

Celebrate the New Life in Jesus April 2017

The Mount Zion Messenger of Good Tings
Mount Zion Church + Finksburg, Md. Since 1856
3006 Old Westminster Pike, Post Office Box 755
Finksburg, Maryland 21048
Church Office 410-517-2300
Web Address wwe.mtzionumc-finksburg.org
Wm. Louis Piel, Pastor
Home 410-751-9049, Cell 301-351-6689

Worship with us during Holy Week!

Saturday, April 8th 12 Hour Prayer Vigil
7:00 am to 7:00 p.m.

Palm/Passion Sunday, April 8th
Worship 9:55 a.m.

Holy/Maundy Thursday, April 9th
12 Noon & 6:30 p.m. Soup, Bread & Worship

Good Friday, April 10th
12 Noon & 7:30 p.m.

The Day of Resurrection, Easter, April 12th
Sunrise Rain or Shine 7:00 a.m.
Service of the Resurrection 9:55 a.m.

I love this church! I love its history and heritage! I love its vision and future! I love the spirit of Jesus which is in the hearts and lives of our members and friends! We aren't perfect but we are pressing on to be more "Christ-like" every day! I love this church!

Your April Church Newsletter

Is given to the Glory of God!

**IN LOVING MEMORY OF RICHARD MOSS
FROM BILL & TERESA TIGHE**

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Our appreciation to those who sponsor our monthly newsletter!

Parish Nurse Article: *The Health Benefits of Forgiveness*

As we begin our Lenten Journey which began on Ash Wednesday and continues for the next forty days until Easter I ask that you think upon your journey during this time. Traditionally, Lent is a time of repentance, fasting and preparation for the coming of Easter. But in modern times it is about giving something up and abstaining from certain foods or giving up a bad habit. I find that very superficial during this very important time of our lives. So instead I propose that you spend this time for self-examination and reflection and look inward to your relationship with God and to others. Your Lenten journey begin with forgiveness to others and to yourself.

Forgiveness is the intentional, conscious, and deliberate decision to release feelings of resentment or vengeance toward a person who has harmed you, and as a result you undergo a change in feelings and attitudes.

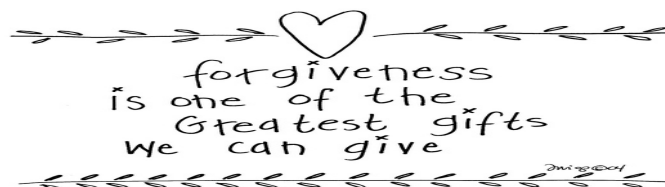
5 Health Benefits of Forgiveness

1. **Lowers stress levels:** According to a study done by Hope College researchers, one of the benefits of forgiveness is lower amounts of cortisol. Researchers examined 71 participants and their physical responses when they spoke about grudges as opposed to when they spoke about forgiveness and empathy. Those who exhibited more forgiving perspectives had lower physiological stress responses.
2. **Keeps your heart healthy:** Forgiveness is good for the heart. One study suggests that people who hold on to grudges tend to have higher heart rates, while those who are more empathetic and able to forgive tend to have lower heart rates.
3. **Lowers pain:** Having a forgiving heart may lower both emotional and physical pain, according to a study done by Duke University Medical Center researchers. Out of 61 subjects who suffered from chronic back pain, those who were more likely to forgive reported lower levels of pain, leading researchers to believe that “a relationship appears to exist between forgiveness and important aspects of living with persistent pain.”
4. **Lowers blood pressure:** Letting go of that anger you’ve been harboring might lower your blood pressure. Studies show that forgiveness is linked to lower blood pressure.
5. **Extends life:** According to one study, after testing adults ages 66 and older and determining their ability to forgive, those who were more forgiving in nature tended to live longer.

Forgiveness lessens mental burdens and there are health benefits of forgiveness: lower stress levels, a healthier heart, higher pain tolerance, lower blood pressure, and even an extended life.

Christ is our model for forgiveness and wouldn't it be great if we could love others as God loves us and reflect His unconditional love for all of us to others.

“Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity.” Colossians 3:12-14(NIV)



+ YOUR PERSONAL GUIDE TO HOLY WEEK & EASTER +

Our Annual 12 Hour Prayer Vigil
Everyone is encouraged to participate
Saturday, April 8th
7:00 am to 7:00 p.m. in the Sanctuary

+ HOLY WEEK WORSHIP +

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Palm/Passion Sunday
Sunday, April 9th Worship at 9:55 a.m.
Celebrate the day Jesus rode into Jerusalem
The important beginning of our Holy Week
Read Luke 19.29-48

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Holy/Maundy Thursday
Thursday, April 13th Two Worship Services
12 Noon & 6:30 p.m.
In the Social Hall + A meal of soup, bread & worship
(Evening worship follows the meal about 7:15)
Reservations are important call
Read Matthew 26.17-31 & John 13.1-20

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Good Friday Worship
Friday, April 14th
Two Worship Services 12 Noon & 7:30 p.m.
In the Sanctuary + The Seven Last Words
Evening: A Service of Darkness
Read Mark 14.1-15.47

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CELEBRATE THE VICTORY OF LIGHT OVER DARKNESS

The Day of Resurrection + Easter Day
Sunday, April 16th
Sunrise Worship (Rain or Shine) 7:00 a.m. on the Front Lawn
Service of the Resurrection 9:55 a.m.
Read John 20.1-31 & Matthew 28.1-20

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“Every Morning is Easter Morning”
Ev’ry morning is Easter morning from now on! Ev’ry day’s resurrection day, the past is
over and gone! Good bye guilt, good-bye fear, good riddance!
Hello, Lord, hello, sun!
I am one of the Easter people!
My life has begun!”
(Richard Avery and Donald Marsh)

+ IN AND AROUND MOUNT ZION +

Reminder! Our Annual Twelve-Hour (12)

Prayer Vigil is the day before the beginning of Holy Week! Saturday, April 8th. We encourage all of our people to come to the church building and spend a few minutes in the sanctuary for a time of prayer for yourself and others and for Holy Week. Time is 7:00 am to 7:00 p.m.

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When Was the Last Time You Invited Someone??

Our Holy Week Worship Services are a wonderful way to share your invitation!

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Our Faith Wall in the Social Hall

The next time you are in the church building before you leave the building take a look at the new words on the "Cross - Faith Wall" in the Social Hall. The words will help guide you through the Lenten Season to

Holy Week and then "The Day of Resurrection/Easter."

Our appreciation to Barbara Hayes for these new words of faith!

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Thank You! For Our after worship fellowship coordinators!

After Worship Fellowship. *Please remember that if you are a "coordinator" at "After worship refreshments" you do not have to bring food. Simply put out the food we have and clean up after the fellowship time.*

The Following People have agreed to be coordinators as follows, Sunday, April 2 Mary Ellen Barnes & Lynn Jones, April 9 Bonnie Graham & Joyce Iglehart, April 16 Barbara Hayes, April 23 Nancy Cross, April 30 Dawn Zepp.

Please call Linda King if you would like to coordinate one Sunday or would like more information!

410-848-8413

Please Remember!

Even If You Are Not Responsible for After Worship Refreshments, please bring something for "light" after worship refreshments. *A bag of chips, pretzels, crackers/cheese, soft drinks. We depend on snack donations! Consider making a financial donation for the cost of coffee and paper supplies.*

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OUR APPRECIATION to everyone who purchased and has been reading our 2017 Lenten reading book "The Way: Walking in the Footsteps of Jesus" by Adam Hamilton. We hope you have found it meaningful as you journey along with the author through the Holy Land with Jesus. If you did not purchase a copy of this fine little book we can make one available for you.

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You Can Turn In your 2017 Lenten/Easter box whenever you desire. Every dollar given supports our outreach by purchasing food voucher gift cards for a person or family in need. If you did not get a box please call 410-751-9049 and one will be sent to you. Thank you for thinking of others.

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Our Monthly Church Newsletter.

We have several openings for sponsors of our monthly church newsletter this year. See our Pastor for more information. This is our only means of communication with all of our many friends and members.

You can give it in honor of in memory of loved ones.

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+ Prepare for Easter by worshipping faithfully during Holy Week +



Our Annual Women's Spring Fellowship

Two Saturday mornings and You are Invited!

April 22nd and 29th

8:30 a.m. for light breakfast foods

9:00 a.m. Guest speakers



Guest Speakers

April 22nd Diane Macklin, "Storyteller" (Above Right)

April 29th Shari McCourt, "Peoples Sacred Stories" (Above left)

(More information on the back of this sheet)

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Hosted by the Women of Mount Zion

All women are encouraged to attend.

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It's free but reservations are requested!

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Contact Linda King 410-848-8413 or Judy Piel 410-751-9049

Mount Zion Church (United Methodist)

**3006 Old Westminster Pike
Finksburg, Maryland 21048**



Information about our guest speakers

Diane Macklin, Storyteller

Diane Macklin, has delighted audiences for over 15 years, sharing tales through a “dynamic” style (Washington Post) seasoned with rhythm, sounds, and movement to engage listeners of all ages. She has performed from Massachusetts to California for venues such as the National Air and Space Museum, Cincinnati’s Playhouse in the Park, National Association of Black Storytellers Festival and Conference, Wolf Trap’s Theatre-in-the-Woods, Smithsonian National Museum of African Art, and the National Storytelling Festival’s Exchange Place. She specializes in audience participation, character education, and developmentally appropriate programming with a talent for telling stories to young listeners, ages three and up.

Diane has also led a variety of professional development workshops and residencies focused on storytelling as it relates to arts integration, STEM, and literacy skill building.

She was selected as the Taft Museum’s 2013 Duncanson Artist-in-Residence and received an Apprenticeship Fellowship through the Maryland State Arts Council, in addition to their Solo Theatrical Performer Fellowship. Other awards include the Solo Artist Fellowship through the Arts and Humanities Council of Montgomery County and a Teaching Artist Institute Fellowship in Maryland. She has also earned a B.A. in English from Vassar College and a M.A.T. in Teaching English from Simmons College. As a performer, certified educator, and teaching artist, Diane believes in “Making a difference, One Story at a Time.”

The Rev. Shari McCourt

Shari was appointed by Bishop Marcus Matthews as the Associate pastor of Westminster UMC beginning July 1, 2013. Shari M. McCourt earned her Master of Divinity degree from Wesley Theological Seminary in 2004 and was ordained as an Elder in 2013. She has served as pastor of Union UMC in Baldwin, Fairview UMC in Jacksonville, Milford Mill UMC in Pikesville, and Stone Chapel UMC in New Windsor. She has also served as Chaplain at Carroll Hospital Center in Westminster, Maryland.

She has a passion for building relationships through listening to people’s sacred stories, pastoral care, serving the sacraments, missional outreach, and teaching.

Pastor Shari’s home church is Westminster UMC. She and her husband, Pat, have three grown children, Nick, Paul and Theresa. Nick is married to Izzy and lives in Forest Hill, Maryland. Theresa is married to Ben and they live in Westminster. Theresa just gave birth to Esther Irene this past November. Pastor Shari has four other members of her family; they are her four cats, Phoebe, Chloe, Sophie, and her man kitty, Luke.

Feed Our Goat! Sometimes It Gets Hungry!

Mount Zion has a “long-time special relationship with the Christian outreach called the Shepherd Staff. This award winning outreach program does not receive Federal or State funding. It is up to those who believe that Jesus calls us to reach out to those in need. Our “goat” receptacle is located just inside the Social Hall door.

Over 430 Attend the Spring Pancake Brunch!

We are proud of our volunteers!



Our semi-annual Pancake Brunch & Book/Video sale was held on a beautiful Saturday morning, March 25th. Even before we officially opened at 6:00 a.m. we had people waiting for what many have called “*the best breakfast in town.*” We have many wonderful volunteers both from our own congregation at Mount Zion and beyond who come and spend the morning with us. It would be impossible to thank everyone personally (we had so many) so we simply thank our coordinators, Dan Armcost for the Pancake Brunch and Diana Fraser (*below left*) for the Book/Video sale. Scouts from our own Troop 1750 (*Ryan & Cody below right*) and others from Troop 395 at Sandymount were great from cleaning tables to scraping food. Many more pictures are on the Social Hall wall. Take a look!

Profits from the Pancake Brunch go directly to our Maintenance/Building Fund and profits from the Book/Video sale support our church/community outreach purchasing food vouchers for needy individuals/families.

The financial profits help but the real blessing is how many of our people came out to share their time and talents. This is what it means to be part of the church family.



With Water & the Spirit We Share in Holy Christian Baptism
Caroline Ann Stahl born August 9th 2016 & Karleigh Nicole Pyzik born January 25, 2017
Sunday morning, March 26, 2017



We rejoice with Aaron & Erin Stahl (upper left) and their family and also with Nickolas & Amanda Pyzil (upper right) and their family members who took serious Christian faith vows for themselves and also for their daughters. As part of our church tradition our Pastor met with both parents to explain the meaning of Christian Baptism and following the Baptism we walked the newly baptized around the church sanctuary to the singing of a Baptismal hymn. One unusual part of the service was when all of the church in attendance were given a small water bottle and allowed to help fill the fount. Emphasis was placed on the concept that *“we are all family in Christ Jesus.”*

Our thanks to our local J & P Pizza Restaurant and Kim Hare (*lower left*) who hosted a fund raiser for the Mount Zion congregation and we received a check in the amount of \$84.48. The money goes to purchase a food voucher for a needy family. Please support this fine local restaurant.

The annual Men’s Finksburg Fellowship breakfast was held on Saturday morning, March 11th. Our guest speaker was historian John Strawbridge who spoke on the faith of one of his ancestors, Robert Strawbridge and his evangelistic work in the Maryland, Delaware and Virginia areas beginning in the 1760’s. A copy of his talk is available free of charge simply by contacting the Pastor.



SPRING FEST

Food K-9

Benefit Shepherd's Staff

MAY 6 10:00 – 2:00

Mt. Zion Parking Lot & Indoors

Vendors
Flea tables

Adults



Adults

11:00 – 12:30



Arts & Crafts for Kids!!

Make Mom a present for
Mother's Day

Games! Games!

At the Activity Tent

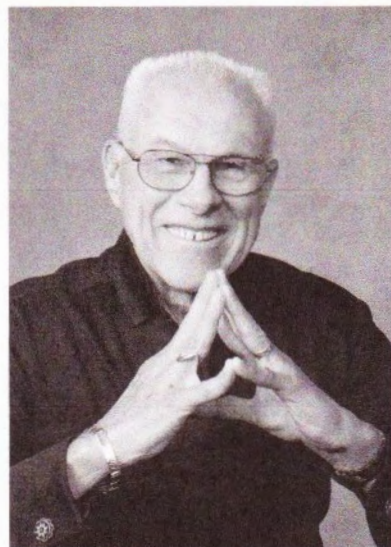
FOR KIDS

FREE!

Magic Show

12:30

The Magic of
Roger Lindsay



Music by.....

RJ the DJ

All Day

BRING YOUR KIDS, GRANDKIDS & GREAT- GRANDKIDS!!!

An Important Look at Church Finances

First, let us give thanks to God for the faithful members and friends who Faithfully support Mount Zion week after week. You are deeply Appreciated.

Our weekly financial need for the Operating Budget is \$2,021.18. In the month of March we averaged \$2,582.50. We especially want to thank those who brought their financial giving up to date when we had several "bad weather Sundays" in February and March.

We appreciate those of you who faithfully use church offering envelopes. Even if you miss a Sunday morning in worship you still support the day to day work of the Mount Zion congregation.

Our Maintenance/Building Fund (note the new name which better reflects this important fund) in the month of March received \$1,353.00. At the last Trustee meeting a number of much needed projects were discussed like water-proofing the front of the church building where we have had water leaks for a long time. Your extra mile support is appreciated.

Put a strong financial foundation under the many Ministries and Programs of Mount Zion with your strong financial support!

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+ Send A Greeting in April +

Did we miss you or a church friend of yours? Let the Pastor know immediately!

April Birthdays. 8 Vicki Hileman, 11 Bill Hoy, 12 Gabrielle Diaz, 18 William Tighe, 19 Dawn Zepp, 22 Bob Hayes, 30 Daniel Yingling.

April Anniversaries: 10 Bill & Virginia Hoy, 20 Jim & Joyce Mirfin, 21 Bob & Barbara Hayes, 21 George Beck, 23 David & Tracy Yingling, 23 Bobby & Bonnie Graham.

Did we miss anyone? If so, call 410-751-9049 or email julo1@verizon.net. Thank you)

(Important Note. Who did we miss? We are always trying to keep our listing of birthdays and wedding anniversaries up to date. If we have missed anyone please report it in writing to the Pastor or email him . Thank you.;

Our April Volunteers

Our April Church Newsletter is given to the Glory of God by Charles & Inez Beckhardt in Loving Memory of Richard Moss by Bill & Teresa Tighe.

The April Regular Worship Bulletins are given to the Glory of God Jim Bosley in memory of his father and mother, James Franklin Bosley, Sr. and Hilda Marie Bosley.

Lenten & Holy Week Worship Bulletin Covers are given by George & LaDonna Schemm.

April Ushers. Joan Tighe & Doris Brandenburg, Substitute Ushers Pan Roos, Ruth Pitroff, Sarah Jane Taylor, Mark Fraser, Carlton Gabler, Bruce Carson.

First Sunday Communion Ushers are Doug Bosley, Jim Bosley.

Our Thanks to those who have signed up to coordinate "after worship refreshments in March & April. See Linda King for more information if you would like to simply put out refreshments.

The Upper Room Daily Devotional Guide for March & April is given by Laverne R. Harden in Loving Memory of her husband Gordon K. Harden, Jr.

Holy Communion Supplies for March & April are given by Mary Ellen Barnes in memory of her husband Kenny and supplied by the Worship Committee

Remember! + Faithful Worship Attendance is Important +