



The Good Word

The Newsletter of Brecksville United Methodist Church

65 Public Square, Brecksville, Ohio 44141 Phone: 440-526-8938

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What do the labels mean?

Making Sense of What We Eat By Jenny Gee

Grocery shopping takes me longer than it used to! I have become quite the label reader and ingredient critic. Add to that a search for Fair Trade and organic certification and I end up with a small-scale project during each trip. My quest for healthier choices for my family and our planet has been an undertaking in itself, as I have tried to decipher the truth behind the claims of organic, natural and free-range; not to mention Fair Trade, Fair for Life and Rainforest Alliance Certifications. It is enough to make you quiver at the sight of a shopping cart!

This article is not being written to make anyone feel frustrated or guilty; much the opposite. I think we often find ourselves trying to make the healthiest choices; but there is so much information to wade through that we can get lost. I have had people tell me that the organic label does not mean anything at all, even a well-meaning pediatrician a number of years ago. The actual reality of organic certification is that it involves a well-defined set of production standards for growing, storing, processing, packaging and shipping.

What do all of the labels mean?

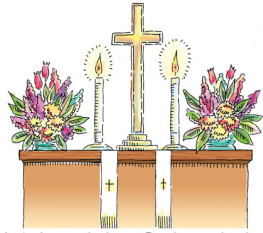
Natural and All Natural: Foods labeled “natural,” or “all natural” according to the USDA definition, do not contain artificial ingredients or preservatives and the ingredients are only minimally processed. However, they may contain antibiotics, growth hormones, and other similar chemicals. Producers must submit a sort of application at the time of slaughter, detailing practices used throughout the life of the animal. No inspections are conducted and producers are not required to be certified. Regulations are fairly lenient.

Organic: To be granted certification the farm must comply with USDA standards. Extensive paperwork is required, detailing farm history and current set-up, and usually includes results of soil and water tests. A written annual production plan must be submitted, detailing everything from seed to sale: seed sources, field and crop locations, fertilization and pest control activities, harvest methods, storage locations, etc. Annual on-farm inspections are required, with a physical tour, examination of records, and an oral interview. There is also a fee charged for the annual inspection/certification. Written, day-to-day farming and marketing records covering all activities must be available for inspection at any time. In addition, short-notice or surprise inspections can be made and specific tests (e.g. soil, water, plant tissue) may be requested. For first-time farm certification the soil must meet basic requirements of being free of synthetic chemicals. A conventional farm must adhere to organic standards for a period of time, usually about three years. This is known as being in *transition*. Transitional crops are not considered fully organic. Foods labeled “organic” must consist of at least 95% organically produced ingredients and the other 5% must be approved on the National List provided by the USDA. Commercial use of the term “organic” is legally restricted and if a product has been knowingly mislabeled there is a civil penalty of up to \$11,000.

100% Organic: Foods labeled “100% organic” must consist of only organic ingredients and processing aids. The same controls and regulations are put in place as those used for foods labeled “organic.”

Made with Organic Ingredients: Foods labeled this way must consist of at least 70% organic ingredients. None of the ingredients can be produced with sewage-sludge based fertilizers or ionizing radiation. Labeling cannot include the USDA seal or the word “organic” in any principle displays. Three of the organic ingredients can be included on the label and all organic ingredients should be identified in the ingredients list.

(Continued on page 5)



Worship Schedule

8:45 First Service

10:00 Education hour

11:15 Second Service

Wednesdays at 7 pm Prayer Service

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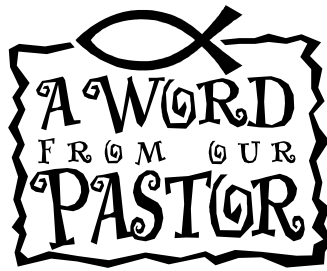
Jeff and Scott Hastings

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Article deadline is the third Friday of each month.



It's personal, but not private

Comments from Rev. Karen Oehl

Each Christian should search for and grow in a personal relationship with Jesus Christ. I believe that. I believe that in that personal relationship we experience God's justifying grace, as John Wesley did in his Aldersgate experience. And when that relationship is healthy, we also experience God's sanctifying grace, perfecting us in love throughout our whole lives.

But just because personal is important does not mean that our faith is private, or individual. Our personal relationship with Jesus is lived out in public acts of service and worship. Without the public side of faith, our personal faith becomes just about one person: myself. It stops being a relationship, and grace dies on the vine.

I have noticed that there is a new term out there in the Christian community: *dechurched*. For years we have talked about how to live out Jesus' Great Commission to make disciples. We have talked about sharing faith, bringing people to faith, encouraging the seekers and the unchurched. But increasingly there is an awareness of the great chunk of people in our nation that have a basic belief in God, but no corporate or church relationship, or a very tenuous one. Your faith community is there for when you need it: baptisms, confirmation, weddings, funerals, Christmas and Easter. Or you might call up the pastor when you are going through a hard time. It's like some kind of time-share arrangement. Like a vacation home, but for your church needs.

This is not just bad theology, it is unhealthy spirituality. I can't help but grieve over the stunted, shriveled souls that this kind of practice is creating. It is like a scurvy of the soul, rickets of the spirit. A key element is missing in the spiritual diet.

Is that what you want for you or your children, grandchildren, friends and neighbors?

It is time to go public. Go to worship. Go out into the world. Go tell. Go make disciples. Love one another. Be a servant.

Start with worship. Make a commitment during this season of Lent and then Eastertide following to attend worship regularly, and be involved in the life of the congregation. Make this a personal commitment, and then offer a personal invitation to others to join you. Our faith is personal, but not private.

Pastor Karen

Interfaith Passover Seder April 5



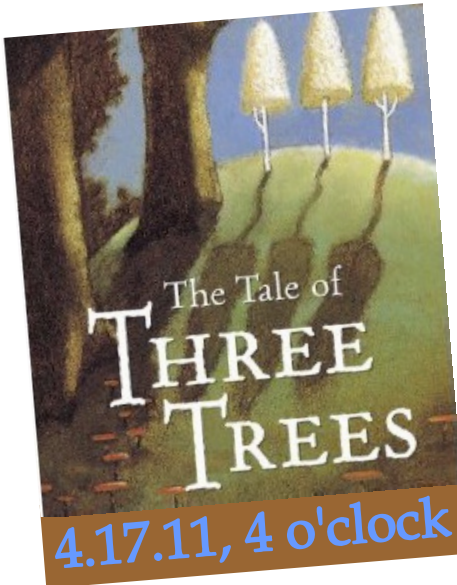
Seder Meal

Anshe Chesed Fairmount Temple holds an introduction to a Passover Seder each year and invites participants from all faith communities to attend: Tuesday, April 5 from 7:00-8:30 pm. The evening includes music, telling the Passover story, explanations of customs, and a small sampling of food. When the program is over, tour the building and Judaica collection. Please contact Craig Czarnota as soon as possible if you are interested in attending. Space is limited!

COMING SOON!

From CMAP productions

Our Kids in the Christian Musical Arts Program Present:



The Tale of the Three Trees is a moving story about three young trees and their aspirations to become “something special.” The trees do indeed come to play very special roles in the world, though not exactly the roles they had each imagined. This story challenges us to reconsider our sense of what is noble and praiseworthy in this world while also poignantly reminding us of the incredible and unexpected love that was poured out on Good Friday.

The Passion Drama will be an interactive walk through the last week of Jesus life and ministry, told through drama and song. Those in attendance will have an opportunity to experience the triumphal entry, some of the powerful teaching that Jesus did during the last week of his life, the Last Supper, and the time with the disciples that led up to his arrest and trial.



HOLY WEEK

Prayer Labyrinth

Maundy Thursday, Good Friday

A tool for meditation, prayer and spiritual focus, walking the labyrinth is a physical practice that engages body, mind and spirit.

Palm Sunday

April 17. Morning services at 8:45 and 11:15

Passion Drama at 3 and 5

CMAP Musical at 4

Celebrating the triumphant arrival of Christ.

Maundy Thursday

April 21 Worship at 7:30 pm

A solemn observance of the Lord's Supper.

Good Friday

April 22 Community Worship Service at Noon

Triune Lutheran Church, 4810 West Mill Road, Broadview Heights

Easter Sunrise Service

April 24, 6:20 am. Blossom Hills Pavilion, Oakes Rd., Brecksville

Come celebrate the new day Easter promises us while enjoying the sunrise from an incomparable view. There are picnic tables. Bring a chair if you would like!

Easter Sunday

April 24 Worship at 8:45 and 11:15

Celebrating the risen Christ, our Savior.



MFSA East Ohio Methodist Federation for Social Action invites you to a spring renewal event, *Preparing the Way*, here at BUMC on Saturday April 30 from 9:30 until 3 pm. The program will feature MTSO Professor of History, Diane Lobody, presenting a 3 hour study, “No Holiness Without Social Holiness” a look at John the Baptist who prepared the

way for a new covenant and John Wesley who prepared the way for United Methodism. Cost is \$12 which includes lunch and morning hospitality. Register online at www.eomfsa.webs.com. For more information, contact Pat Simons pjsimons@hotmail.com or 330-650-5279.

Clean Safe Water. God is Good!



Play Ball! It's time to think about Men's softball!

The season will begin with games scheduled on Tuesday, May 3, then Tuesdays and a couple Saturdays through early July. If you are 16 or older and would like to play, or know someone who would like to play (they do not need to be Church members) please contact Bob Lundholm at 440-546-1815 or bob.lundholm@aosepc.com.



Easter Celebration Choir Join the choir for the Easter season, and lift your voice in song on Maundy Thursday, Palm Sunday and Easter Sunday. Rehearsals are Thursday evenings, April 7 & 14 from 7:30 to 9:00pm, and April 21 from 8:30 – 9:30 pm following Maundy Thursday worship. Contact Joy Fenton for a complete schedule or more information.



This year, our Easter offering will be shared with ministries that help provide food for people in need. Locally, our support will go to the West Side Ecumenical Ministries. Our Missions Commission is in the process of identifying a national mission with a similar food ministry.



From this...



...to this...



...to this!

Janet Kleckner flew to Liberia with money our church had raised for a new drinking well, and returned with photos from her trip.

The first shows the creek where the people of Geuzeo and Kraingar got their water before a new well was built.

The second shows the hand dug well shaft, with water reflecting at the bottom.

The third shows the finished well, pumping water with a boy taking a drink in his hands.

The wells for Geuzeo and Kraingar were paid for by Jordan's Wishing Wells and both were dug and completed while Janet was there.

The well to be paid for by money raised by the youth of our congregation will be dug for the village of Mouflah and should be completed this month.

Additionally, with our recent shoe drive we were able to send 26 pair of shoes to Camphor Mission, enabling more kids to attend school. God is good!



- For Berea Children's Home we collected:
- girls/ladies socks: 37 pairs
 - girls/ladies underwear: 50
 - boys/men's socks: 95 pairs
 - boys/men's underwear: 21

Thank you for helping provide necessities to those in need!

Free Range/Cage Free: For a product to be labeled “free range” or “cage free” the animals cannot be contained in any way and must be allowed to roam and forage freely over a large area of open land. This labeling is very minimally regulated. USDA food labeling regulation only requires that the animals are allowed access to the outside and not contained, but applications and certification are not required. This level of regulation has allowed producers to keep animals closely confined but without cages and still use the label “cage free.”

Grass Fed: Food labeled “grass fed” usually includes the label “free range” or “cage free.” They are not necessarily connected. By definition a “grass fed” animal is one that is raised primarily on ranges rather than in a feedlot. This means that the animals can be contained and still show this label, as long as they are allowed to graze. According to studies done by Northwestern Health Sciences University, grass fed products are usually preferred because the animals were probably not contained and the products are healthier than grain fed products. If an animal was “grain fed” it was most likely raised in a feedlot, contained for most of its life, and is of less nutritional value. The USDA defines “grass fed” as it applies to labeling but does not regulate it in any way.

As good stewards of God’s creation we can see the positive effect that organic farming has on the soil and the local watershed. To take this one step further I am asking you to consider supporting local farmers’ markets and co-ops this summer. By supporting the local food system we are reaching out to Ohio farmers and helping provide them a secure income, while we protect our environment and meet the growing consumer demand for fresh, safe, healthy food.

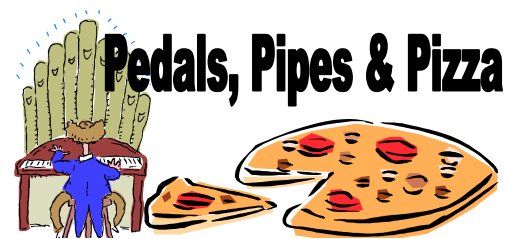
You might be surprised to find out how many farmers’ markets are accessible to us in Northeast Ohio. The federal certification process, although an excellent framework, can sometimes be a bit expensive for small scale growers.

Regionally we have the North Union Farmers Market. North Union runs certified producers-only markets. Each producer undergoes an onsite farm inspection by trained field workers.

We also have the Ohio Ecological Food & Farm Association (OEFFA) which is a membership-based, grassroots organization, dedicated to promoting and supporting sustainable, ecological, and healthful food systems. They are working to recreate a regionally-scaled farming, processing, and distribution system that moves food from farm to local fork. OEFFA advocates for policies that protect and benefit sustainable agriculture, research and education, farm and farmland practices, and citizens’ right to know.

Think about buying local and supporting northeast Ohio farmers this summer. Check out: www.growhio.org/farmersmarkets

This article is part of a series appearing in the Good Word each month highlighting social justice issues and action that you can take to be a blessing to our brothers and sisters in Christ. This is not to be looked at as something to “make you feel guilty” but to give you the opportunity to let your voice be heard and to right some of the wrongs in our world.



Have you ever wondered what it’s like to play the organ? The American Guild of Organists is hosting Pedals, Pipes and Pizza on Saturday, April 9 from 9AM to 3PM at Fairlawn Lutheran Church, 3415 West Market Street in Fairlawn. This event is open to students in 3rd through 12th grades and aims to introduce piano students to the organ. There will be a demonstration of the inner workings of the organ, stops and pipes, and each person registered will receive an organ lesson with a professional organist using piano repertoire on which they are already working. A pizza lunch is included in the nominal cost, and the program will end with a student recital. Space is limited, so please register early. For more information, talk to Joy Fenton or Chris Toth.



Sunday, May 1 -
Community Chorus Spring Concert: This concert will round out our concert series, featuring folk favorites, musicals, gospel classics and more! Featuring our own Craig Kotnik on guitar.

Paper Recycling



Recycling 365 pounds = saving 3 mature trees!

This year, we’re weighing our paper before it goes to recycling. So far we’ve recycled 365 pounds of paper — and we’ve saved three mature trees! Recycling 1 ton of paper saves 17 mature trees, 7,000 gallons of water, 3 cubic yards of landfill space, 2 barrels of oil, and 4,100 kilowatt-hours of electricity.



MILESTONES
News of the Fellowship

Have news you would like to share? Please call or e-mail Melanie

Betsy Jaszczak has been accepted into the Bowling Green School of Art. Congratulations, Betsy!

Congratulations to Tiffany Roberts on her engagement to Ian Jacobs. The couple will wed in August.

We also offer a prayer of joy for Jeff Drescher and his fiancé on their recent engagement.

Did you see the March issue of *Cleveland Magazine*? Our own Dr. Jerry Bartholomew was recognized as one of the Best Doctors of 2011 in the magazine's annual poll.

Church Directory Updates:

Did your new church directory and guidebook arrive in the mail? We already have some updates for you...

Mary Hoffman has a new address: 200 Laurel Lake Drive, Apt. 181 E, Hudson, OH 44236

Unfortunately, we had two mistakes with the Memmer's information. Alison and Stacie Memmer were not listed with their parents' address. The family's phone number is 440-526-6308. Our apologies to the Memmers!

There was a typo in the Church Benefactors section on page 22. The e-mail for the Schultz Group should read: philip_shultz@ml.com

We have several additions to the **Long Range Calendar** and have printed an addendum page for your directory.

Pick up your copy in The Parlor after church services or print a copy from the church website.

APRIL

Birthdays










Ernest Gear	04/01	Rebecca Schultz	04/15
Douglas Holmes	04/01	James Neidinger	04/16
Robert Anderson	04/02	Janine Telischak	04/16
Lauren Brinkmann	04/02	Regina Dennis	04/17
Sherry Klodnick	04/03	Gordon Foerster	04/18
Julie Kubek	04/03	Gail Huth	04/18
Matthew Agnew	04/04	Kenneth Wise	04/18
Bradley Holmok	04/04	Stephanie Roberts	04/19
Wallace Servey	04/04	Zachary Brachna	04/20
James Fredrick	04/05	Judith Burroughs	04/21
Lianna Meyer	04/05	Arthur Quade	04/21
Cathy Buttolph	04/06	Maryanne Salsbury	04/21
Bryan Daugherty	04/06	Joshua Rittgers	04/22
Stanley DeMoor	04/06	Ralph Slifcak	04/22
Stella McCrodden	04/06	Susan Emrick	04/24
Derek Brinkmann	04/08	Kathryn Bartholomew	04/25
Dorothy Pliske	04/08	John Brachna	04/25
Rebecca Merhar	04/09	Ruth Holmes	04/25
Donna Eilbeck	04/10	Clay Kesling	04/25
Alan Harper	04/10	John Prominski	04/25
Hannah Johnson	04/11	Chase Boldt	04/26
Kenneth Merhar	04/11	Sara Louttit	04/26
Dale Beaver	04/12	Nancy Smith	04/26
Stacy Parker	04/12	Alison Memmer	04/27
Jill Buttolph	04/13	Rebecca Salsbury	04/27
Carri Kenney	04/13	Nancy Kroenke	04/28
Kathryn Louttit	04/13	Matthew Salsbury	04/28
Alexander McMaster	04/13	Barbara Toman	04/28
Payton Schneider	04/13	Nell Taylor	04/29
Andrew Fredrick	04/14	John Zakarowsky	04/29
Edward Jones	04/14	Lynn Dorman	04/30
Mark Pace	04/14	Barbara Harper	04/30
Matthew Nelson	04/15	Robert Wuerth	04/30

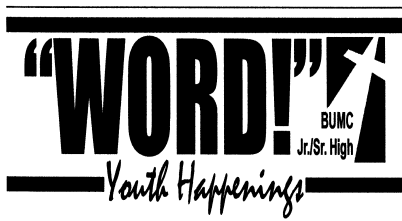
I want to thank my church family for prayers, cards, and visits during my illness. Also appreciative thanks to Rev. Libby Kuntz for her helpful pre and post operative visits. God Bless! Gloria Southam

I want to take this time and THANK everyone for all their prayers, food that was deliver to my place, and for taking Buddy (my dog) out for walks sometimes in the coldest and snowy days while I was recuperating from double knee surgery. What a wonderful church we have that reaches out to other. I could not have healed so fast if it wasn't for all of you. Thank you is not enough to let you all know how much I really care and appreciate all that you guys have done. God Bless, Kathy

APRIL 2011

For the most current information, click the "general calendar" link at www.brecksvilleumc.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
April 3: Psalm 23:6; 1 Samuel 16:1-13; John 9:1-17, 24-38 <i>"Facing our Strengths"</i> April 10: Romans 8:11; Ezekiel 37:1-14 John 11:1-6, 17-44 <i>"Facing Rebirth"</i> April 17: John 12:27; John 12:1-8, 9-11, 20-26, 27-37 <i>"Facing Fear"</i> April 24: John 19:38-42, John 20:1-23 <i>"Love Conquers Fear"</i>					1	2
					7 Emmaus Reunion 9 Men's Bible Study	8 Women's Emmaus Team Mtg
3 <i>Communion</i>  8:45 Worship 10 Education 11:15 Worship	4 7 Jesus in the Gospels Bible Study	5 11 Staff Meeting 7 Interfaith Pass-over Seder	6 6:30 Dawnbkrs 10 Covenant Grp 3:15 Quest 4 CMAP 4:30 MS Bells 7 Prayer Service	7 9:30 UMW 4 Wo Emmaus 5 Soul Quest 6:15 Handbells 6:15 HS Choir 7:30 Choir	8 7 Emmaus Reunion 9 Men's Bible Study	9 8 Women's Emmaus Team Mtg 9 Pedals, Pipes and Pizza at Fair-lawn Lutheran Church
10  8:45 Worship 10 Education 11:15 Worship 12:15 YSP Mtg 6 Epic 6:30 Conf. Class	11 7 Jesus in the Gospels Bible Study	12 <i>UMW Fundraiser</i> <i>See you at Creekside!</i> 9:30 Staff Mtg 1-7 Blood Drive 7 Ad Board 7 Knitting 8 COE, Evangelism, Missions, Music Board, Worship, Youth	13 6:30 Dawnbkrs 10 Covenant Grp 3:15 Quest 4 CMAP 4:30 MS Bells 7 Taizé Prayer Service	14 9:30 Asbury Bremeth Circle 4 Wo Emmaus 5 Soul Quest 6:15 Handbells 6:15 HS Choir 7:30 Choir <i>Last day for Hot Cross Buns!</i>	15 7 Emmaus Reunion 9 Men's Bible Study 	16 7 Hot Cross Bun Production 8 Women's Emmaus Team Mtg 10 CMAP Musical Dress Rehearsal <i>Tomorrow's the last day to order YSP Flowers!</i>
17  8:45 Worship 10 Education 11:15 Worship 12:15 YSP Mtg 3 Passion Drama 4 CMAP Musical 5 Passion Drama 6:30 Conf. Class	18 7 Jesus in the Gospels Bible Study	19 9:30 Staff Mtg 7:30 Finance 7:30 Trustees	20 6:30 Dawnbkrs 10 Covenant Grp 3:15 Quest 4 <i>No CMAP</i> 4:30 <i>No MS Bells</i> 7 Prayer Service 7 SPR	21.  8 Labyrinth 4 Wo Emmaus 5 Soul Quest 7:30 Maundy Thursday Svc 8:30 Choir	22  8 Labyrinth Noon Community Good Friday Service Triune Lutheran Church Church Office Closed	23 
24  6:20 Sunrise Svc 8:45 Worship 10 Education 11:15 Worship	25 6 BCA Choir Rehearsal 7 Jesus in the Gospels Bible Study	26 9:30 Staff Mtg 7 Knitting	27 6:30 Dawnbkrs 3:15 Quest 7 Prayer Service	28 5 Soul Quest 4 Wo Emmaus 4:30 Confirmation Rehearsal 6:15 Handbells 7:30 Choir	29 7 Emmaus Reunion 9 Men's Bible Study	30  8 Race at the Rock, Flat Rock, Ohio 10 MFSA Meeting at BUMC



HIGH SCHOOL

Soul Quest Continues, Thursdays
5-6:15pm: Soul Quest is a mid-week, high school event that will give you a chance to weekly catch up and dig deeper into your faith.

YSP Mandatory Meeting
April 10: 12:15pm (Right after second service.) We have to fill out paperwork and talk about fundraisers. Your final payment is due the next week.

April 10: EPIC
6-7:30pm—Youth Room!!

April 24
No EPIC Due to EASTER!!!!

MIDDLE SCHOOL

Quest Is Every Wednesday
3:15-4:30pm: Quest is a mid-week, after-school program for 6-8 graders.

April 10 and 17 6:30-8pm
Confirmation Classes Continue



Limber up those legs! April 30 is the 2011 "Race at the Rock" to benefit the children and adults of Flat Rock Homes Care Center and Community Services in Flat Rock, Ohio. Walkers and runners are welcome! Will BUMC take home the Bishop's Cup again this year? Want to participate? Contact Chris Oehl, Jeff Fesler, or Mark Spencer.

www.brecksvilleumc.com



VBS Pandamania!

Although the skies are grey and the weather is chilly; it *is* time to start thinking about summer and Vacation Bible School!! This year's theme is "Pandamania" and it focuses on the message – God knows us, listens to us and loves us (based on Psalm 138). **VBS will be held July 18 to the 22 – the full 5 day week!!**

To make VBS as successful we need volunteers to run the stations and act as crew leaders. We will hold our first organizational meeting on **April 7** at 7:00 in Room 201. Can you help? Please call or email me! Prayerfully consider where you feel most able to serve:

- ◆ **Crazy Crafts & Missions** -- Kids make crafts that remind them of the day's Bible story and message. Plus, through an Operation Kid-to-Kid™ mission project, kids experience what it means to share God's love. I am not a big fan of the prefabricated plastic materials made available through the VBS package. I would like to use our resourcefulness to come up with our own creations.
- ◆ **Bamboo Blast Games** -- Kids play games that connect with the daily Bible story and message.
- ◆ **Treetop Treats** All the Crews come together at Treetop Treats to eat fun snacks that tie in with the Bible story. Each day at PandaMania VBS, one group of Crews skips the games time to make the snacks for everyone at VBS. Snack preparation provides kids with a unique opportunity to show Jesus' love by serving others. During snack time, Crew Leaders guide their Crews in doing an activity.
- ◆ **Chadder's Movie Mania** -- In each day's exciting cliffhanger video segment, Chadder Chipmunk explains the daily Bible Point. Then kids do memorable activities to help them apply what they've learned to their daily lives.
- ◆ **Wild Bible Adventures** -- Kids experience the daily Bible story in a hands-on way and then have small-group discussion with their Crew Leaders, where they connect their unforgettable Bible experiences to real life.
- ◆ **Panda Preschool Director** – our youngest participants will enjoy crafts, music and games all their own! A number of adult and youth are needed to help with this section depending on the number of children that register.
- ◆ **Crew Leaders** – Lead, learn with and love your small group!
- ◆ **Decorator** -- Use your skill before VBS to turn BUMC into a eucalyptus jungle!

I am excited to begin planning and putting together a great VBS with you this year! Let me know how you are able to help!!

- Jenny Gee, (440)526-8938, bumcce@ameritech.net



Alice Repeats Herself (Repeats Herself)

Picture the scene.

It's Sunday morning. You arrive for 8:45 worship, find your seat, and the service begins as it always does, with a time of singing. The first song opens, and you're pleased to find that it's one with which you are familiar. You sing the first verse and chorus followed by the second verse and chorus. Then the chorus repeats again, there is a "bridge section," and you sing the chorus for a fourth time. A fourth time?! Goodness, that's a lot of choruses! But oh well, the band has moved on to the next song. Yay, you're familiar with this one, too! You sing through the verse and chorus. This song doesn't have a second verse, so you sing the same verse and chorus again... and then repeat the chorus for a third time... perhaps even a fourth time. Alright, what's the deal with all this repetition?! Singing ends, and the theme of the service (still in our imaginary Sunday morning) is around being called. Following the sermon, the song of response is one that has clearly been chosen to fit the theme, but it's equally clear that this one is not so familiar to the congregation. You observe that those around you are not singing as heartily as they did earlier in the service. The song has some repetition, just like the earlier ones, and you think, "Well thank goodness *this* song repeated! By the fourth chorus, I think we actually got it right!"

One of my most frequently asked questions, and a question that came up a couple of times in our Worship Surveys, is the question about why we repeat choruses or refrains multiple times in some music. This question is not restricted to contemporary songs! Even some of our most traditional hymns - let's take *How Great Thou Art* as an example - have rather lengthy refrains that repeat three or four times in the course of the hymn. That said, we do seem to be a bit more forgiving of a repeated refrain in a strophic hymn and a bit less understanding when the chorus of a more contemporary song repeats several times.

I think the question partly reveals our general pragmatism about worship and music. We're not too keen on things that don't have a clear purpose or significance. As in the example above, we can understand (even advocate) the repetition of a brand new song; we *need* that repetition in order to "get it right!" But in a more familiar song, the repetition becomes unnecessary. We've got the tune down, we've sung the words accurately, so let's move on! We certainly don't *mean* the text any *more* just because we sing it several times. Do we?

But on closer examination, there might be another level of meaning and understanding available to us here... a level that is not so much about our practical "mastery" of a song as it is about an opportunity to use music as a conduit through which we enter into the presence of God. Author Marcus Borg describes such moments as "thin places." These are the times when the distance between the sacred and secular seems very small indeed, and we feel near to the heart of God. Many times, these moments are less about what's going on in our *heads* and much more about what's going on in our *hearts*. The repetition of all or part of a song flows out of a philosophical decision to free our *heads* from cranking out endless words and more words and free our *hearts* to soar with a melody and text that has become familiar.

Think of your own favorite song or hymn, and relive a favorite moment when the familiar opening words or refrain of that song were sung in worship. I imagine you could relive that moment a hundred times and never tire of it... it's like comfort food for the soul! In surveys, more people report experiencing "thin places" through music than any other single element of the worship service. Music is an invaluable avenue through which God's presence is mediated and experienced. Worship and singing together are both part of our cooperate spiritual practice... and sometimes it *does* take practice to find our best worship practices or to find a comfort level with certain pieces of the hymnody. But when you find a song or refrain that repeats past the point of familiarity for you, consider it a different sort of spiritual opportunity. Perhaps you or someone around you will find that the music will become a precious thin place, through which God is *experienced* in your very midst.

*Thankful, always, for every voice,
Joy Fenton, Director of Music*



Are you wondering what the Evangelism is up to? Well let us tell you. We are helping with orienting the new members coming into the church.

We are also working on getting the Easter Eggs ready to be handed out after all of the Easter Services, wait to you see what we have put in them!

Did you know we are still going to meet at the prayer rail before and after service to pray? We will mainly be praying for the transition the church is going through with Pastor Karen going into her new position and Pastor Clark and his family coming aboard, for the monies that we still need to keep the church running and anything else you might want to pray about.

Support YSP: Order Your Spring Plants Here!

BRECKSVILLE UNITED METHODIST CHURCH

Youth Service Project  **PLANT SALE – 2011**
 Don't forget Mother's Day! Orders will arrive in time for Mom

ALL FLATS \$15.95 EACH; GERANIUM POTS AND HERB POTS \$4.00 EACH

AGERATUM Blue	LOBELIA Royal Blue	MARGOLD DWARF (Ht. 6-10") Yellow Orange	NICOTIANA Mik	PANSY Mik	PETUNIA White Yellow Pink Lilac	PORTULACA Double Mik	SALVIA Dwarf Purple	SNAPDRAGONS Short Mik (Ht. 6-8") Medium Mik (Ht. 12-14")	VERBENA Mik	VIOLA Mixed	ZINNIA (*24 PLANTS) Medium Mik (Ht. 10") Mik Tall Mik (Ht. 24-30")			
ALYSSUM Partial Sun White Pink	ALYSSUM Partial Sun Purple	AGAIN THIS YEAR 4" Potted Herbs \$4.00 each Basil Rosemary Oregano Flat Parsley Dill Mint Thyme Lavender Cilantro Curly Parsley Sage	BEGONIA Bronze Foliage/Partial Sun Red Pink	BEGONIA Green Foliage/Partial Sun Red White	BEGONIA Bronze Foliage/Partial Sun Red Pink	COLEUS Wizard Mik	COSMOS White Mik	DAHLIA Double Mik	DIANTHUS Mik Pink	DUSTY MILLER Silverdust	GAZANIA Dwarf Mik	HYPÖESTES (proka Dea) Pink White	IMPATIENS Partial Sun Red White Pink Salmon Cranberry (Burgundy) Mik	PALEST MIX

HANGING BASKETS 10" BASKETS - \$16.00 EACH

BEGONIA Partial Sun (Green leaf & double blooms) Red Orange Yellow Pink White	BOSTON FERN Partial Sun	COLEUS Full Sun Burgundy Pink Shades Yellow/Green	DOLPHINE VIOLET Partial Sun Blue Violet Bloom	FUCHSIA Partial Sun Swirlgime (Red/Dbl White) Dark Eyes (Red/Dbl Violet Blue) Marinka (Wire Red) Blue Eyes (Red/Dbl Blue) Pink Marshmallow (Pink)	GERANIUM COMBO Full Sun (Geranium, Asparagus Fern, Vinca Vine)	Ivy GERANIUMS Partial Sun Pink Red White	LANTANA Full Sun Yellow Rose Pink Red
GERANIUM ~ 4" pots \$4.00 each Red White	GERANIUM COMBO Full Sun (Geranium, Asparagus Fern, Vinca Vine)	IMPATIENS Partial Sun Red (Dbl.)* White (Dbl.)* Purple (Dbl.)* Pink Lavender/Pink (Dbl.)* Orange Salmon (Dbl.)* Mixed *Double Blooms	PORTULACA Full Sun Yellow Orange Pink	SUNSHINE IMPATIENS Full Sun Red White Pink Lavender	PETUNIAS Full Sun Red White Pink	VERBENA Full Sun Purple Pink Red White	VINCA - DOL Full Sun (Vinca Vine - Dolphin Violet Combo)

(FROM OTHER SIDE) _____	TOTAL GERANIUM POTS @ \$4.00 EACH = \$ _____
(FROM OTHER SIDE) _____	TOTAL HERB POTS @ \$4.00 EACH = \$ _____
(FROM OTHER SIDE) _____	TOTAL FLATS @ \$15.95 EACH = \$ _____
(THIS SIDE) _____	TOTAL BASKETS @ \$16.00 EACH = \$ _____
	GRAND TOTAL \$ _____

SEE REVERSE SIDE FOR
HANGING BASKETS AND
TO COMPLETE ORDER FORM.

- PLANTS SUBJECT TO AVAILABILITY
- ORDER DUE BY SUNDAY, APRIL 17; PAY WITH ORDER (CHECKS PAYABLE TO BUMC)
- PICK UP YOUR ORDER AT BUMC ON SATURDAY, MAY 7 FROM 10:00 A.M. TO NOON
- QUESTIONS? CALL LISA KROPINAK: 440-526-8938 or CATHERINE VASTARTIS: 440-526-9406

NAME _____ PHONE _____
 ADDRESS _____ EMAIL _____

**THE YOUTH OF YSP THANK YOU
FOR ALL YOUR SUPPORT!!**

TOTAL FLATS @ \$15.95 EACH = \$ _____
 TOTAL HERB POTS @ \$4.00 EACH = \$ _____
 TOTAL GERANIUM POTS @ \$4.00 EACH = \$ _____

ALL FLATS (except Zinnias)
36 plants per flat

Clip and Return This Form



Creekside

RESTAURANT & BAR

UMW Fundraiser for Missions

*Round up a group of friends and eat lunch, dinner or carryout for a good cause —
UMW's mission projects!*

Where: Creekside Restaurant, 8803 Brecksville Road, Brecksville, OH

When: Tuesday, April 12. Anytime between 11 am and 9:30 pm

What: Anyone dining at Creekside on Tuesday, April 12 who gives the server this flyer will have 20% of their bill (excluding alcoholic beverages) donated to our Brecksville United Methodist Women. A flyer is necessary for each bill.
Carryout is included! Menu available at www.creeksiderestaurant.com or call 440-546-0555.

Easter Altar Flower Order Form

Order with payment due in Office by 4/14/11

- _____ Lily (\$7.50)
- _____ Blue Hydrangea (\$14.50)
- _____ Pink Tulips (\$7.00)

Donor _____

Phone _____

Easter altar flowers may be ordered in honor of, in memory of loved ones, or to the glory of God.

Circle one:

in honor of in memory of to the glory of God

Name of person(s) honored/remembered:

You may pickup your flowers following worship on Easter (April 24) or may give your plant as a gift to someone with restricted circumstances.

Check one _____ I will pick up

_____ Give to someone else

All orders must be accompanied with payment in **cash or check payable to: Brecksville UMC.**

UMW Hot Cross Buns

Enjoy a seasonal treat. UMW will sell an 8" round pan of Hot Cross Buns for \$8 on Palm Sunday, April 17. You can guarantee having some to take home by pre-ordering by April 14. Simply fill out the bottom of this form and place in the UMW mail slot in the office. You can pay now or on April 17. Proceeds will go towards funding our commitments to Red Bird, Henderson Settlement and the district pledge. Thank you for your support. Questions call Mary Kotnik 330-467-4834.

Name _____

Phone _____

I would like to order:

_____ pan(s) of Hot Cross Buns.

_____ Pick up after 8:45 am service

_____ Pick up after 11:15 am service

Checks can be made payable to BUMW.

Thank you.

Let the SUN SHINE

Music with a Mission 2.25.11



A little snow can't stop a BUMC show! YSP volunteers put together a great "Music with a Mission."



Everyone enjoyed a tasty meal and lots of laughs. Pastor Karen with one of our performers, Matt Auble.



The show featured songs to brighten spirits such as "Sonny Boy", "Soak Up The Sun" and "Surfin' USA."



Special thanks to Catherine Vastartis, Ruth Herman, and Mary Kotnik for coordinating dinner. Our marvelous MCs: John, Chuck & Linda. The Hastings for their assistance with set up. Our band: Chris Toth, Brandon Calovini, Craig Kotnik, Joy Fenton, and Pete Nolan.

Opportunities to Serve



Where am I needed?

Review the committee descriptions on the reverse side of this worksheet and the other volunteer opportunities listed below.

When would I start?

Recruiting volunteers for tasks is a continuous process. Committee membership begins in July and we ask for a 3-year commitment.

How do I get involved?

Bring this form to church and turn it in to the office, Pastor Karen, or drop in the offering plate. It would be most helpful to have it returned by April 11, 2011. Additional copies will be available in the office and during worship on Sunday mornings.

Name
Phone:
E-mail:
Mailing Address:

Other volunteer opportunities:

- _____ **United Methodist Women:** Get involved in the UMW. They nominate their own officers and leadership for crucial service to church, community, and world.
- _____ **Hospitality:** Serve as an usher on occasion or on a regular basis
- _____ **Communications and Technology:** Help with the sound board, projection system, producing communications pieces, technology reviews, and more.
- _____ **Communion Steward:** A perfect way for a couple or family to serve 4 times a year in the sacred task of preparing communion for our worship services.
- _____ **Teaching:** There are many opportunities to teach at a variety of age levels.
- _____ **Building and Grounds:** For those with a green thumb, a knack for do-it-yourself projects, an itch to see things clean and tidy. Seasonal and occasional tasks abound.
- _____ **Nursery:** Assist in the Crib and Toddler room on Sunday mornings.
- _____ **Other:** Do you have some other interest, talent, passion, or gift that can be used to serve the body of Christ in Brecksville? Let us know.

Opportunities to Serve

Join a Committee



Review the committee descriptions below to get a quick idea of the leadership structure of Brecksville United Methodist Church. Place a check beside any that might interest you. Most groups meet monthly, with the exception of Administrative Board and Gifts and Memorials who meet quarterly.

_____ **Administrative Board** Meets quarterly to review major policies and programs of the church. Members-at-large help represent the congregation.

_____ **Board of Trustees** If you like to work with your hands, love the building and caring for it, are interested in facilities and enhancing our space, consider this board.

_____ **Staff-Parish Relations Committee** This group supports and encourages the clergy and staff of the church. Where human resources meet God resources.

_____ **Finance Committee** While the main responsibility is the yearly stewardship campaign, this committee oversees financial resources all year long.

_____ **Lay Leadership Committee** For a couple of months each year this committee is busy discerning, nominating, and inviting to fill the leadership needs of the church.

_____ **Gifts and Memorials Committee** Committee members are stewards of the gift funds of the church, used for various projects.

_____ **Missions** This committee explores the many places where we can contribute financially to missions locally, nationally, and around the world. They also organize outreach opportunities in our community, and educate us on mission needs.

_____ **Education** From nursery care and Godly Play, to Sunday School rotation, youth and adult studies, COE is involved in planning and making it happen.

_____ **Evangelism** This group is always looking for ways to care for visitors, welcome new members, and introduce the church to others

_____ **Worship** The overall practices and environment of our worship services are the subject of reflection, review, and dreaming.

_____ **Music Board** This group works closely with the Music Director to create an excellent music program for the church and the community.

_____ **Youth Board** This group works closely with the Youth Director and youth leadership on programs, activities, and service opportunities.

_____ **Church and Society** This committee will find ways to raise awareness and increase involvement with the social issues of the day.

Jesus doesn't work alone. Commit to the vitality of this congregation as an integral part of the program and administrative life by serving on a committee or in a volunteer position.

Lent 101

Lent is a season of the Christian Year where Christians focus on simple living, prayer, and fasting in order to grow closer to God.

When is Lent? It's the forty days before Easter. Lent excludes Sundays because every Sunday is like a little Easter. Basically, it's about one-tenth of a year (like a tithing of time). Mardi Gras is the day before Lent, which begins with Ash Wednesday. This year it's from March 9 - April 24 (Easter) 2011.

Mardi Gras? What does that have to do with JESUS?? Mardi Gras means "Fat Tuesday." It refers to the day before Lent starts. Since Lent always starts on a Wednesday, the day before is always a Tuesday. And it's called "Fat" or "Great" because it's associated with great food and parties.

In earlier times, people used Lent as a time of fasting and repentance. Since they didn't want to be tempted by sweets, meat and other distractions in the house, they cleaned out their cabinets. They used up all the sugar and yeast in sweet breads before the Lent season started, and fixed meals with all the meat available. It was a great feast! Through the years Mardi Gras has evolved (in some places) into a pretty wild party with little to do with preparing for the Lenten season of repentance and simplicity. Oh well. But Christians still know it's origin, and hang onto the true Spirit of the season.

So the real beginning of Lent is Ash Wednesday?

Yes. Ash Wednesday, the day after Mardi Gras, usually begins with a service where we recognize our mortality, repent of our sins, and return to our loving God. We recognize life as a precious gift from God, and re-turn our lives towards Jesus Christ. We may make resolutions and commit to change our lives over the next forty days so that we might be more like Christ. In an Ash Wednesday service, usually a minister or priest marks the sign of the cross on a person's forehead with ashes.

Why ashes? In Jewish and Christian history, ashes are a sign of mortality and repentance. Mortality, because when we die, our bodies eventually decompose and we become dust/ dirt/ash/whatever. Repentance, because long ago, when people felt remorse for something they did, they would put ashes on their head and wear



"sackcloth" (scratchy clothing) to remind them that sin is pretty uncomfortable and leads to a sort of death of the spirit. This was their way of confessing their sins and asking for forgiveness.

Where do the ashes come from? On what we now call Palm Sunday, Jesus rode a donkey into Jerusalem while people waved palms and cheered him on. Less than a week later, Jesus was killed. The palms that were waved in joy became ashes of sorrow. We get ashes for Ash Wednesday by saving the palms from Palm Sunday, burning them, and mixing them with a little water (like tears) or oil. It's symbolic.

What do Christians do with ashes? At an Ash Wednesday service, folks are invited to come forward to receive the ashes. The minister will make a small cross on your forehead by smudging the ashes. While the ashes remind us of our mortality and sin, the cross reminds us of Jesus' resurrection (life after death) and forgiveness. It's a powerful, non-verbal way that we can experience God's forgiveness and renewal as we return to Jesus.

So what is LENT? At Jesus' baptism the sky split open, the Spirit of God, which looked like a dove, descended and landed on Jesus, and a voice from heaven said, "This is my Son, My Beloved, with whom I am pleased." Afterward, as told in Matthew 4:1-11, Jesus was sent into the wilderness by the Spirit. Where he fasted and prayed for 40 days. During his time there he was tempted by Satan and found clarity and strength to resist temptation. Afterwards, he was ready to begin his ministry.

(Speculation)

Maybe Jesus needed some time with God to sort through the major changes happening in his life. Maybe needed to get away from family, friends and the familiar routine in order to see God (and himself) more clearly. Perhaps he wanted some intentional time with God as he searched for direction and answers like you. Like Jesus, we may need to take some serious time to pray and listen for God.

Why "DO" Lent? How do I start? Are you searching for something more? Tired of running in circles, but not really living life with direction, purpose or passion? It's pretty easy to get caught up in the drama of classes, relationships, family, and work. Our lives are filled with distractions that take us away from living a life with Christ. We try to fill the emptiness inside us with mindless TV, meaningless chatter, stimulants, alcohol, too many activities or other irrelevant stuff. We run away from life and from God.

Lent is a great time to "repent" -- to return to God and re-focus our lives to be more in line with Jesus. It's a 40 day trial run in changing your lifestyle and letting God change your heart. You might try one of these practices for Lent:

FASTING: Some people have been known to go without food for days. But that's not the only way to fast. You can fast by cutting out some of the things in your life that distract you from God. Some Christians use the whole 40 days to fast from candy, TV, soft drinks, cigarettes or meat as a way to purify their bodies and lives. You might skip one meal a day and use that time to pray instead. Or you can give up some *activity* like worry or reality TV to spend time outside enjoying God's creation. What do you need to let go of or "fast" from in order to focus on God? What clutters your calendar and life? How can you simplify your life in terms of what you eat, wear or do?

SERVICE: Some Christians take something on *for* Christ. You can collect food for the needy, volunteer once a week to tutor children, or work for reform and justice in your community. You can commit to help a different stranger, co-worker or friend everyday of Lent. Serving others is one way we serve God.

PRAYER: Christians also use Lent as a time of inten-

tional prayer. You can pray while you walk, create music or art as a prayer to God, or savor a time of quiet listening. All can be ways of becoming more in tune with God.

Christians from many different traditions celebrate Lent. How will you use the time to grow closer to God?

Top Ten List:

THINGS YOU CAN TRY FOR THE LENTEN SEASON

- 10. Try an electronic fast.** Give up TV, Guitar Hero, texting, tweetering, e-mail and all things electronic for one day every week. (or everyday of Lent!) Use the time to read & pray.
- 9. Start a prayer rhythm.** Say a prayer every time you brush your teeth, hear an ambulance, or check your e-mail. Before you text someone, pray for them.
- 8. Read one chapter in the Bible each day.** (Matthew's a good book to start with. Psalms, too.)
- 7. Forgive someone who doesn't deserve it (maybe even yourself.)**
- 6. Give up soft drinks, fast food, tea or coffee.** Give the money you save to help folks in Haiti or others in crisis.
- 5. Create a daily quiet time.** Spend 30 minutes a day in silence and prayer.
- 4. Cultivate a life of gratitude.** Write someone a thank you letter each week and be aware of how many people have helped you along the way.
- 3. Be kind to someone each day.**
- 2. Pray for others you see** as you walk to and from classes or drive to and from work.
- 1. Volunteer one hour or more each week** with a local shelter, tutoring program, nursing home, prison ministry or a Habitat for Humanity project.

By Penny Ford. This article originally appeared in THE LIFE. Reproduced with permission of Upper Room Ministries.