

Messenger

A PUBLICATION OF FIRST UNITED METHODIST CHURCH

P. O. Box 444, Yazoo City, Mississippi 39194

Pastor: Rev. Lauren Porter

Phone: 746-7648

Website: fumcyazoo.org

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Handling Guilt

Lent is a time when many of us come face to face with our sins. When we think of the death of Christ, we may consider times when we have betrayed the Lord and therefore bear the burden of guilt.

Lent is also a time when we can consider how to get rid of guilt, how to find peace of soul again.

Dr. Curtis Nigh, a pastor and psychologist, offers these suggestions about handling guilt and receiving forgiveness:

- 1. Consider that Christ Jesus died for our sins. We don't have to put ourselves on a cross of self-punishment to get atonement. The Scripture affirms: "By his wounds you have been healed" (1 Peter 2:24).**
- 2. "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness" (1 John 1:9).**
- 3. Let at least one other Christian brother or sister know what has been done. Pastors are trained to listen to such confessions and to keep them confidential. The appropriate Scripture reference is from James 5:16: "Confess your sins to one another, and pray for one another, so that you may be healed."**
- 4. Insofar as possible try to make restitution for wrongs done. If acts of penance and restitution only acerbate the problem, move on, knowing that at least God forgives you.**
- 5. Take your eyes off of yourself and begin to look for ways of serving God in your community. Service to others brings healing and therapy.**
- 6. Always remember that Christ came to give us abundant life not a guilt-ridden, self-effacing, meaningless existence. Receive the gift and appreciate the joy of it.**

-Adapted from an article in Thrust, written by Dr. Nigh

MARCH



SUNDAY, MARCH 1

- 9:00 a.m. Come AZ U R Service
- 9:50 a.m. Sunday School
- 11:00 a.m. Traditional Worship Service
- 11:00 a.m. Live Stream Worship
- 5:00 p.m. P22 Ministries
- 5:00 p.m. Planet 456
- 5:45 p.m. Snack Supper
- 6:00 p.m. Adult Bible study
- 6:00 p.m. Solid Ground Youth
- 6:00 p.m. Children's Choir

MONDAY, MARCH 8

- 9-12 noon Methodist Market

WEDNESDAY, MARCH 10

- 6:00 p.m. Chancel Choir
- 6:00 p.m. Youth Small Group
- 6:00 p.m. Adult Bible study

SATURDAY, MARCH 13

- 9-12 noon Methodist Market

Congratulations to Deb Ragland, Gloria Kirk and family on the birth of their great-great, and great granddaughter, Sarah Reese Stoner, who was born February 25, 2021 to Smith and Morgan Stoner.



Billy Joe Ragland

- M/M Jim Oakes
- M/M Camp King
- M/M Tom Huff
- M/M Ted Kendall
- Leslie & Kathie Childress
- Lee G. Kirk
- Bill, Becky & Elena Richardson

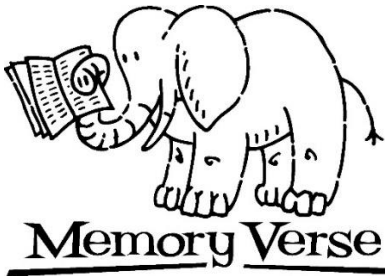


Harold Fisher

- 8. Mary Russell Perry, Jim Roberts
- 10. Peggy Appleton
- 12. Brody Roberts
- 13. Resa Swoope
- *****
- 12. Mr. & Mrs. Benny Melton

- M/M Camp King

Children's Page



"But all this has happened so that what the prophets said in the scriptures might be fulfilled."

Matthew 26:56a



Our Sunday school lesson this week begins a new series on Holy Week. For the month of March, we will be learning and talking about different things that took place during Holy Week, the week leading up to Jesus' crucifixion. This Sunday we will be discussing the Last Supper.

This Sunday night our lesson is on the story of "The Rich Fool." This lesson will focus on putting God first. We will play the game **how high can you go?** After group we will have snack supper and Mrs. Lettie plans to meet with the children after supper for music and games.



P22 Ministries



This Sunday we will meet for a fun night of Bible lessons and activities. We will meet at 5:00 p.m. and have snack supper after group. Mrs. Lettie plans to meet with the children after supper for music and games.

Confirmation Classes

Confirmation classes for 6th graders began on Wednesday, March 3. We plan on meeting every Wednesday at 3:15 and dismiss at 4:30p.m. through April 7, with the exception of March 17, which falls during spring break.



This Sunday will be our last lesson dealing with the Book of Revelation. We will continue talking about our future and the scripture from this book. The apostle John wrote the book of Revelation while living in exile on the Island of Patmos.

Sunday Night Youth

Last Week, I introduced the summary of the book, *The Screwtape Letters*. This week we will begin this study by C.S. Lewis. Our plans are to cover 3-6 letters each week. Each day we face a spiritual battle. The problem is that we have become so accustomed to it, we are actually sometimes unaware. This study is designed to show us how Satan plots against us using everyday opportunities that we face. We have choices, and we must choose who to follow.

Wednesday Night Small Group

Wednesday Night Small Group will continue with the Wheel of Challenge and incorporating Bible trivia, activities, and games. We will also introduce a new game entitled *I Should Have Known That*. The Wheel of Challenge will be in correlation with our topic each week.

YOUTH SPRING BREAK TRIP

Several of our youth, along with chaperones, will be leaving for a Spring Break trip on Saturday, March 13. We will be returning on Wednesday, March 17. Please be in prayer for safe travels to and from as we take this week to enjoy a time of fellowship together.

The Manna House needs Volunteers!

Please contact the church office if you would like to Volunteer to serve lunches at the Manna House. Our church serves there once a month.



General Conference Update

Due to COVID, General Conference is being postponed yet again. General Conference is the main decision-making body for the United Methodist Church, and it meets once every four years with representatives from every Annual Conference around the world. Our Book of Discipline is a product of that gathering.

Initially, it was supposed to meet last May (2020), but due to COVID it was postponed to August 29 - September 7, 2021. However, due to the lingering effects of COVID and continued concerns over international travel, it is being postponed yet again.

On Thursday, February 25, the Commission on General Conference announced that they were moving General Conference to **August 29 - September 6, 2022** in Minneapolis, Minnesota.

On that same day, the Council of Bishops announced that they were calling a **Special Session of the General Conference** to meet online on **May 8, 2021** with a limited agenda. The sole item on the agenda for the 2021 Special Session will be to vote to suspend the rules of the General Conference to allow a mail-in paper ballot for 12 pre-selected pieces of legislation that would enable the UMC to effectively function until the full General Conference in 2022. These items include things like the General Conference Budget, the retirement of bishops, and the election of certain Annual Conference officers. The Protocol for Separation will not be on the paper ballot, but will be reserved for the full General Conference in 2022.

Please continue to keep all of these events in your prayers. God bless!

Brother Lauren

Sunday, March 7, 2021

Greeters	LaShone Robins/Millie Phillips
Scripture	Leviticus 16:3-10, 29-34
Sermon	“The Day of Atonement”
Flowers	Marilyn & Walter Burnett

DAILY BIBLE READINGS

MARCH

7. 3rd Sunday in Lent	Luke 13:1-9
8. He shall be exalted	Isaiah 52:13-15
9. Guard against greed	Luke 12:13-15
10. You will be a blessing	Genesis 12:1-4
11. God covenants with Abraham	Genesis 17:1-7, 15-16
12. Stand in awe	Psalms 22:23-31
13. Heirs through faith	Romans 4:13-25