which commemorates the forty days Jesus fasted and prayed in the wilderness before he began his public ministry. Although fasting usually refers to any practice of restricting food, there is a distinction, in the Church, between fasting (limiting food to one full meal a day, with two smaller meals allowed) and abstinence (abstaining from eating meat.) Abstinence from meat one day a week is a universal act of penitence. It is important that you check with your physician before attempting a total fast (no food, water only) for more than 24 hrs.

Lent is a very personal time for individuals, so the United Methodist Church does not have official guidelines on how individuals should observe Lent. For example, the church does not say everyone has to fast. We may choose other ways of observing acts of penance, but we are not to neglect it, either - the value of self-denial can be learned early in a person's life. Lent provides an excellent opportunity to teach children the necessity of self-denial in our permissive society. A spirit of fasting can include restriction of luxuries such as television watching, shopping and going out with friends. We can give away clothing or possessions to those in need or we can give time to the Lord by volunteering our services or special prayers and devotions. Whenever possible we can pray more often alone or with family members. The article "Connecting Worship and Daily Living in Lent"<sup>3</sup> by Rev. Dan Benedict offers many suggestions for personal Lenten practices.

<sup>1</sup> <http://archives.umc.org/interior.asp?ptid=1&mid=2872>

<sup>2</sup> <http://gbgm-umc.org/umw/wesley/index.html>

<sup>3</sup> <http://archives.umc.org/interior.asp?ptid=1&mid=3331>

**MARCH**

PETE GRAGG	4
KATE EGNER	10
JAMES WISCHKAEMPER	12
JOHN McDOWELL, JR	16
MICKEY WHITE	17



**BIRTHDAYS**

JEREMIAH NORMAN	26
KATE McDOWELL	29
WANDA BACHMANN	30
JETTA DOWNS	30
SUSAN RETANA	31



NORTHWEST TEXAS CONFERENCE  
THE UNITED METHODIST CHURCH  
1401 Avenue M, Lubbock, TX 79401-3939  
Phone (806) 762-0201 • FAX (806) 762-0205

February 21, 2014

First United Methodist Church - Shamrock  
500 N Main  
Shamrock, TX 79079-0048

Dear Sisters and Brothers in Christ:

**Congratulations!** You contributed 100% of your Shared Ministries for 2013. I personally want you to know that your faithful and full participation in our Shared Ministries is appreciated. Your giving to and through the Conference has changed lives and helped transform the world.

For example, your contributions to Our Shared Ministries in 2013:

- Helped start new United Methodist faith communities in Abilene and Lubbock
- Helped welcome and strengthen five congregations from the former Rio Grande Conference
- Helped **300 students obtain a high school education** at Lydia Patterson Institute - most of whom would have dropped out of school –AND **provided the opportunity** for 90% of them to go to college!
- Funded the **deployment of 335 missionaries in over 60 countries** throughout the world!
- Provided resources so that over **300 students at McMurry University** could participate in ministry events
- Provided the means for 15 McMurry students to **explore God's call to attend seminary!**
- Helped provide **spiritual care to over 160 patients** at Covenant Hospital **every day!**
- Gave the **opportunity** for over **2,000 children** have to have a Christian Summer camping experience at one of our camps!
- Helped **800 students regularly participate** in religious life activities at our Wesley Foundations
- Helped provide **1,200 students at Africa University** with a college education which promotes innovation, excellence and focuses on the provision of quality service which improves the lives of the African people
- Provided, in part, **United Methodist seminary educations** for thousands of students and directly supported **over 30 students from Northwest Texas!**

In these and other innumerable ways, you have helped preserve and extend The United Methodist witness throughout the world and in this corner of God's kingdom.

**So, thank you! Thank you for your faithfulness. Thank you for sharing.**

Blessings and Peace,

Rev. David W. Andersen, CPA  
Chief Financial Officer & Conference Benefits Officer

Church Council meets at 4:00 pm March 9, 2014

## Tithes & Offerings

**2014 Budget:** \$ 143,250.00  
**Needed Weekly:** \$ 2,754.80

Offering-week of Feb. 2: \$ 1,308.00  
 Offering-week of Feb. 9: \$ 2,820.00  
 Offering-week of Feb. 16: \$ 2,737.00  
 Offering-week of Feb. 23: \$ 1,240.00

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**Total Received 2014:** \$ 16,439.00

## Attendance for February 2

Sunday School: 9  
 Morning Worship: 23

## Attendance for February 9

Sunday School: 15  
 Morning Worship: 27

## Attendance for February 16

Sunday School: 21  
 Morning Worship: 32

## Attendance for February 23

Sunday School: 15  
 Morning Worship: 31

## Help Wanted: Nursery worker on Sunday mornings

If you or someone you know might be interested in this position, please contact the church office. We have received several applications, and we will make a decision soon.

### **PRAYER REQUESTS**

#### ***Hospital***

Noel McLemore

#### ***Ongoing Concerns***

Linda Allison  
 Don & Leoda Blackketter  
 Ronald Carter  
 Brenda Cornett  
 Martha Cox  
 Kitty Dorn  
 Shirley Galmor  
 Gary Gandy  
 Joyce Gragg  
 Richard Kincannon  
 Holly Middlemis  
 Chancey Rae Miller  
 Sandra Morgan

Darrell Nelson  
 Betty Reneau  
 Diane Gragg Reynolds  
 MaryGail Wilson

#### ***Assisted Living/ Nursing Home***

Irene Barth  
 John Ray Corley  
 James Reneau

#### ***Homebound***

Dr. William Doebele  
 Christine Maret

#### ***Military Personnel***

SGT J. Egnor  
 SPC J. Scheideger  
 Veterans  
 All military & their families

### ***Leadership***

National, state, county  
 & local leaders  
 School leaders, teachers  
 & students  
 Firefighters & police  
 Missionaries:  
 the Brabons,  
 the Urys,  
 Myrna McGlothlin,  
 Jerri & Bill Savuto

### ***Thank God for His Blessings!***

Herschel Neal—better  
 Georgine Wells has a brand  
 new grandson

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Methodist Church  
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79079

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WEB:  
[www.fumcshamrock.org](http://www.fumcshamrock.org)

PARSONAGE:  
806.256.3198

PASTOR'S CELL:  
806.679.6399

PASTOR'S E-MAIL:  
[revjarrodneal@gmail.com](mailto:revjarrodneal@gmail.com)

**Wednesday, March 5 - Ash Wednesday**

6:00 pm-Ash Wednesday Service

6:30 pm-Bible fellowship 



**Sunday, March 9 - First Sunday of Lent**

2:00 am-Daylight Saving Time Begins

9:00 am-Coffee-Fellowship Hall

9:30 am-Sunday School

10:30 am-Morning Worship

4:00 pm-Church Council



**Tuesday, March 11**

9:30 am-UMW Group



**March 14-16 - St. Patrick's Celebration**



**Sunday, March 17**

4:00 pm-UMW Unit - Group #3



**Thursday, March 20**

6:30 am-UMM at Mitchell's



**Sunday, April 13 - Palm Sunday**



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METHODIST CHURCH  
P. O. Box 48  
Shamrock, TX 79079

Return Service Requested