



Our Life in the Church

Downtown & Green Wood

for the week beginning Sunday, March 3, 2019

Bulletin announcements are due by noon on Wednesdays. Send via email to adele@fumc-a2.org or call the church office, 662-4536.

Don't be late next week! Daylight savings time begins—set your clock back one hour before bed on Saturday, March 9.



First Sunday Centering Practices:

Introduction to Mindfulness with Smita Nagpal PhD, licensed psychologist from Still Waters Counseling. Mindfulness is a buzzword these days. What does mindfulness mean, how do I become more mindful, and how can this ancient practice benefit me in my present spiritual life? This session will include a very brief introduction to the concept of mindfulness as well as actual guided practice of a few basic mindfulness skills. Last but not least, a simple self-compassion practice will be introduced which can enhance the practice of mindfulness, and can also be used to create the space for other spiritual practices. Join us **Sun., Mar. 3** at 11am in Calkins Hall.

FUMC will host the Interfaith Hospitality Network at

Alpha House March 4-10

As always, we need **many volunteers** to fulfill this commitment to our homeless neighbors:

- ▶ Volunteers to provide grocery and general items
- ▶ Volunteers to provide the evening meal (to arrive at Alpha House by 5:30 p.m.)
- ▶ Evening coordinating host (5:30 - 9 p.m.)
- ▶ Hosts to serve the evening meal and clean up (5:30 - 7:15 p.m.)
- ▶ Hosts to do an evening activity with the children (activity time is 7 - 8 p.m.)
- ▶ Volunteers to stay overnight to support Alpha house staff as needed (9 p.m. - 7 a.m.)

This is a **great opportunity for entire families** to get involved and share a meal, or just spend time with our Alpha House friends. The children in the shelter would love to listen to music or play a game with your kids!

See us after the 9:30am service to sign up, or contact **Beth Lipton** at turboteach@aol.com / 665-9033 to offer support. Thank you!



Ash Wednesday Taizé Worship

Wednesday, March 6
Downtown at 7:00 p.m.

The Second Quartile Group meets on first and third Thursdays for a stand-alone Bible study focused on scriptural principles and living our faith in today's world. No reading or prep work is necessary, just come ready to learn and participate! Our next meeting will be **Thu., Mar. 7** in the Aldersgate Room at 7:30pm; future meetings fall on Mar. 21, Apr. 4, and Apr. 18. We'll also meet the last Sunday of each month for brunch as a way to get to know others in our church community. Join us for brunch on Sun., Mar. 24 at 11:00am; we will gather in the Social Hall then walk downtown. Questions? Contact Becky Dean (rebecca.dean11@gmail.com).

Soulfull Saturday at Green Wood -

March 9. Feeling weary of winter and the world? Come feel refreshed and centered at Soulfull Saturday on **Sat., Mar. 9** from 9:30-11:30am at our Green Wood location. Isaiah promises we will be like a watered garden, like a spring of water that won't run dry. Give your soul the attention it needs by exploring different prayer stations, including the labyrinth and rocking chair meditations. We will practice prayer as a group and as individuals. Open to all ages.



Support Youth Ministry Mission Trips! Purchase scrip after Sunday worship this weekend!

This is our First Weekend Food Drive!



Thank you for your donations that support the homeless and working poor in our community!

Our Life in the Church

Our Lenten Speaker

NADIA BOLZ-WEBER

will be with us

Tuesday, March 19, 2019

at 7:00 p.m. in our
downtown sanctuary

“Outside the Walls:
Bringing the Church
into the Community”



Lenten Book Study: “Shameless”
Wednesdays downtown
March 13-April 10 | 5:30 p.m.

Our senior pastor, Rev. Nancy Lynn, will lead a discussion of Nadia Bolz-Weber’s newest book, *Shameless: A Sexual Revolution*. In true Nadia style, we will read about hope and love in the reformation of Christian thoughts on sexuality, grace, and resilience. Books available to purchase March 3 & 10 at Connections. We’ll gather in the Social Hall at 5:30 p.m. for a light supper, then discuss the book from 6-7 p.m. Please sign up online: <https://tinyurl.com/2019-Lent-Book-Study>

www.fumc-a2.org/nadia



Access News

What is Person First Language? A common question is: “How do I talk about disabled people?” Using People or Person First language puts the person before the disability. Examples would be: “People with disabilities” instead of “the handicapped or disabled” OR “My son has autism” instead of “the autistic boy” OR “She uses a wheelchair” instead of “confined to a wheelchair.”



Join us for a conversation about
“Understanding the Mind, Learning
and Technology” on Sun.,

Mar. 10 at 11am in Calkins Hall. This Conversation About Science and Religion will be led by Mark Shalinsky, Ph.D., a biophysicist who has investigated neuronal circuitry from ion channels through to emergent cortical rhythms. Mark’s research has helped gain a deeper understanding of how the brain wires through development. Background can be found in Chapter 2 of *Technology and Religion* by Noreen Herzeld. Everyone is welcome, childcare is available in A Room.

Holy Land Trip Redux: We will offer a trip to the Holy Land with Pastor Nancy Lynn in January of 2020; dates will be January 20-31, 2020. The approximate cost of this trip is \$3900 for 19 or fewer participants, and will drop if there are more than 19 people. We will visit Biblical and early Roman sites, the cities of Jerusalem and Bethlehem, and other historical landmarks of Israel and the West Bank. The tour company is Grace Tours. Ask any member of the 2016 Holy Land tour if they enjoyed this trip! Come to an information meeting **Sun., Mar. 10** at 11am in room 204. More questions? Contact Debbie Houghton, debbie@fumc-a2.org.

We are all ambassadors! It takes all of us to welcome others to our church. Attending worship, church events, committee meetings, or just walking through the parking lot? Introduce yourself to someone you don’t know. Try “*I don’t believe we’ve met. My name is ____*” — then introduce this person to a friend of yours.



- ① **Connect the Dots** — Could you offer a ride to the Green Wood service to someone who lives in Ypsi? If so, please contact amy@fumc-a2.org for more info. Thanks!



Do you want to help those reeling from recent natural disasters?

Donations to UMCOR are used to respond to emergencies both domestically and abroad.

Write a check to “FUMC”, put UMCOR in the memo, and put it in the collection plate. Give generously: 100% of your donation goes directly to assistance.



13 STEPS TO SUSTAINABILITY

UNITED METHODIST WOMEN

7 Make sure your event is **affordable**. Along with scholarships and carpooling, invite economically diverse speakers to take part.

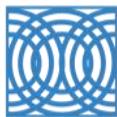


Income inequality has been growing since the late 1970s. Earnings have fallen with globalization, decline of unions, and technological innovations.

Mothers Too will meet **Sun., Mar. 10** at 11am in the Aldersgate room to discuss personal and church issues in a nonjudgmental, caring way. Questions? Sarah Nooden (snooden@umich.edu, 663-5667).

In the display cases downtown through May 12 is the camera collection of Rick DeHart along with his photographic art. The display will change every few weeks, so look often.

Rev. Faith Fowler visiting First Congregational — On **Sun., Mar. 10**, Rev. Faith Fowler, Senior Pastor of Cass Community United Methodist Church and Executive Director of Cass Community Social Services (CCSS) will visit First Congregational Church (608 E. William St., near State St.) She will preach at 10am, then present a program at 11:15am on the Tiny House Community, meal program, and Freight Farm in Detroit.



Circles Washtenaw County is a friendship-based program that helps break the cycle of poverty permanently. It matches low-income individuals and families with two middle-income partners (Allies). These new Allies help broaden their social network, giving access to people and knowledge that they might never have if they only relate to their neighbors in poverty. Sessions are **Fri., Mar. 15** from noon-1:30 pm or **Tue., Mar. 26** from 6-7:30 pm. A meal and childcare is provided. For more info, contact bonita@friendsindeedmi.org.

Join the Appalachia Mission Trip March 27-30



Appalachia Mission Trip

March 27-30, 2019

Henderson Settlement, Frakes, Kentucky

If you are looking for a way to get your whole family involved in mission work this spring, this is the project for you!

A group of individuals and families from FUMC-Ann Arbor will travel to the United Methodist Mission at Henderson Settlement in Appalachia to work on a variety of community projects. Some of the possible projects include residing a house or painting a porch, installing gutters, helping to re-roof, sorting books for the library, or sorting clothes and household items at the resale shop. Projects are catered towards all age groups so everyone can take part at their skill and comfort level.

We will carpool down together. Accommodations will be in Hope and Brick House.

Cost: approx. \$150 per person, for room and board, plus \$50 per family toward mission project costs. Team members will also participate in fundraisers for the remaining project costs.

An information meeting will be held Sunday, March 10 at 11am in the Asbury room.

Questions? Please contact either Sheila Waterhouse (sanddhouse8@gmail.com) or Bob Florka (robertflorka@gmail.com)

To register see our webpage at www.fumc-a2.org/henderson



Notable meetings on our calendar

Meetings unique to the days ahead are listed below. Scan qr code at right for our full calendar.



SUNDAY, MARCH 3

Adult Faith Formation: **Centering Through Faith** (11:00a) Calkins
General Conference Report & worship (11:00a) Sanctuary
Friends of the Groom performance (3:00p) Social Hall
SoulFull Youth Counselors (4:30p) Calkins

MONDAY, MARCH 4

TUESDAY, MARCH 5

Scout Troop 4 (6:00p) Social Hall

WEDNESDAY, MARCH 6

Ash Wednesday Taize Worship Service (7:00p) Sanctuary

THURSDAY, MARCH 7

Second Quartile Bible Study (7:30p) Aldersgate

FRIDAY, MARCH 8

Youth depart for **SoulFull retreat** (6:00p) Green Wood lot
Green Wood Coffee House: David Barrett (8:00p) Green Wood

SATURDAY, MARCH 9

Soulfull Saturday Prayer Retreat (9:30a) Green Wood

SUNDAY, MARCH 10

Adult Faith Formation: **Science & Religion** (11:00a) Calkins
Appalachia Mission Trip information (11:00a) Asbury
Israel 2020 Trip Information (11:00a) Room 204
Mothers Too (11:00a) Aldersgate
Youth return from **SoulFull retreat** (1:30p) Green Wood lot

Drop-in Weekly Gatherings

The groups below welcome visitors at any time. Join one or more groups to enjoy fellowship while seeking to know God, love others, and serve the world. For more information on a group listed, contact the church office or consult the website.

SUNDAYS: Global Issues (11am Chapel) This group meets to discuss timely and meaningful topics, Sept.- May. This class uses the "Great Decisions" text from the Foreign Policy Association (fpa.org). All are welcome.

MONDAYS: Monday Yoga (11:40am) Calkins) One-hour beginning yoga class with Holly Vogtmann — bring a yoga mat, water bottle, and \$13 per visit.

TUESDAYS: Brown Bag Bible Advent Study (12:00pm Chapel) A one-hour midday drop-in study. Through March 26, we will study the book of Acts. Bring your lunch!

TUESDAYS: Paint Studio (3:30pm Asbury) A group of watercolor artists meets weekly to work on personal and group projects. People working in water-based media are welcome!

WEDNESDAYS: Alcoholics Anonymous for Women (4:30-5:30pm Green Wood)

FRIDAYS: Alcoholics Anonymous (9:30-10:30am Social Hall)

FRIDAYS: Debtors Anonymous (11:30am-12:30pm Chapel)

FRIDAYS: L.O.V.E. Thy Neighbor Bag Lunch preparation (6:30-7:30pm Kitchen) Prepare bag lunches for distribution to our community homeless.

SATURDAYS: Men Of Faith (8:00am Asbury) Gathering of men interested in exploring faith expression.

SATURDAYS: Alcoholics Anonymous (10:00-11:00am Social Hall)

Coming up

- Mar. 13 - Lenten Study of "Shameless" downtown
- Mar. 15 - Green Wood Coffee House: Livingston Taylor
- Mar. 19 - Nadia Bolz-Weber visit
- Mar. 22 - Green Wood Coffee House: John Ford Coley
- Mar. 23 - Chancel Choir Retreat
- Mar. 24 - GW Chamber Concert: Ann Arbor Camerata Baroque Ensemble
- Mar. 27-30 - Appalachia Mission Trip at Henderson Settlement
- Apr. 5 - Green Wood Coffee House: John Flynn
- Apr. 7 - GW Chamber Concert: Red Shoe
- Apr. 12 - Green Wood Coffee House: Don Campbell
- Apr. 13 - Youth Worship
- Apr. 14 - Palm Sunday / Youth Worship



PRAYER REQUESTS

The FUMC Prayer Chain is here for all members, friends, and visitors. If you have a prayer concern, you may email your request, write the request and place it in the Prayer Request Box in the narthex, submit your request via the church website, or contact one of the pastors directly. To submit via email, contact Olivia Fanning at olfanning@icloud.com.

Green Wood Coffee House Series

Join us for exceptional music, coffee, and dessert in an intimate setting at one of our Green Wood Coffee Houses.

- March 8 - David Barrett (\$15)
- March 15 - Livingston Taylor (\$20)
- March 22 - John Ford Coley (\$20)
- April 5 - John Flynn (\$15)

All concerts begin at 8pm. Doors open at 7:30pm.
Seating is first come, first served. Refreshments available.

Reservations are highly recommended! (1) Online reservations/purchases may be made through the webpage (www.greenwoodcoffeehouse.org), (2) Conventional reservation method is to call Green Wood (665-8558) and leave a message with your name, no. of tickets, and performance date; then write a check to "FUMC" for the total, with "GW Coffee House" in the memo and send to: GREEN WOOD - 1001 GREEN RD., ANN ARBOR, MI 48105. We'll see you at the door at 7:30 p.m. on performance night. *Either way you make your reservation, tickets aren't mailed.*