

# WEST END CIRCUIT RIDER



## West End United Methodist Church

Portsmouth, Virginia

THE UNITED METHODIST CHURCH

1800 RODMAN AVENUE  
PORTSMOUTH, VA 23707-4326  
757-397-7815

Rev. Lynda D. Moore/Pastor  
Gail Sasser/Administrative Assistant

[www.weumc-pva.org](http://www.weumc-pva.org)

[office@westendumc.hrcxmail.com](mailto:office@westendumc.hrcxmail.com)

[www.facebook.com/WestEndUnitedMethodistChurchPortsmouth](https://www.facebook.com/WestEndUnitedMethodistChurchPortsmouth)

The Church Council of West End United  
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Editor: Susan Cohen [queenbeez@cox.net]



“All the days  
of the poor are  
hard, but a  
**cheerful heart** has  
a **continual feast.**”

Proverbs 15:15, NRSV

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## Shrove Tuesday Pancake Dinner

**Shrove Tuesday** gets its name from the ritual of shriving, when the faithful confessed their sins to the local priest and received forgiveness before the Lenten season began. As far back as 1000 AD, "to shrive" meant to hear confessions.

Historically, Shrove Tuesday also marked the beginning of the 40-day Lenten fasting period when the faithful were forbidden to consume meat, butter, eggs or milk. However, if a family had a store of these foods they would certainly spoil by the time the fast ended on Easter Sunday. What to do? Solution: use up the milk, butter and eggs no later than Shrove Tuesday. And so, with the addition of a little flour, the solution quickly presented itself in.....**pancakes**. Today, the Shrove Tuesday pancake tradition lives on in Western Europe, the United States, Canada and Australia.

Please join us for our **Shrove Tuesday Pancake Dinner** on Tuesday, February 13<sup>th</sup>. Come between 5:30 - 7:00 pm. Along with pancakes the menu will include sausage and choice of beverage. No reservations are needed but donations will be accepted.



## Free Conference Call to Stay in Touch

We have had a few snowy days recently. To stay in touch, one of our church services was held via a Conference Call. There were about 24 people who called in that day. In the future we will make every effort to notify you (by email, facebook, telephone chain) if a Conference Call is going to take place. You can use a cell phone or a land line. To use this service you would call the **FREE Conference Call** number 563-999-1087 and upon request put in the code 312193#. You will then be asked to state your name. Save this information to have on hand when you might need it.



## Food Pantry is Greatly Used

West End's Food Pantry is open on Thursdays 10:00 AM – 12:00 PM. Thank You to all who continue to donate items for our "**Food Pantry Sunday**", the third Sunday of every month. The item being asked for on **February 18** is spaghetti sauce (with meat is nice)

We are asking each person who reads this to bring an item and place it in the altar basket or put a donation in the plate on the rail that day.

Your donations are a blessing. You don't have to wait until Food Pantry Sunday to bring donations to church. When you go food shopping for yourself, throw a few extra things in your cart and bring them to church on any Sunday. Cash donations are also accepted to purchase additional items as well.

# Message From Our Pastor

Have you ever seen a billboard or a poster or some sign/advertisement that caught your eye and caused you to smile, ponder the words and its meaning, etc.? I was having my eyes examined the other day and while I was in the examination rooms awaiting tests, I was struck by two posters, that made me go "hmm" and I had to write the words down. The words to the first poster I saw were *"Vision is not seeing things as they are, but as they will be."* Think about that statement in terms of faith – there are those to whom God will give a vision for some type of ministry. The ministry or program doesn't exist, **yet**, but the one who has been given the vision already "sees" it. While we may not see the vision for ourselves, it is important that we encourage, support and help make that vision a reality. God continually plants visions in the hearts and minds of persons, and God continually equips others to carry out the vision. We are all called by God to make things happen that will bring glory to God.

Now, anyone who has been given a vision and anyone who is being equipped to implement the vision will face challenges. The other poster I saw in one of the examining rooms had these words *"Challenges can be stepping stones or stumbling blocks. It's just a matter of how you view them."* Think about that one – are you one of those "glass half full" or "glass half empty" people? Do you dwell on the negative or do you try to find something positive in whatever situation you find yourself facing? Life is full of ups and downs and twists and turns that challenge your way of thinking, doing and being. Will you use your challenge as a stepping stone to get you from point A to point B or do you run away from the challenge, taking a step backward instead of moving forward? Maybe it's time for some of us to have an attitude adjustment. Don't you know that God is with you and will see you through any challenge or situation that you have to face? As the late rapper Biggy Smalls once rhymed, "if you don't know, now you know".

Finally, when I was coming home from the hospital after visiting Bob Higgins and Joe Williams, I noticed one of the stickers on the car in front of me said, *"In God we trust"*. Now those words are very familiar to us, and yet they took on a new meaning as I was thinking about Bob and Joe as well as some things that have been stressing me out lately. In God we trust: no matter how stressful life can be sometimes, it is God who has the power, authority and will to help us work through any stress and anxiety we might have to face. There are people we encounter daily that prove not to be trustworthy, and yet God is worthy of our trust because God is faithful and gracious and compassionate and merciful and all powerful. We can trust that God will never put us down; will never leave or forsake us; will always protect us; will always love us and that God forgives us even when we can't forgive ourselves. I trust that God's Spirit is with Bob and Joe and that God, through Jesus Christ, will give Viola and Stephen and Sue the love and comfort they need as they sit beside the beds of their loved ones. I trust that God will correct whatever is wrong in your life and mine and that I can count on God to be with me through any situation and in all circumstances.

We are about to enter the season of Lent, a season in which we pause to reflect on what God is doing for us, with us and to us, in Christ Jesus. God's vision for us is that we will have an abundant life; God challenges us to put our faith, hope and trust in the Divine Creator and Sustainer of Life. It is during this

season of Lent that we encounter Jesus Christ who gives us a reason to sing one of those old gospel songs: "I will trust in the Lord. I will trust in the Lord. I will trust in the Lord until I die." While some of you plan to give up something for Lent, remember that Jesus has not given up on you and in the weeks ahead, we will be reminded that Jesus gave his life for you and for me.

*God bless you.*  
- Pastor Lynda

## Lenten Series by Telephone!?!

Pastor Lynda will lead a **Lenten Study by telephone** this year. The call in series will take place Sundays – Feb. 18 & 25, March 4, 11, & 18 beginning at 4:00 PM. To be a part of this series call the FREE Conference Call number 563-999-1087 and upon request put in the code 312193#. You will then be asked to state your name. Call in before 4:00 so you'll be in place when the study begins.

## "Living the Lord's Prayer" Bible Study

The **Women's Bible Study** is gearing up for its third session beginning Thursday, March 15, 2018 through April 19, 2018. This upcoming study is entitled *"Pray Like This, Living the Lord's Prayer"* by Steve Gaines. This is a six (6) session study that will instruct and lead each of us to fall more in love with God and grow in our desire to engage in conversation with Him.

For more information, contact Ruth Gilmore. It would be such a blessing to have you!



## "Operation Cookie"

**Operation Cookie** will take place on **Sunday, February 18<sup>th</sup>**. West End has at least **six boxes** to prepare!!! The congregation is asked to bring homemade or store bought goodies [nabs, small packaged cookies, popcorn packages, candy bars, pens, highlighters, gum, candy...] to be sent to our college students and military troops, or money to help purchase items and pay for postage (which has gone up in recent years). The Asbury Class will box the goodies and see that they are delivered.

To make sure no one is left out, the **names and current mailing addresses** of West End members attending college are needed. Please contact the church office to supply this information.

**\*\*The next newsletter deadline is Sunday, February 18.**

At this time all news for **March** will be due.

You can e-mail your articles to [queenbeez@cox.net](mailto:queenbeez@cox.net), give them to Susan Cohen (editor), or put them in the Communication mailbox in the Dill Chapel hallway.



**Thank you to Susan Heely and the Chancel Choir** for their beautiful music during the Christmas season. The special music, "Celebration of Christmas" with the scripture readings, was especially meaningful.

All are welcome to come join in. New members will receive a robe, a new music folder, and, of course, music. Rehearsals are Thursday evenings beginning at 7:30 PM. For more information: Contact Susan Heely at [susanheely@gmail.com](mailto:susanheely@gmail.com) or 757-650-3052.



## Join the Church's Communication Chain

"I didn't get a call about \_\_\_\_\_", have you heard this before? If so maybe the person who made the statement is not on the **Communication Chain**. We use the Chain to inform members when there is a death of a Church member or some other important news that will impact the whole congregation. If you have not asked to be put on the Chain you are not on it and you will not get a call from the Communication Chain. So to solve that problem let Nancy Clark know you want to be included and provide her with your good contact phone number and you can include an e-mail address if you would like. It is that easy. Contact Nancy at 757-393-6876 or [gran12@cox.net](mailto:gran12@cox.net).

## Offering Envelopes are Available in the Narthex

**Offering Envelopes** for the year are in the narthex ready for pick-up. If you elected not to receive envelopes and want to use the pew envelopes please make sure to include your name on the envelope so that you can get credited for your giving. If you have not sign-up for e-giving and need assistance please let us know. We will be happy to assist you with getting started.

## The Asbury Class

The **Asbury Class** would like to thank everyone who purchased poinsettias for the altar. We were fortunate to have 33 grace the altar for the Christmas season.

Their next project will be to prepare boxes for our college students and military troops. This will take place on Sunday, February 18. If you have one of these recipients please contact the church office with current mailing address.

The class continues their Max Lucado study entitled "In the Grip of Grace". All are welcome to join in this discussion class. Their class is located through the double doors in the front of the Chapel building. They begin at 10:00 AM. The lessons and thought provoking questions are sent out as an email attachment each week. Contact Sidney Goldblatt if you would like to be put on the list to receive this. You don't have to be a member to attend this stimulating series. We've always got a seat on the couch for you.



## "Hand in Hand" Our Partnership with Westhaven Elementary School

Thank you to all our volunteers who helped with **Westhaven's** Scholastic Book Fair in December. It was a busy time for everyone but many of you made time to be a part of this program.

West End made and distributed Christmas treat bags to the staff at Westhaven. They were really cute and much appreciated.

Stay tuned for ways you can help next time...

### Stewardship Corner

*-submitted by Georgia Garrison-*

The work of one person can only reach so far. There appear to be exceptions to this as we consider great world leaders and great church leaders. However, as we look closer, there is usually a community of people supporting that leader.

There is a reason we are called to live as the body of Christ, as one body, with many members, each dependent upon the other to fulfill their purpose.

This connection is how the hands and feet of The United Methodist Church are able to have a global impact. It isn't only one great leader, or one congregation, it is the whole church working together making disciples for the transformation of the world.

Our commitment to faithful giving to our apportionments, allows us to act in the world as one body developing church leaders, creating new opportunities for people to find their place in the body of Christ, engaging in ministry with the poor, combating diseases, and working to improve global health. Won't you join us in support of the efforts to further God's kingdom on earth?

## The Wesley Class

The **Wesley Class** has had a wonderful holiday season. They started off with their Christmas Party held at the Pirates Cove in Churchland, with a really nice program; exchanged gifts and ate well.

Their class sponsored the Manager of Love for the Wesley Center and they want to give a big thank you to everyone who contributed to its success.

They are having a great sequence of lessons on Faith this winter and would love to have you join them and change your life, every Sunday morning from 9:45 to 10:45 AM.

Their class is located in the Dill Chapel – ask anyone you see, they will point you in the right direction.





## Operation Santa: Blessing of Gifts for Needy Children

The **United Methodist Women's** Executive Committee met on Sunday, January 21<sup>st</sup> right after church to discuss plans for the upcoming year. Their budget was reviewed, voted on and approved. Goals for the upcoming year were discussed and how best to meet them. They will continue to collect box tops (to be turned in to Joyce Geluz) and cancelled stamps (to be turned in to Nancy Clark).

They will continue to partner with Westhaven Elementary School in assisting them with whatever help they need during the year. Their fundraising projects for the year include Mother's Day bulletin, Father's Day bulletin, Rada Cutlery, Plantation peanuts and possibly Autobell car wash gift cards.

The next general meeting will be on February 21<sup>st</sup>. Ruth Gilmore will present the program entitled "Days of Girls in Lebanon". The dates for our other general meetings are April 18 (Call to Prayer & Self Denial), June 20, Sept 26 and Nov 28 (World Thank Program).

### Upcoming Events:

- February 1<sup>st</sup>-----United Methodist Day at General Assembly
- March 17<sup>th</sup>-----Prayer Breakfast (location to be announced)
- April 15<sup>th</sup>-----UMW Day at West End
- April 20-22-----Spiritual Life Retreat at Eagle Eyrie

For anyone wishing to join a circle, there are 2 circles that meet at night and 1 circle that meets during the day. Please see Nancy Clark if you are interested in joining. All are welcome.

See more Circle news below...

### The Circle of Grace:

The Circle of Grace had a lovely Christmas Party at the home of Beverly Collins. She set a lovely table, her house was beautifully decorated and they had such a wonderful time. Beverly provided the main course and everyone else provided a side dish or desert. A good time was had by all.

Because of the snow, they were unable to have their January meeting, but they would love to see you join them. They meet in the Church fellowship hall on the second Wednesday of every month at 7:00 p.m. Please join them anytime.

### The Circle of Friends:

The Circle of Friends had great food and fellowship at their Christmas dinner held at Lobscouser in Olde Towne Portsmouth. Along with the fellowship they had their annual Pollyanna Gift Exchange --- always fun.

Their first meeting of the new year was the 1<sup>st</sup> Tuesday of January. They will be meeting in the Social Hall at 6:30 PM and promise to be finished by 8:00 PM. Their next meeting will be March 6<sup>th</sup>. They would love to have more friends join them.



Just a smattering of the many gifts given.

The **Portsmouth Unit of Church Women United** held its annual service for the ingathering of gifts for the Operation Santa project on Friday, December 1, 2017 at Third Baptist Church. This is a partnership between Portsmouth Social Services and many individuals and organizations from churches. What a wonderful way to begin the Christmas season.



Ruth Baker, Georgia Garrison, Susan Cohen, Joyce Geluz



## Joys, Thanks, & News

Congratulations to Kathryn Braswell  
on her **103<sup>rd</sup> Birthday** on February 3, 2018.

Dear West End United Methodist Church,

On behalf of the Faculty and Staff of Westhaven Elementary School we thank you for our Christmas Wish treats! We truly appreciate our West End sponsors and volunteers for all you for our community and Westhaven Elementary School. We would like to wish you a Merry Christmas & Happy Holiday!

Sincerely,

Cydney Jones – Title I Parent & Family Engagement Liaison  
Venessa Whichard-Harris - Principal

For current photos & news updates check us at  
<https://www.facebook.com/WestEndUnitedMethodistChurchPortsmouth>

## Ash Wednesday Valentine's Dinner & Service

Celebrate Valentine's Day with your Church Family at a Covered Dish Dinner on February 14<sup>th</sup> at 6:00 PM. After dinner we will have a short service for Ash Wednesday. Also that same night if you are interested in signing up for e-giving, Lisa Boettcher will be available, with her computer, to help you sign up and get you started.

## West End's Community Garden Ready to Till

If you are interested in being a part of West End's **Community Garden** this spring please let Iverson Garrison or Nancy Clark know so plans can be made. You will be responsible for planting, weeding, watering and of course harvesting your bounty.

## Children's Community Choir is Formed

A **Children's Community Choir** has been going through the mind of Connie Lane for some time now. She planned to approach the Ballet Troop and had lots of interest. The first practice was Saturday, January 20<sup>th</sup> in an upstairs room and she had three present. This can be a wonderful outreach to the community. If you have any CDs of children's songs Connie might be able to use them.



## Life Celebrations

### ***Birthdays for February:***

2 – Ruth Gilmore  
2 – Joseph Goldman  
3 – Kathryn Braswell – 1915 !  
6 – Connie Lane  
7 – Adam Goldblatt  
14 – Josh Mullen  
14 – Hannah Bright  
15 – Angela House  
15 – Connester Mahone  
17 – Lisa Boettcher

### ***Anniversary for February:***

7 – Bob & Viola Higgins – 1948  
24 – Jerry & Georgia Freeman



## Opportunities:

- 1 Thurs. Choir Practice\* – 7:30 PM  
[\*=every Thursday]
- 3 Sat. Liturgical Dance practice\* – 1:00 PM  
Children's Community Choir\* – 2:00 PM  
[\*=every Saturday]
- 4 Sun. Sunday School - Adults\* – 9:45 AM  
Sunday School - Children\* – 11:00 AM  
Holy Communion – 11:00 AM  
[\*=every Sunday]
- 5 Mon. Trustees Meet – 7:00 PM  
WE Praise practice\* – 7:00 PM  
[\*=every Monday]
- 7 Wed. Men's Bible Study\* – 7:00 PM  
[\*=every Wednesday]
- 11 Sun. **World Hunger Offering Received**  
SHR Pan-Hellenic – guests @ West End
- 13 Tues. Shrove Tuesday Pancake Dinner – 5:30-7 PM
- 14 Wed. **Ash Wednesday**  
Circle of Ruth – 1:30 PM  
Valentine Covered Dish Dinner – 6:00 PM  
Ash Wednesday Service – 7:00 PM  
Circle of Grace – after service ends
- 18 Sun. **1<sup>st</sup> Sunday in Lent**  
"WE Praise" @ worship  
**Food Pantry Sunday**  
**Newsletter Deadline for March**  
**Operation Cookie**  
Lenten Telephone Series\* - 4:00 PM  
[\*=every Sunday]
- 19 Mon. Presidents Day
- 22 Thurs. Serve breakfast at Oasis – 6:00 AM
- 25 Sun. **2<sup>nd</sup> Sunday in Lent**  
Men's Fellowship breakfast – 8:00 AM  
**Missionary Support Offering Received**
- 28 Wed. Meals on Wheels – 10:30 AM

