



March 2018

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A Message From The Pastor's Desk



Dear Sisters and Brothers,

We are well into the season of Lent, the period in which we practice certain spiritual disciplines which make us more aware of God our Creator, strengthen our faith in Christ our Redeemer, and enable us to connect with the Holy Spirit our Sustainer.

Fasting is one of these disciplines. One definition of fasting is: the intentional absence of food and drink for religious purposes. The degree of severity ranges from going without food and drink except water, to giving up a favorite food.

If we were to do a quick study of the Bible we will discover that every major religious figure in the Old and New Testaments fasted. For example, Moses was with God on Mount Sinai forty days and forty nights without eating bread or drinking water (Exodus 34:28). Before beginning his ministry in Galilee, Jesus fasted forty days and forty nights in the wilderness of Galilee where he was tempted by the devil (Matthew 4:1-2).

Although fasting is an important spiritual discipline, throughout the Bible, it is not very popular today. However, people who fast speak of gaining renewed physical strength and spiritual vitality. It is prudent for a person with medical issues to consult with a physician before engaging in this discipline.



Why should Christians fast? The most obvious reason is that Jesus fasted. And he is our example. Fasting is good for us because it helps our bodies get rid of toxins. Also, fasting makes us aware of our dependence on God who sustains us with air, food, and water on a daily basis.

This past Ash Wednesday, I challenged worshippers to try fasting by giving up a meal or two each week during this Holy season. The monies saved may be included as part of our Lenten offering this year. I am extending this challenge to other members of the congregation as well.

Above all, may we make this special season meaningful by spending quality time praying, reading, and meditating on God's Holy Word.

Yours in Christ,

St. Clair A. Samuel



In the Spotlight



Jean Bearak

Jean Bearak joined the United Methodist Church of Hempstead in June 1972 after moving into the area one year before. Since then, she has been a dependable and dedicated fixture at the church.

She recalls the day she became a member very clearly, as it was such an important occasion to her. "I can still remember what I was wearing and where I was sitting," said Jean.

Over the years, Jean participated in many groups and ministries, including the couples club, "Hub-A-Wif," the Activities Committee, Social Concerns Committee, Ushers, and Nominations Committees; and she was a Sunday School teacher, as well.

She also held many office positions in the past 45 years, including Lay Member to Conference, Lay Leader, Financial Secretary, Trustee Treasurer, Benevolence Treasurer, Stewardship Chair, Finance Committee Chair, and Current Funds Treasurer.

Presently, Jean is the Chair of the Pastor/Staff Parish Relations Committee; Chair of Mission Ministry, Treasurer/Secretary for UMW, and is actively involved with the Counting Team, Parsonage Committee, Bereavement Committee, Membership Committee, and is in charge of the coffee hour, "my true calling," she quips.

"Over the years, the people of the Church have become family and I love them all as such. I am truly blessed to have them in my life," said Jean.



Jean grew up in Southold, Long Island and eventually moved to Western Long Island to find a job. She worked in banking and a title company until 2010.

She married her husband, Steve (who since passed in 2001) in May, 1967, and together they raised one son, Steven, who is presently a teacher in Portland, Oregon.

Jean has two stepsons, Corey, an attorney in Queens, and Richard, an architect for NYC who resides in Brooklyn. She is also the proud grandmother of five grown grandchildren.

March is Women's History Month, a time to celebrate all the strong, creative, compassionate, and wonderful women who have contributed to positive changes in history, as well as those currently in our lives, and in the world. We honor them for their accomplishments, strength and love. So give the women in your lives a hug and say "thank you."



February Hempstead Fellowship Brunch Welcomes the Community



Photos, courtesy of Linda Gomes and Judy Quinn.



United Methodist Men Weekly Prayer Service



The United Methodist Men's prayer group meets weekly on Saturday mornings, 8:00 am in the Chapel. The group began meeting one year ago, March 2017. Royston Bailey, coordinator, said there is a nice group who attends each week. "All of the men of the church are welcome," said Roy. The purpose of the UMM is "to declare the centrality of Christ." Pictured at the meeting in February are: Rev. St. Clair Samuel, Roger Eastman, Jim Ross, Royston Bailey, Thomas Pollock, Bentley Bailey, and Wayne Redman.





Sunshine Column

Birthday List - Happy Birthday!



Wayne Hall
George Knight
Irma Alleyne-Mahabir
Maxine Knight
Paul Ross
Kimberly Johnson
Beatrice Nwatu
Jade Page
Linda Gomes
Charlene Brown
Glenston Bucknor
Sheila Smith
Janice LaLumia
Cherie Brown
Nadine Samuels
Errol Foo

March 2nd
March 8th
March 8th
March 11th
March 12th
March 13th
March 14th
March 14th
March 15th
March 17th
March 19th
March 20th
March 20th
March 23rd
March 31st
March 31st

**Birthday cake
calories don't count**



If your name is not on this list, please contact Mary Johnson or Karen Bonnet in the church office.

Parish News Announcements

Please submit all information (articles, announcements, photos) about events, committee/ministries news, and other information that you can share with our church family to: hempsteadumc@gmail.com, or drop them off in the church office by March 16th.

The next *Parish News* will be distributed in April 2018. Your church-related articles and photos are welcome.

If you are new to the church and wish to become a member, please see Pastor.

Church Schedule

Sunday: 8:30 AM Bible Study
9:00 AM Choir Rehearsal
10:00 AM Morning Worship
(Social Hour to Follow)

After service, Sounds of Praise
Choir Rehearsal
(5-11 years old)

Sunday: Service in Spanish, 12:30 PM
Thursday: 7:30 PM Choir Rehearsal
Friday: 8:00 PM Youth Fellowship
(Alternate Fridays)



Poetic Reflections

FROM SORROW COMES STRENGTH

Christ was portrayed as "A Man of SORROWS"
This is linked to the STRENGTH which gave Him
Victory over the Grave
After the CRUCIFIXION came the RESURRECTION
Wiping out what his enemies thought to be lasting death

Christ was BEATEN but HEALING followed
Christ shed TEARS in Gethsemane's Garden
To us those tears were WATER for the seeds of life
Christ was SCARRED and RIDICULED
His HOPE was in God who brought Him through
Christ was NAILED to a cross through His hands and feet
He received FREEDOM even through death
We are given PATIENCE to endure
When TRIBULATIONS and TRIALS arise
We are STRENGTHENED by God's grace
FAITH in Him gives us the POWER to survive

Remember:
We can do all things through Christ who STRENGTHENS us.

Janice Wellington - March 2018

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March Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Confirmation class, 8:45 am	5	6	7	8	9	10
11 Confirmation class, 8:45 am Daylight Savings Time begins	12	13	14	15	16	17 Trustees, 9:30 am  Happy St. Patrick's Day
18 Confirmation class, 8:45 am	19 Church Council, 7:30 pm	20 First Day of Spring	21	22	23	24 Hempstead Fellowship Brunch, 11-2 pm
25 Palm Sunday	26	27	28	29	30 Good Friday	31

Lenten Calendar

Lenten Suppers and Sponsors - 7:00 pm - 8:00 pm

Lenten Reflections - 8:00 pm - 8:30 pm

March 7 - Mission & Finance
 March 14 - Hispanic Ministry & Choir
 March 21 - Trustees & SPPR

March 25 at 10:00 am - Palm Sunday Service (English) 12:30 pm (Spanish)
 March 29 at 7:30 pm - Holy Thursday Service with Communion & Stripping of the Altar
 March 30 at 12 Noon - Good Friday Service UM Cluster #1 at the UMC of Uniondale
 April 1 at 6:30 am - Easter Sunrise Service organized by the Sunday School
 April 1 at 10:00 am - Easter Sunday Service (English) with Communion in the Sanctuary
 April 1 at 12:30 pm - Easter Sunday Service (Spanish) with Communion in the Chapel



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Hempstead, NY 11550
Dated Material Please Do Not Hold

The Parish News (USPS 421-140)
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Telephone: 516-485-6363 Fax: 516-485-4803

March 2018 Editor and Art Director: Karen Bonnet

CHURCH NEWS



ALL CHURCH WOMEN are members of the United Methodist Women. The monthly meetings have been moved to the third Saturdays to be open to more. Mark your calendar; the next one, "bring a sandwich meeting" will be on March 17th at 11:30am. Coffee/tea and dessert will be provided with a program to follow.

We are sad to say farewell to Long Island Council of Churches who have moved their offices from our building to their facilities in Freeport. We will continue collecting food and toiletry items for LICC, as the hungry are still in need. Please remember to bring non-perishable items when you come to church and place them in the food box in the social hall. This move means, until another non-profit agency is found for the office space, we will not be receiving the funds to help cover the cost of keeping our buildings open. If possible, an increase of giving will help offset this shortage.

On that note, if you are absent from church due to weather, illness or travel, please make up your contribution when you return. Unfortunately, the bills do not take a vacation.

The church will be collecting for health kits from March through April 15th. **Church World Service** give these kits to those in need. After a disaster these simple items are a wonderful gift of love. A full list of items will be in the Sunday bulletin and \$4 per kit is needed for shipping. See the display during coffee hour.

The church received a donation from Wally Lowden in honor of Dot Zondag for her friendship and hospitality. What a wonderful way to let someone know they are appreciated. There are envelopes on the table in the narthex—great for birthdays, anniversaries or just to let someone know you care (and think they are great). The donation goes to current funds and a letter is sent acknowledging your gift.

