

MARCH 2025

THE CROWS NEST

SPRINGDALE UNITED METHODIST CHURCH
MONTHLY NEWSLETTER



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ITEMS FOR THE TAKING

- Red Pew Cushions
- HP LaserJet P3005d

If you are interested in any of these items, please reach out to Rebecca or an Ad Board member. Any items remaining at the **end of March** will be donated or discarded.

REBECCA'S REFLECTIONS

*"Create in me a clean heart, O God,
and put a new and right spirit within me."
Psalm 51:10*

March has arrived on the heels of a very frigid February. Our lives have been held hostage by weather that kept us inside as much as possible. The seasons are changing, however. The days are longer, the heat of the sun is slowly warming the earth, and we see Spring in our future. In this cold climate of winter, there is the joy of spring coming.

It is also a change of seasons in the Christian year. We have spent all of January and February in the season of Epiphany. Lent and Easter are late this year, beginning on Ash Wednesday (March 5) and ending at Holy Week and Easter (April 20). Again this year, we will be sharing services with West Branch UMC for Ash Wednesday (WBUMC); Maundy Thursday (SUMC), and Good Friday (WBUMC). More information about these services can be found in this newsletter.

As we travel through Lent, you are encouraged to find some spiritual activity to focus your faith and life. Included in this newsletter is a link to a weekly devotional that has been created through the Midwest Mission- our depot for mission kits here in Jefferson, Iowa. The devotions are for personal or group study and have the option to put together a personal dignity kit. If persons decide to make a kit as part of their devotional time, these can be brought to church on Palm Sunday or Easter—and will be get sent to the Midwest Mission after Easter.

Have a blessed Lenten season and a great March!

Rebecca

A graphic for Lenten Services. On the left is a wooden cross with a bouquet of pink lilies and white flowers tied to it. The background is a soft, pinkish-white watercolor wash. To the right of the cross, the title "Lenten Services" is written in a cursive font. Below the title, a list of services is provided in a simple sans-serif font.

Lenten Services

Ash Wednesday, March 5, 7:00 pm at WBUMC

Palm Sunday, April 13, Worship with Confirmation Celebration, 10:00 am

Maundy Thursday, April 17, 7:00 pm at SUMC

Good Friday, April 18, 7:00 pm at WBUMC

Easter Sunrise Service, April 20, 6:30 am
Breakfast following

Easter Service, April 20, 10:00 am

LENTEN DEVOTIONAL

[Use this link to access the Lenten Devotional mentioned in "Rebecca's Reflections".](#)

WEST BRANCH FOOD PANTRY

This year, the COME committee will be collecting non-food items for the West Branch Food Pantry. Collections will continue through the entire month and you can find the collection bin in the foyer of the church. Any items collected will be distributed to the pantry after the 4th Sunday of the month.

February - During the month of February, we collected the following personal hygiene items:

- 10 large bottles of shampoo (\$89.70*)
- 8 sticks of deodorant (\$43.12*)
- 1 bottle of lotion (\$8.99*)
- 10 razors (\$9.97*)
- 1 bottle of hand soap (\$1.29*)
- 5 bottles of body wash (\$22.35*)
- 4 bottles of conditioner (\$23.96*)

*Total donated through February \$666.18**

March - Please bring household cleaning items to help others get a jump on spring cleaning. Any type of cleaners, sponges, scratch pads, etc. would be appreciated.

**Price determined by a Google search of average costs*



BYOP Plant Swap

(bring your own plant)

AT SPRINGDALE UNITED METHODIST CHURCH

Bring a piece of your houseplant, extra bulb or tubers, or divisions of other plants to share!

Drop your plants off at the church Friday from 6-8 p.m. or Saturday from 8-9:30 a.m.



VACATION BIBLE SCHOOL

The VBS Committee is hard at work preparing for an out of this world program this summer. Be on the look out for program dates. Registration opens in April!



MARCH WORSHIP

Theme for the Month: Lent

March 2: Transfiguration Sunday, Manda Frauenholz preaching

March 9: First Sunday of Lent, communion, Girl Scout Sunday

Scripture: Luke 4:1-13

Sermon title: "It's Tempting"

March 16: Second Sunday of Lent, Birthday Sunday, Fellowship Time after worship

Scripture: Philippians 3:17-4:1

Sermon title: "Stand Firm"

March 23: Third Sunday of Lent

Scripture: Luke 13:1-9

Sermon title: "Patience"

March 30: Fourth Sunday of Lent, UMCOR Sunday

Scripture: 2 Corinthians 5:16-21

Sermon title: "Be Reconciled"

SONG OF THE MONTH



BIRTHDAYS

2 - Mitchell Knoop
7 - Paula Rogers
12 - Judy Curley
 Rich Frauenholz
16 - Jaclyn Grace
18 - Claire Grandt
21 - Kathy Knoop
 Zac Stout
22 - Kathy Grace
23 - Rebecca Carver
 Gusi Lopez
 Deb Schoenfelder
 Kristen Westpheling
24 - Darrall Brick
 Rylee Grace
 Trish Irely
 Jessica LeDoux
 Ellie Miller
25 - James Schoenfelder
28 - Livy Baker
 Reta Gruwell
29 - Abby Bergmann
30 - Trent Tisinger

ANNIVERSARIES

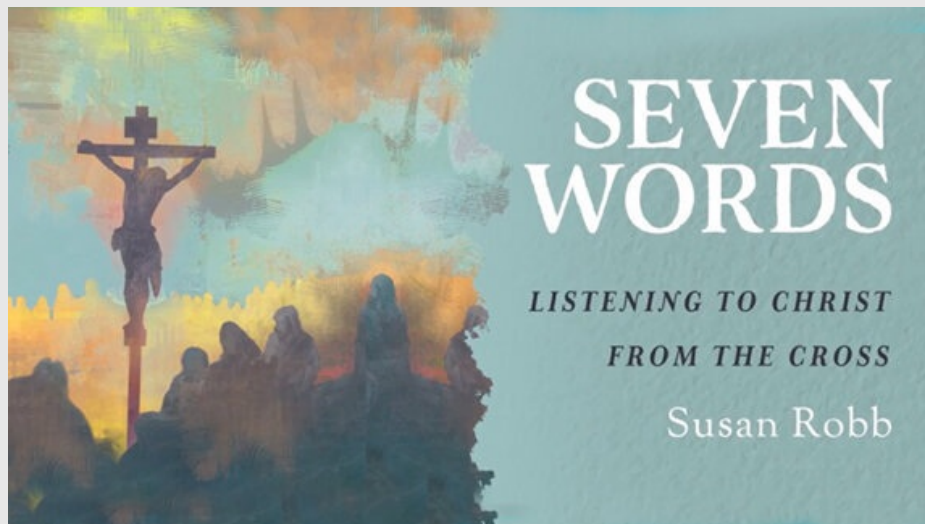
12 - Steven & Jessica Grace (20)
17 - Kaleb & Shannon Martin (4)
30 - TJ & Cassie Philipp (1)
 Bob & Reta Gruwell

UPCOMING EVENTS

2 - Confirmation @ WBUMC 3-5 p.m.	
5 - Youth Discipleship Night 5:30 Ash Wednesday Service @	p.m. SUMC serving dinner. WBUMC 7 p.m.
6 - Lenten Bible Study @	Rhoda's 9 a.m.
9 - Girl Scout Sunday, fellowship	to follow.
12 - Youth Discipleship Night 5:30 p.m.	
UMW Meeting 6:30 p.m.	
13 - Lenten Bible Study @	Rhoda's 9 a.m.
16 - Fellowship	
19 - Youth Discipleship Night 5:30 p.m.	
20 - Lenten Bible Study @	Rhoda's 9 a.m.
23 - COME Committee Meeting 11 a.m.	
25 - AdBoard 6 p.m.	
26 - Youth Discipleship Night 5:30 p.m.	
27 - Lenten Bible Study @	Rhoda's 9 a.m.
30 - UMCOR Sunday	



JOIN OUR LENTEN BIBLE STUDY: *SEVEN WORDS* BY SUSAN ROBB



Prepare your heart for the season with our Lenten Bible study on *Seven Words* by Susan Robb. This powerful study invites us to reflect on the final words of Christ and their meaning for our lives today.

We're offering both **in-person and online** sessions, so you can participate in the way that works best for you. Don't miss this opportunity for meaningful discussion, reflection, and fellowship as we journey through Advent together.

For more information about participating in-person, please contact Jo Leighty.

For more information about participating online in a private Facebook group, please contact Steven Grace or Paula Rogers.

Study begins March 6.

Sign up today and deepen your faith this season!

UMCOR SUNDAY OFFERING PROVIDES HOPE ON ROAD TO RECOVERY

Shortly after Hurricane Helene inundated communities in Western North Carolina with 12 inches to nearly three feet of rain in just a few days late in September, [Spruce Pine United Methodist Church](#) in Spruce Pine, North Carolina, became a hub for disaster relief. It wasn't their plan, but God needed a way to send help to this community, and this congregation provided that way. Though the church had neither electricity nor water, it was spared severe water damage, and on the third day after the storm, members of the congregation joined their pastor, Rev. Holly Cobb McKim, at the church, assessing their own situation and turning to help others.

Lilla Marigza, a freelance reporter with United Methodist News Service, notes that for weeks following Hurricane Helene, every square foot of Spruce Pine UMC was in service to the community. It offered a food pantry, water, a clothing closet and baby supplies. The Western North Carolina Disaster Response office asked if the church would be willing to host Early Response Teams (ERTs) already making plans to travel to the region to serve. Within days, the [United Methodist Committee on Relief](#) sent the conference a grant to help with relief efforts.

Your gifts on [UMCOR Sunday](#) helps support the foundation for the United Methodist Committee on Relief (UMCOR) to share God's love with communities everywhere.

The church set up dormitories in children's ministry rooms and constructed a temporary shower facility outside for what turned out to be literally hundreds of UMCOR-trained ERTs coming from conferences across the country. They visited for a week at a time to serve the people in this area of Western North Carolina who have seen tremendous devastation, loss of property and natural habitat and worst of all, loss of family members.

On Friday Sep. 27, Trinity UMC in Greenville had no power or water, but the church was in good shape. Pastor Sara Varnell said she didn't know what to do, but members of her

congregation called and were certain they should do something. She connected with another UMC and asked a lot of questions.

People from the wider UMC connection started showing up with water, food, diapers – and people from the community soon learned where they could find these things they desperately needed. Before long the church was a major hub. UMCOR sent clean-up supplies, volunteers from church within and outside the conference showed up with supplies and stayed to help organize and distribute them.

Spruce Pine and Trinity churches were two paths God found to reach people after Helene struck. This scenario was repeated in other communities and churches, in other states affected by Helene's broad reach. Today, as the relief operations wind down, United Methodist disaster coordinators in the affected conferences are planning recovery strategies for weary communities.

As 2025 unfolds, three hard-hit United Methodist conferences are working with UMCOR to assess recovery needs and set-up long-term disaster management programs. Western North Carolina Conference, South Carolina Conference and Holston Conference are each receiving grants averaging \$100,000-\$200,000 to begin this assessment, which includes fact and resource gathering to discover where needs are already being met by government and nonprofit agencies and which communities have not received what they need. Finding these gaps in services and resources is an UMCOR objective.

The role of the UMCOR is to help fund disaster response efforts, train volunteers and provide the expertise and resources that empower annual conferences across the nation to respond to disasters. UMCOR's real strength, however, is found in the hands and feet of local church members who bring help directly to their communities.

*excerpt from a story by **Christie R. House**, consultant writer and editor with Global Ministries and UMCOR. With thanks to the communicators of Western North Carolina, South Carolina and Holston conferences for their story coverage used here: Aimee Yeager, Annette Spence, Jessica Brodie and UM News reporters, Lilla Marigza and Mike DuBose.*

One of six churchwide Special Sundays with offerings of The United Methodist Church, [UMCOR Sunday](#) calls United Methodists to share the goodness of life with those who hurt. Your gifts to UMCOR Sunday lay the foundation for the United Methodist Committee on Relief (UMCOR) to share God's love with communities everywhere. The special offering underwrites UMCOR's "costs of doing business." This helps UMCOR to keep the promise that 100 percent of any gift to a specific UMCOR project will go toward that project, not administrative costs.

When you give generously on UMCOR Sunday, you make a difference in the lives of people who hurt. Celebrate with us on **March 30** or [Give now](#).

**CONFERENCE, DISTRICT
AND CIRCUIT NEWS**

A Workshop and Conversation Organized by the Iowa City Circuit of
United Methodist Churches

GOSPEL WITHOUT BORDERS:

Caring for Our
Immigrant Neighbors

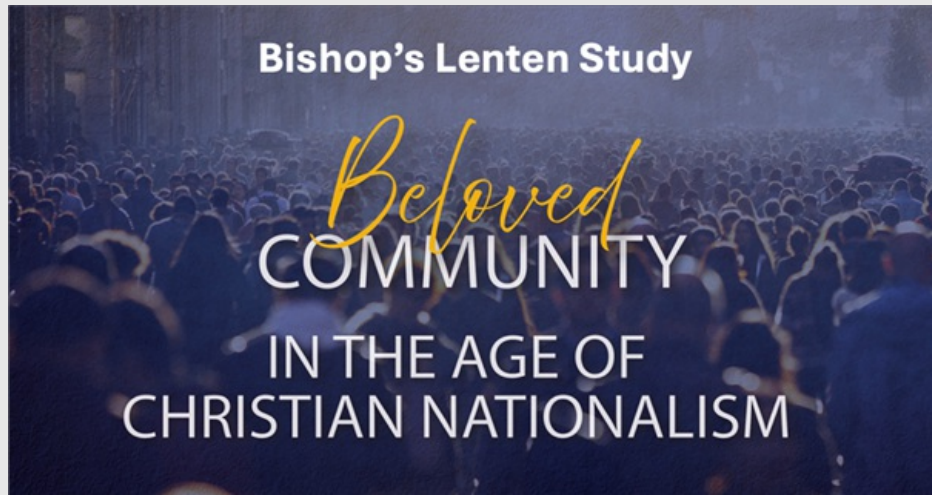
2:00-4:00 p.m., Sunday, Mar 16, 2025
St. Marks United Methodist Church
2675 E Washington St, Iowa City

Many of our immigrant neighbors are anxious because of the US government's policies of mass deportation. At this workshop, and in our conversation, we will:

- Learn something of what immigrants and their families are facing
- Watch a short documentary called *Gospel without Borders*
- Hear from Rev. Alejandro Alfaro Santiz, Pastor of Trinity Las Americas UMC in Des Moines
- Learn about IAUMC Conference resources and discuss possibilities for use
- Share resources and conversation about what we might do as an Iowa City circuit to reach out with compassion.
- Learn how together we can put into needed action Jesus' message to love our neighbors



Is an EthicsDaily.com Production



Guided by the Gospel's call to "love your neighbor as yourself," Bishop Kennetha J. Bigham-Tsai will examine how the Rev. Dr. Martin Luther King's vision of beloved community can be a counterpoint to Christian nationalism and reflect on the lectionary passages for the Lenten season and the call of the church as we approach the season of resurrection.

In this three-part study, she will explore the theological concept of grace and discuss how **love**, **service**, and **solidarity** can help churches expand their impact and reach.

Bishop Bigham-Tsai will share her experiences building a beloved community within and beyond the Church.

Tuesday evenings, April 1, April 8, and April 15 at 7:00 p.m. on Zoom. These will be recorded and available soon after for your small group studies. [Register today!](#) You will be emailed a ZOOM link soon after.

SURPRISING SPIRITUAL PRACTICES THAT DEEPEN FAITH

by Laura Buchanan

The term “spiritual practice” doesn’t usually refer to hiking or painting, but these activities can strengthen our faith. Here are four practices to try when you are yearning to draw close to God:

Art: Tap into natural creativity

“Creativity as a spiritual practice, for me, is grounded in my understanding of God as Creator,” says the [Rev. Stephanie Dunn](#), author of [Draw Close: A Creative Companion for Lent](#). “As children of God, we are always called to be re-creating the world by doing justice, embracing faithful love, and walking humbly with God. Incorporating creativity into your spiritual practices can be a powerful way to engage your life in God, the one who is always creating.

“I believe a good definition of creativity is the act of putting something into the world that wasn’t there before. Simply thinking or speaking is a creative act.”

Dunn shares that the prompts in her book have helped people tap into a variety of creative practices. She elaborates, “One person wrote hymns, another colored in a digital coloring book, others wrote poetry or prose, while still more drew, sketched or painted.”

Dunn’s own creative spiritual practice began with a pack of watercolor markers during the COVID-19 pandemic. She remembers, “After becoming a daily practice to just hone in on skills, I discovered that time that I had set aside to create had become a sacred time, holding individuals in focused prayer... In the process, I discovered that what had been ‘just dabbling’ had turned into a practice that was deeply impacting my relationship with God and God’s world.”

Hiking: Connect with God in creation

“Being outside helps me to see things with new eyes and focus on what matters. In the quiet of being in the woods, I feel like my mind and my spirit are given a reset,” says Garrett Hammonds, a board member of the [Appalachian Trail Chaplain](#) ministry.

“It’s okay to feel uncomfortable in the outdoors, that’s part of what’s great about it. Sometimes in reflecting on the good and the challenging parts of being outdoors, I think we can learn a lot about God and ourselves,” suggests Hammonds. “I didn’t always like hiking. When I was a kid, most of my time hiking with my parents was spent complaining.

“That changed in college when I started to appreciate the peace that comes from being in the woods... If I don’t experience that for a long time, it is hard to keep doing what God has called me to do.”

Whether people have an affinity for the outdoors or not, Hammonds encourages everyone to give it a try. He says, “Just go out there with as few expectations as you can. Listen to what you hear and what you don’t hear. Become interested in the small and big details of creation that are on the side of the trails, such as moss, flowers, leaves, trees, clouds and waterfalls,

and appreciate the things that you usually might walk right by. I think when you are just out there with yourself, God is going to show up in small and big ways.”

Mediation: Breathe and move with intention

“By prioritizing my yoga and meditation practice, with my intention set on God, I grow closer every time I move and breathe on purpose. These aren't practices we can do by accident, they take intentionality, and that's key in any relationship,” says [Whitney Simpson](#), spiritual director and author of [Holy Listening with Breath, Body and the Spirit](#).

“The only way we can feel more comfortable with a spiritual practice is to practice it... These practices have become holy as I set my intention on the one who gives me life and breath each day,” she shares.

Trying mediative practices might feel daunting for some, but Simpson advises, “When we claim an intention to draw close to our Creator, most any reflective practice can become a holy one. I always encourage people to start where you are rather than setting a lofty goal for what you think a spiritual practice should look like. Prioritize your time with God and see what grows.

“And remember, seasons change, so practices don't have to always look the same. In this season, I'm finding that a short evening yoga and breathwork practice before bed is really important for me to wind down, talk with God and sleep well. Find a practice and a time that works for you and be consistent. Time spent in spiritual connection with God adds up beyond the minutes they are practiced.”

Music: Listen for God's voice

“Getting quiet and learning to be attentive, not merely entertained by music, is a habit requiring discipline,” observes the Rev. James Howell, author of [Unrevealed Until Its Season: A Lenten Journey with Hymns](#). “Hymns in particular have a wealth of riches in the words, which you only grasp by reading, singing and pondering slowly.

“I underwent a battery of personality tests, such as Myers Briggs, the Enneagram and MMPI, from a nun a couple of decades ago as she was discerning what spirituality really works for me. She said popular devotional books leave me cold and bored. This was true.

“She said the most powerful impact on my type of person, out of all spiritual things one might do, is being part of congregational hymn singing. I love it, and nowhere feel closer to God. It's hard to find that Monday through Saturday, but I do sit at my piano and play hymns, so there's another time I lose myself in the music.”

Don't stop at hymns when embracing music as a spiritual practice. Howell says, “I'm similarly moved deeply and spiritually when listening to Joni Mitchell, Brandi Carlile, and a bunch of other 'secular' singers – and heck, a Beethoven sonata, a Chopin Etude or something like the Grieg Peer Gynt Suite or the Barber Adagio draws me very close to God.”

MINISTRY REPORTS

Springdale UMC Leadership Board meeting—2/25/2025

Full Leadership Board: 6:00 p.m.

Attendance: Jo Leighty, Manda Frauenholz, Rev. Rebecca Carver, Paula Rogers, Steven Grace, Jessica Grace, Lynda Ambrose

1. Opening Devotion and Prayer— Steven provided a devotion about “Getting Out of Our Head” followed by a prayer.
1. Trustees
 - a. Printers and pew cushions will again be offered in the newsletter and announced during worship. Anything left at the end of March will be donated or discarded.
 - b. Light bulb needs to be replaced in the upper room.
 - c. Jessica found binders from the last time the church was looking at becoming ADA compliant. Paula will dive through the binders and scan in what is needed to review for next month's meeting.
 - d. We continue to have a muddy area in the “VBS teen area” - may need a gutter

and we should definitely get some grass or other medium put down. The plowing seems to tear up that area.

1. SPRC

a. Upcoming Dates

- i. Rebecca and Phil are looking to plan something for their anniversary but nothing immediate.

1. Stewardship

a. Treasurer's Report (Through 1/31/25)

- i. Manda moved to approve the report. Lynda seconded. Motion carried.

1. Other

a. COME Report

- i. See minutes from COME meeting

b. Goal Setting Continuation

- i. New member class
- ii. Devotion recordings for social media - members of the board can also do recordings

1. Lenten Study - Seven Words by Susan Robb. The study is also available on Amplify and we discussed having a private facebook messenger group that people can participate on their own but also have some discussion. Steven, Paula, and Amanda will work together to figure out how to make this work.

1. Goal setting

- a. Mission: To make disciples of Christ for the transformation of the world
- b. Vision: "Springdale UMC is a welcoming church family that worships passionately, nurtures each other holistically, and engages in ministries beyond our walls"
- c. Board: 1-year/3-year
- d. Church 1-year/3-year

1. Next Meeting:

- a. March 25, 2025, 6:00 p.m.

1. Closing Prayer

Committee on Outreach, Mission, and Evangelism(COME)

Springdale United Methodist Church

February 23, 2025

In attendance: Paula Rogers(Chair), Jo Leighty, Diane Heick, Julie Mather, Rev. Rebecca

- February donations for the West Branch Food Bank: 10 bottles shampoo, 8 deodorant, 1 lotion, 10 razors, 1 hand soap, 5 body wash, 4 conditioners. Jo will deliver donations. March donations will be cleaning supplies, April-feminine hygiene products, May-toilet paper, paper towels, Kleenex, June-baby supplies.
- Pew Welcome Brochure—Paula is working on updating.
- Prayer requests by email and social media—Paula will ask Lynda Ambrose if she would be able to coordinate getting those posted. Empower is making these types of things much easier.
- 2024 Attendance recap—Paula will tabulate and we will look at next meeting.
- 2025 Goals—Paula handed out the 2024 goals, we will review and update next meeting.
- Possible events for 2025:
 - Bless the Animal Sunday, afternoon Sunday September 28.
 - Christmas Caroling, team up with WBUMC.
 - Outdoor worship, VBS program, Picnic, Sunday July 27.
 - Sleep in Heavenly Peace Build involving circuit churches.
 - Mission Day to volunteer at Matthew 25 gardens in Cedar Rapids.
 - Hymn sing at Crestview
 - Help with events at Crestview, possibly Manicure Day.
 - Lending Library at Crestview, bring cart around to each room and help residents select books if interested.
- SUMC will serve Discipleship meal and provide desserts at WBUMC on March 5 and

April 2.

- UMCOR Sunday is March 30, Jo will give the Children's sermon, Paula will get her information to use.
- Fellowship March 16, Jo will provide drinks, Paula will get in newsletter and bulletin.
- Lenten Services
 - Ash Wednesday-- March 5 --7:00pm--WBUMC
 - Palm Sunday--April 13--SUMC Jo will get palm branches
 - Maundy Thursday--April 17--7:00pm--SUMC Jo will prepare for communion.
 - Good Friday--April 18--7:00pm--WBUMC
 - Easter--April 20--SUMC
 - Sunrise Service-Frauenholz Family
 - Sunrise Breakfast--Jessica Nelson?
 - 10:00 am Service--Flowering of the Cross--Rev Rebecca and Paula.
 - Easter flowers--Diane will have a sign-up sheet for those who would like to bring flowers in memory of someone and will have insert for bulletin.
- Pulpit Exchange is April 27
- Plant Swap: Friday, May 16--6:00-8:00 p.m. set up and accept donations. Saturday, May 17- 8:00-9:30 a.m.--set up and accept donations. Swap 10:00--12:00 p.m.
- VBS: Sunday July 20-Thursday July 24 with program and possible potluck picnic on Sunday July 27.
- Ecumenical Prayer Cycle--we will participate next year.

Next meeting--March 23 following church.