

The Nimmonsburg Witness

Nimmonsburg United Methodist Church

918 Upper Front Street, Binghamton, New York 13905 (607) 724-5421

Pastor Harold Wheat

Nimmonsburgumc.weebly.com

MARCH 2023



Image by Jeff Koons
Almine Rech Gallery
Balloon Rabbit Wall
Relief (Violet) 2008

Observing Lent

Kids of all ages have fun with balloon art. Dogs, giraffes I've even seen a balloon rabbit fill out. All it takes is breath and a sense of stretch.

Lent is a time of stretching ourselves spiritually. We take on disciplines beyond what we normally practice. The hope is that as we set out to do something hard, or that seems to be beyond our resources, there will be moments when we can lean more deeply into God's supportive embrace.

Traditionally, fasting has been a dominant spiritual practice for Lent. Understanding that fasting from food is not healthy or helpful for everyone, some wonderfully creative alternatives have emerged in the last several decades. Fasting from television, a bad habit, or from complaining, might provide the stretch you need to grow in your faith. It's also possible to engage that spiritual stretch by adding rather than subtracting. Write a political leader every week, start a new volunteer relationship, set a goal with respect to reading the Bible ... the possibilities are endless.

The God we love and serve desires to meet us in the challenges we take on in faith, and the reward set before us is richer than the wonder in our eyes when a rabbit suddenly emerges from all that folding and twisting; we are made for a trust that leads to Resurrection!

Pastor Harold Wheat

thank you!

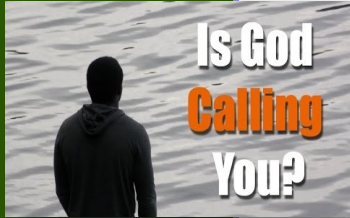


One of the ways that I am continuing to partner with the everyday miracles of healing is by pacing myself. As recommended by my physician, I have not e-entered work life at the 50+ hours/week I was running at before I became ill. With the reduced hours (35-40 hours/week), I am focusing on worship leadership, pastoral care and handling administrative concerns that arise in the two churches.

Thank you for your patience with me as I continue to gather my strength.

Pastor Harold Wheat

Is God Calling You? Binghamton Dist. Lay Servant Courses



*“My sheep hear my voice, and I know them, and they follow me”
Jesus, John 10:27*

Binghamton District Lay Servant Courses
Nimmonsburg UMC and Park Terrace UMC
Saturdays—April 22nd and April 29th from 9:00 am to 2:30 pm
Registration Deadline is April 13th

Nimmonsburg UMC—Basic, Leading Prayer and Leading Bible Study
Park Terrace UMC—Bible Story Telling, Spiritual Gifts and Youth Basic

If you are interested in either of these classes, there are application forms in the Church entryway. You can also check with the Church Office.



Men’s Lenten Communion and Breakfast



After three years of not having a Men’s Communion and Breakfast, we are preparing to hold this year’s Annual Breakfast on **Saturday, April 1st at Castle Creek United Methodist Church** (US Route 11 in Castle Creek, Exit 7 off I-81). Coffee hour will begin around 7:15 am followed by worship and communion at 8:00, and then our breakfast.

Please contact Kurt Nelson if you would like to attend. He can be reached at 607-372-6330 or by e-mail at avkurt@mac.com.

Looking forward to seeing you! Please spread the word!



Love Bible Verses



- ♥ 1 Corinthians 13:8
Love never ends.
- ♥ Zephaniah 3:17
He will calm all your fears with His love.
- ♥ John 3:16
For God so loved the world that he gave His only Son so that everyone who believes in Him will never die but have eternal life.
- ♥ 1 John 4:19
We love because He first loved us.
- ♥ Psalm 36:5
Your unfailing love, oh Lord, is as vast as the heavens.
- ♥ Romans 8:39
Nothing now, nothing in the future, no powers, nothing above us or nothing below us, nothing in the whole created world will ever be able to separate us from God.

PRAYER FOR LENT

Show me the suffering of the most miserable;
 So I will know my people's plight.
 Free me to pray for others;
 For you are present in every person.
 Help me to take responsibility for my own life
 So that I can be free at last.
 Give me honesty and patience;
 So that I can work well with other workers.
 Bring forth song and celebration;
 So that the Spirit will be alive among us.
 Let the spirit flourish and grow;
 So that we will never tire of the struggle.
 Let us remember those who have died for justice;
 For they have given us life.
 Help us to love even those who hate us;
 So we can change the world. AMEN.

Prayer by
 Cesar Chavez
 United Farm Workers



50 Things to Give Up for Lent

1. Social networking
2. Alcohol
3. Twitter
4. Chocolate
5. Lent
6. Meat
7. Swearing
8. Coffee
9. Soda
10. Sex
11. Worry
12. Sleeping in
13. Anger
14. Unforgiveness
15. Comparison
16. Gossiping
17. Stress eating
18. Complaining
19. Your Time
20. Your Money
21. Sleeping in a Bed
22. Taking Hot Showers
23. Watching TV/Youtube
24. Wearing Make-up
25. Games on Your Phone
26. Looking in the Mirror
27. Checking Your Bank Account
28. Bottled Water
29. Weighing Yourself
30. Questionable Books
31. Listening to the Radio
32. Using Instagram Filters
33. Texting While Driving
34. Driving Over the Speed Limit
35. Overeating
36. Getting Take Out
37. Talking About Yourself
38. Letting the Housework Pile Up
39. Avoiding Difficult Conversations
40. Working overtime
41. Nagging
42. Online Shopping
43. Snacking
44. Checking Your Phone
45. Hitting the Drive Thru
46. A Specific Food Group
47. Negative Relationships
48. Clutter
49. Negative Thoughts about Yourself
50. Trying to Get Your Own Way

Take-out Chicken BBQ Dinner

First UMC of Windsor on Friday, March 10 from 4:30 and 6:00 pm
Church parking lot off Academy Street, Windsor

\$15.00 Pre-sale only—Call (607) 655-1791

(Each dinner includes 1/2 chicken, baked potato, coleslaw, roll/butter, and cookie in a takeout compartment tray)



If you want someone to pray for you, or if you are in need of prayer, please contact Nancy Oakley at 743-3022 to initiate a prayer request, or call the Church Office at 724-5421.

Volunteers Opportunities at Tabernacle UMC

Every Wednesday between 5:00 pm and 6:00 pm, Tabernacle United Methodist Church offers a free **“Community Meal”** for anyone who would like to stop by. They normally serve between 90 and 125 people each Wednesday (dine-in and take-out available).

Volunteers are needed for any Wednesday, or as many Wednesdays as you would like. You can volunteer to help anytime from 1:00 pm to 6:30 pm. You can help out on your own, or you can come with a friend or group to help.

This is an important ministry for not only Tabernacle, but for our whole community.

If you would like to help, please contact Vanessa Whitmore at 607-677-5032 or the Tabernacle Church Office at 607-723-8983.

Volunteers are also needed for the after-school sports and art programs at Westside Community Gym at Tabernacle UMC. Some of the neighborhood children need a safe place to go after school and have fun, and all children are welcome. At present an average of 12-20 children from ages 8-16 are part of this program.

Volunteers are needed as staff for the gym, teachers and artists, and much more. Please contact the Tabernacle Church Office if you are interested in helping at 607-723-8983.

Donations are also being accepted by the program of after-school snacks, drinks and art supplies.



MARCH FACTS

If you were born in March, your birth flower is a daffodil. March has two birthstones, aquamarine and bloodstone which symbolizes courage. March is the time of year when animals start waking up from hibernation. The Anglo-Saxons called March “Hlyd monath” meaning “stormy month” or “Hraed monath” meaning “Rugged month”. Statistically, March is the most unproductive month of the year in the US as a result of “March Madness”. Some companies lose up to \$1.9 billion in wages paid to workers who spend company time betting on NBA games.



Regional Meetings with Bishop Hector

Bishop Héctor Burgos, who prefers to be addressed as Bishop Héctor, is the new Bishop of the Upper New York (UNY) Conference. Bishop Héctor is eager to meet laity and clergy throughout the Conference and has scheduled dates for regional meetings. The scheduled meeting date for the Southern Tier Region is **March 16th at Central Endicott United Methodist Church**. Clergy meetings will be from 1:00 to 3:00 pm. **Laity meetings will be from 7:00 to 8:30 pm.**



There is something infinitely healing in the repeated refrains of nature — The assurance that dawn comes after night, and spring after winter.
Rachel Carson

**First day of Spring 2023
Monday, March 20th**



*“That’s a nice thought, Sister Ida,
but I’m not sure it’s biblical to put a
“Coupon Good for \$5.00 Off Your Next Tithe”
in our newsletter!*



Six-Week Bran Muffins



This recipe was submitted by Nell Barnes and Betty Stahl for our church cookbook. The batter can be made up ahead and stored in the refrigerator for up to six weeks, making it super easy to make delicious muffins fresh each morning!

If you don't have a NUMC Cookbook yet, there are still plenty available. They cost \$10 each and are available in the Church Office.

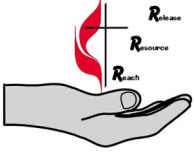
Ingredients:

1 box Raisin Bran flakes (15 1/2 oz.)
5 cups sifted flour
1 qt. buttermilk
5 T. baking soda

2 1/2 cups sugar
1 cup oil
2 t. salt
4 eggs

1. Mix all above ingredients in a large bowl or kettle.
2. Refrigerate for 6 hours before baking.
3. Bake at 350° for 25-30 minutes.
4. Makes 5-6 dozen muffins.

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Binghamton, New York 13905
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		E-Mail:	Phone:
Bishop:	Rev. Hector Burgos	BishopsOffice@unyumc.org	Ofc: (855) 424-7878
Binghamton DS:	Rev. Robert Kolpik-Campbell	BinghamtonDistrict@unyumc.org	Ofc: (607) 748-0662
Pastor:	Rev. Harold Wheat	Haroldwheat@gmail.com	(607) 339-8200
Office Administrator:	Marjorie McCoy	ChurchOfficenumc@gmail.com	Ofc: (607) 724-5421
Chair of Trustees:	Bruce Kellett	Brucekellett@gmail.com	(607) 725-3897
Chair of Ad Board:	Shelly Schaffer	schaffershelly@gmail.com	(607) 727-5009
Chair of SPRC:	Judy St. John	estjohn@stny.rr.com	(607) 206-3827