



THE POSTER

Volume 16, Issue 3

March 2019

The Poster is published monthly
by Fort Des Moines United
Methodist Church, 6205 SW 9th
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Information for *The Poster*
should be in the church office by
the 4th Tuesday of the month.

Office Hours: 8:00am-12:00pm
Monday-Friday

Sunday Worship: 9:45am

Sunday School: 11:00am

**Weekday Bible Study @
11:00am on Tuesdays in the
Library.**

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About Lent

In the early church, people became catechumens as many as three years before expecting to be baptized. In this period they practiced the Christian life-style, learning what it meant to live the Christian faith. When they and their sponsors felt they were ready, they were enrolled as “*electi*” for a final six to twelve weeks period of preparation leading to the principal festival of baptism, the *Easter Vigil*. During this time they prayed, fasted, underwent rites of exorcism, and were taught the Creed and Lord’s Prayer. The entire faith community prayed and fasted with them, as preparation for the celebration of baptism was a corporate, rather than individual or family event. Out of this period of prayer and fasting emerged the season of Lent.

Lent was also a time for the reconciliation of those who, by reason of grave sin, had been excluded from the central action of the community, the celebration of the Lord’s Supper. Prayer, fasting, and acts of charity were essential parts of the process of reconciliation. Again, this was a corporate as well as personal action, the entire community confessing their sin and praying for those undergoing the special penitential discipline.

So Lent emerged as a period of penitence and of preparation for the highlight of the Christian year, the festival of Easter and annual renewal of baptismal covenant. In the Middle Ages, Lent became very “me” oriented. It became a time of grieving over personal sin, worrying about whether or not I am saved. As a result, it was a time for cultivating personal holiness and discipline, sometimes to excess.

Today, Lent can be a time for reintroducing ourselves to our Christian roots through Bible study, a time for reconciliation with those who have fallen away from Christian community, a time when we prepare new candidates for baptism, a time when we prepare ourselves to reaffirm our membership in the community and reclaim the responsibility we have for each other and the world. It is a time for alms-giving and service.

During Lent we acknowledge that we are God’s stewards and, as such, have a role to play in the present and future history of God’s creation. So Lent is a time for spiritual renewal and recommitment.

Have a blessed Lenten season!

Pastor Dass

Shrove Tuesday But on a Sunday

Mark your calendars for dinner on Sunday, March 3, following the worship service. This will be a Shrove Tuesday type of meal with pancakes and sausages. Shrove Tuesday, or "Fat Tuesday" as it is sometimes called, is the day before Ash Wednesday, the start of the Lenten season. Centuries ago Christians often stuffed themselves with food before beginning 40 days of fasting for Lent. In those days, many Christians used up all the food containing fat, including dairy products. Because so many foods, including pancakes, used those fat products, many churches had huge feasts.

Today many congregation still keep at least a semblance of the tradition. In communities around the world, churches serve pancakes on Shrove Tuesday. But today the purpose is to have Christian fellowship, not to devour everything in sight.

Ash Wednesday

Ash Wednesday is the beginning of Lent and has been so named because of the ancient tradition of placing ashes on the foreheads of the faithful. As far back as the Old Testament (Job 42:6), dust and ashes were symbolic of repentance and confession. More and more Protestant Churches have been reinstating the use of ashes as a way of making a statement when words fail.

Our Ash Wednesday service will be on Wednesday, March 6, 7:00pm. While we will make use of ashes, please know that you have the option concerning whether you want the ashes placed on your forehead. Come and begin the Lenten season at the altar of Lord.

February Finance Report

General Account Income	\$	4,654.16
General Account Expenses	\$	7,501.92
Designated Funds Income	\$	95.00
Trustees Income	\$	750.00

Year-to-Date

Total Income	\$	12,590.78
Total Expenses	\$	16,381.51

Prayer Corner

Ft. Des Moines UMC, it's programs and leaders; Bhutanese Nepali Truth Church in Iowa, it's programs and leaders; those who are home bound and their care-takers; Sharon Peterson, Steve Seid and those we name in our hearts.

Our Christian Sympathies to the family and friends of Mae Wells. Esther Mae Wells died on Feb. 18. Condolences can be sent to her family at 109 Highview Dr, Newton, IA 50208-1908.

The Parables of Jesus

The Parables of Jesus are the most memorable and persuasive messages. To know these incomparable stories is to know the teaching of Jesus and the heart of the Teacher. Come and join Pastor Dass in exploring the implications of Jesus' stories for our lives and relationships on Tuesdays, at 11:00 a.m., in the church library.

Pancake Breakfast

It's time for Bidwell Riverside Center's Annual Pancake Breakfast. With support from the community, last year's breakfast was able to impact:

- ◆ 16,185 unique individuals with food
- ◆ 101 children with early childhood education
- ◆ 133,284 clothing items were distributed
- ◆ 40,953 diapers were distributed

The breakfast will once again be held at **Grace United Methodist Church, 37th & Cottage Grove.** Serving will be from **8:00am until 12:00pm on Saturday, March 30.** Tickets are available at the door, at the Bidwell Office (1203 Hartford Ave) and online at www.bidwellriverside.org/pancake-breakfast.

A quilt and bake sale will also be held in conjunction with the breakfast.

Central District Fundraiser

Bishop Haller recently visited Africa University in Mutare, Zimbabwe and stayed in the Ubuntu Retreat Centre, for which she had led a fund raising campaign while serving in Michigan. "Ubuntu" is an African term for "humanity to others." Literally, the word means "I am what I am because of who we all are."

This Centre is a 24-room facility where visiting work teams, professors and visitors are housed allowing for informal, intimate and impactful interactions. BUT, it does not have a kitchen, the heart of the house. SO, Bishop Haller has challenged each Iowa district to raise funds to furnish the kitchen. This opportunity is NOW linking the heart/kitchen fund raiser with Valentine's Day.

Individuals and district churches/groups are welcome to share in this important project. Your gifts may be sent to the Iowa Conference Treasurer, designated "#402, Central District Fund Raiser". (Make checks payable to IAUMC and mail to Iowa Methodist Conference Center, 2301 Ritzenhouse Street, Des Moines, IA 50321)

Let Us Know!

- If you have recently moved, changed your mailing address, your email address, phone number or are using cell phones instead of land lines, LET US KNOW!
- If you would like to be included in the prayer chain, LET US KNOW!
- If you are hospitalized, LET US KNOW! (Privacy laws do not allow hospitals to contact clergy when a parishioner is hospitalized.)

Contact the church office at 515-285-6545 or ftdsmumc@gmail.com or contact Pastor Dass directly at emmanuel-dass@hotmail.com or 1-515-447-7953.

Cause for Celebration!

March Birthdays

3 Kambra Xayaphiou
5 John King
11 Jerry Swigert
11 Stefanie Lee
11 Jasmine Miller
12 Josh Lee
13 Connie Keller
15 David Miller
17 Lois Horn
18 Jim Meier
19 Jake Carruthers
23 Emilee Jones
24 Virginia Simmons
24 Eloise Coen
27 Rickie Ramsey
28 Addison Hartmann

March Wedding Anniversaries

14 David & Sherri Little
31 Mike & Carol Holmes

March Baptismal Anniversaries

2 Kristina Norris
9 Alexandra Newton
12 Jean Pease
22 Renee King
25 Pamela Cave
27 Carlin Peer

April Birthdays

6 Karen Eis
7 Mae Wells
8 Kari Nalevanko
11 Jacob Norris
14 Sam Crise
16 Larry Seid
18 Sam Sides
19 Amanda Jones
24 Sara Alexander
26 Judy Prothero
27 Heather Dillard
28 Lori Evans
29 Mallory Crane
30 Lora Houck

April Wedding Anniversaries

1 Craig & Pam Cave
20 Nick & Kari Nalevanko
24 Doug & Val Brooks
27 Pat & Jeri Crane

April Baptismal Anniversaries

3 Tammy Bernard
3 Brad Carlson
3 Judith Prothero
6 Dennis Garland
6 William Fisher
14 Brian Kent
15 Zack Norris
15 Scott Johnson
17 Emily Keller
17 Mitch Keller
17 Nicole Little
20 Eric Little
21 Sheryl Jacobsen
21 Beverly Miller

Thanks to Everyone Who Helped!

Amazon Smile has deposited \$6.26 into our account on Feb. 15. Thanks to everyone who purchased through Amazon Smile and listed Ft. Des Moines as their charitable organization.

Douglas M. Woods Hunger Challenge

Fort Des Moines United Methodist Church will take part in the Douglas M. Woods Hunger Challenge between March 1 and April 30. Donations to the Food Pantry Network are received throughout the month but we highlight Food Pantry Sunday on the third Sunday of each month (March 17 & April 21). While cash is preferred, shelf-stable food items, personal hygiene items, diapers (all sizes), formula, and wipes can be donated.

Since 2013, the Douglas M. Woods Challenge Hunger Campaign has been matching gifts to the Des Moines Area Religious Council Food Pantry Network, thanks to benefactor and retired West Des Moines police officer Doug Woods. Now in its seventh year, the Douglas M. Woods Challenge Hunger Campaign offers \$20,000 of matching funds and over the past four years has raised over \$350,000 for the DMARC Food Pantry Network.

Did You Know?

Just as your home continues to cost money whether you're there or on a trip to a warmer climate, the church also costs the same when we don't have services as when we do. Here are some figures (2018 year end totals used) for your consideration:

Utilities (gas, water, electricity) come to \$1520/month.

Telephone & On-line provider come to \$217.00/month.

Insurance (includes Workman's Comp.) comes to \$372/month.

Office Supplies cost \$224/month

Office equipment expenses come to \$175/month.

Salaries total \$3979/month.

And then there are additional expenses like repairing the snow blower/lawn mower and FICA.

Continuous, regular support through your financial gifts makes all of this and more possible. Special thanks to those of you who have brought or mailed checks to the office when we haven't had services. And to those who have set up monthly giving!

Spring 2019 DMARC Delegate Assembly Tuesday, March 12, 7:00 p.m. West Des Moines Christian Church 4501 Mills Civic Pkwy

The Des Moines Area Religious Council's Spring Assembly will be taking place on Tuesday, March 12th at 7pm at West Des Moines Christian Church (4501 Mills Civic Parkway). All are invited to hear about DMARC's interfaith work, with a special presentation by participants of last year's Interfaith Youth Leadership Camp. Member congregations are encouraged to send a faith leader and a lay person (*Jim Meier is our delegate*) to vote during a brief business meeting to approve new board members. If you plan to attend with Jim, please RSVP by March 6th to Sarah Trone Garriott at 277-6969 or stronegarriott@dmarcunited.org

Camp Books Are Here

The Iowa Conference of The United Methodist Church Camp and Retreat Center has sent out their 2019 Camp book and registration forms. There are activities for ages 4 through 94 at the three camps: Lake Okoboji (Spirit Lake), Pictured Rocks (Monticello) and Wesley Woods (Indianola). Information for the three locations can be found in one book or online at www.iaumc.org/camps. If you have questions, call 1-800-765-1651.

Two-Minute Testimony

Pastor Dass is seeking volunteers to share the joy and excitement of knowing Jesus as Lord and Savior. If you wish to share your testimony during the worship, please speak with Pastor Dass.

A world of nice people, content in their own niceness, looking no further, turned away from God, would be just as desperately in need of salvation as a miserable world—and might even be more difficult to save.

C. S. Lewis

A Night For the Woods

Join in the fun, food, and fundraising to benefit Wesley Woods Camp and Retreat Center. The second annual Night for the Woods includes dinner, entertainment, and silent and live auctions. The event will be held on Saturday, March 30, at the Decades Event Center, 1208 Grand Ave, West Des Moines, from 4:30-9:00 p.m.

Registration is \$40/person or \$275 for a table of 8 persons. This includes meal and a non-alcoholic beverage. Make checks payable to Wesley Woods with "Friends of Wesley Woods" on the memo line. Donations to Friends of Wesley Woods can be sent to Wesley Woods, P O Box 747, Indianola IA 50125.

Kindling Club Formed

Wesley Woods is excited to announce the formation of the Kindling Club! Through the Kindling Club, supporters of Wesley Woods for the first time can make monthly gifts to offset operational costs of the ministry to help the camp grow. The camp is seeking a large number of supporters to contribute a small amount on a regular basis. Contact the church office (515-285-6545 or ftdsmumc@gmail.com) for a copy of the form needed to get started. If you have questions about the Kindling Club or finances within the Iowa United Methodist Camps, please contact Wesley Woods directly, or Bryan Johnson, Director of Camps and Retreats, at bryan.johnson@iaumc.org

Spring Clean-Up Weekend

Saturday, April 13
9:00 a.m. to 4:00 p.m.
Wesley Woods Camp

Come and join in the fun and fellowship of our spring "pickup, rake, spruce up, clean up" projects. Call 515-961-4523 to let us know how many are in your group and what time you will be arriving.

Spring Cleaning

March 6th is Ash Wednesday. From that day until Easter we will be into the 40 days of Lent. Lent hints of spring, a time when the earth begins to awaken from a winter's nap, and new growth bursts forth all about us. More personally, it is an opportunity to enter into a spring-time for our spirit.

For centuries Christians have used the 40 days of Lent to seek spiritual growth. Sincere repentance, a changing of heart, casting off old sinful practices and seeking to commune with our Creator help us go in the right direction. Spending serious time in silence and prayer focuses our attention. Reading spiritual literature, becoming more knowledgeable about the New Testament, meeting in small groups with other Christians to share personal stories of faith can all be immensely stimulating. Joining with other to serve the helpless and hopeless can strengthen our spiritual life.

Lent is a time to let God do "spring cleaning" within us. It's our opportunity to allow God to help us toss out the "stuff" that hinders us, and then freshen up the "new creature" we are meant to be as followers of Christ.

The Newsletter Newsletter

Hymn of St. Patrick

Christ, as a light, illumine and guide me!
Christ, as a shield, o'ershadow and cover me!
Christ, be under me! Christ, be over me!
Christ, be beside me, on my left hand and right!
Christ, this day be within and without me!
Christ, the lowly and meek, Christ, the all powerful,
Be in the heart of each to whom I speak,
In the mouth of each who speaks to me,
In all who draw near me, or see me, or hear me!

Life is somewhat like a game of tennis;
the player who serves well seldom loses.

2019

MARCH

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	01 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	02 9:30 ELL 3:00 BNTC 7:30 NA
03 9:45 UMC 11:00 Finance 11:15 Shrove Tue. Meal 1:00 BNTC Worship 8:00 AA	04 9:30 ELL 6:00 ELL	05 Election Day 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	06 9:30 ELL 6:00 ELL 7:00 Ash Wed. Service	07 9:30 ELL 6:00 ELL 7:00 NA	08 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	09 9:30 ELL 3:00 BNTC 7:30 NA
10 9:45 UMC 11:00 Trustees 11:00 Sun. Sch., JOPPA 1:00 BNTC Worship 8:00 AA	11 9:30 ELL 6:00 ELL	12 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	13 9:30 ELL 10:00 WCF 6:00 ELL	14 9:30 ELL 6:00 ELL 7:00 NA	15 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	16 9:30 ELL 10:00 SHARE Iowa 3:00 BNTC 7:30 NA
17 9:45 UMC 11:00 SPPRC 1:00 BNTC 8:00 AA	18 9:30 ELL 6:00 ELL	19 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	20 9:30 ELL 6:00 ELL	21 9:30 ELL 6:00 ELL 7:00 NA	22 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	23 5:00 BNTC wedding 9:30 ELL 3:00 BNTC 7:30 NA
24 9:45 UMC Worship 11:00 Council & Sun. Sch. 1:00 BNTC Worship 8:00 AA	25 9:30 ELL 6:00 ELL	26 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	27 9:30 ELL 6:00 ELL	28 9:30 ELL 4:00 ELL 7:00 NA	29 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	30 9:30 ELL 3:00 BNTC 4:00 Comm. Meal 7:30 NA
31 9:45 UMC Worship 11:00 Sun. School 1:00 BNTC Worship 8:00 AA	01	02	03	04	05	06

2019

APRIL

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01 9:30 ELL 6:00 ELL	02 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	03 9:30 ELL 6:00 ELL	04 9:30 ELL 6:00 ELL 7:00 NA	05 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	06 9:30 ELL 3:00 BNTC 7:30 NA
07 9:45 UMC 11:00 Finance 1:00 BNTC Worship 8:00 AA	08 9:30 ELL 6:00 ELL	09 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	10 9:30 ELL 10:00 WCF 6:00 ELL	11 9:30 ELL 6:00 ELL 7:00 NA	12 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	13 9:30 ELL 10:00 SHARE 3:00 BNTC 7:30 NA
14 9:45 UMC 11:00 Trustees 11:00 Mission Din, JOPPA 1:00 BNTC Worship 8:00 AA	15 9:30 ELL 6:00 ELL	16 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	17 9:30 ELL 6:00 ELL	18 9:30 ELL 6:00 ELL 7:00 NA 7:00 Holy Thurs. Ser.	19 9:30 ELL ELL BNTC Good Friday Ser. 4:00 5:00 7:00	20 9:30 ELL 3:00 BNTC 7:30 NA
21 9:45 UMC 11:00 SPPRC 1:00 BNTC 8:00 AA	22 9:30 ELL 6:00 ELL	23 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	24 9:30 ELL 6:00 ELL	25 9:30 ELL 6:00 ELL 7:00 NA	26 9:30 ELL 4:00 ELL 5:00 BNTC 8:00 AA	27 9:30 ELL 3:00 BNTC 4:00 Comm. Meal 7:30 NA
28 9:45 UMC Worship 11:00 Council & Sun. Sch. 1:00 BNTC Worship 8:00 AA	29 9:30 ELL 6:00 ELL	30 9:30 ELL 11:00 Bible Study 6:00 ELL 7:00 AA	01	02	03	04
05	06	07	08	09	10	11

Ft. Des Moines United Methodist Church
6205 SW 9th St
Des Moines IA 50315-5516

We give thanks for you!!!

**Ft. Des Moines United Methodist Church is a community of faith
in worship and action, open to all in the spirit and love of God.**

March/April 2019

Events:

- Mar. 3: Shrove Tuesday Meal @ 11:00am
- Mar. 6: Ash Wednesday Service @
7:00pm
- Mar. 10: Daylight Saving Time begins
- Apr. 14: Mission Dinner @ 11:00am
- Apr. 18: Holy Thursday Service at Bloomfield
UMC @ 7:00pm
- Apr, 19: Good Friday Service at Ft, Des Moines
UMC @ 7:00pm

Special Offerings:

Food Pantry Sunday will be on Mar. 17. Donations of shelf-stable food items, cash, hygiene items, diapers (all sized), wipes, and formula will be received.
UMCOR Sunday will be March 31. Gifts to UMCOR Sunday lay the foundation for all United Methodist Committee on Relief work by covering the costs of doing business.