

The Outlook

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Volume 124 Issue 4



HOW WAS YOUR LENT? DID YOU FIND REST? RENEWAL?

~Juanita Joiner

OK...here's a test! How many of you realized that on March 3 and March 10 we sang a hymn that was set the same tune but used different words? I did some research this past week and found that same tune was used in two more hymns in The United Methodist Hymnal. If you failed this test, don't worry, I'll give you the background on the tune and the power of these different texts.

In the case of the hymns we sang, the words were put to the tune called BEACH SPRING. The tune name is always located at the bottom right of each hymn. Beach Spring was a tune composed by Benjamin Franklin White in 1844. Benjamin was born in South Carolina. Gifted with musical skills, he came to be known as the "singing master." He was known for using the four-shape system of notation. This powerful and strong tune has different texts written and used by the Methodists in 1961, 1987, 1992, 2006. In addition, there are other versions found in other hymn books.

On page 581 and 605 of our UMH, you'll find "**Lord, Whose Love Through Humble Service**" and "**Wash, O God, Our Sons and Daughters**". Both of these hymns use Beach Spring as their melody and use words about renewal, transformation, service, and commitment.

On March 3rd, there was an insert for "**When the Hungry Peoples' Chorus**" in your bulletin. These words were written in 2006 and found by Pastor Rob to share with congregations from The General Board of Discipleship of the UMC. These words are *powerful* and hit a homerun for me with the circumstances in the world, our country and in our lives. Here's verse one and three for you to read and absorb its power.

When the hungry peoples' chorus overwhelms us with their cries, when the tasks you set before us make us fearful by their size, teach us, Lord, to pray the harder; help us, Lord to turn anew to the power and heavenly guidance that can only come from you.

Daily schedules get so crowded, we forget we need to pray. Though our judgement's, often clouded, help us, Lord, now, day by day to gain strength by walking near you, and to claim the power of prayer, Help us listen, trust, and hear you, placing all things in your care.

But it was on March 10th, when we sang yet another version from Faith We Sing, that the power of this tune married to the words written in 1992 got woven into Rob's series during Lent...*Rest and Retreat*. You'll find the three verses for "**Come and Find the Quiet Center**" on page 4. I have printed these words out and have them in view at home to read and reread as I continue with my own *Rest and Retreat*.

Besides these hymns, I have many take a ways from this year's Lenten Series. Our time in the wilderness is necessary, not only during Lent, but each and everyday. The One Hour Retreat held during March emphasized that rest is more than sleeping. Yes, we do need our physical rest, but we also need mental, emotional, spiritual, social, sensory, and creative rest. Our discussions were based on two books: *Sacred Rest* by Sandra Dalton-Smith, MD and *The Second Mountain* by David Brooks. Both books are worth having even if they take you months to read.

Through out this series, I felt pulled to the Psalms. Psalm 37 was used by Felix Mendelssohn in the song *O Rest In the Lord*, from his oratorio, *Elijah*. (Oh rest in the Lord, wait patiently for him.) Psalm 121 has always been another favorite of mine, and I was thrilled that Julie Husted used it during her centering thoughts on March 17. (*I lift up my eyes to the hills—from where will my help come? My help comes from the Lord, who made heaven and earth.*) But it was Jeff Bowman who gave me a whole new feeling for Psalm 46:10. He begins every Sunday service the SAME WAY ... with his congregation speaking this verse as a call and response. It becomes very powerful as words are left out on each repeat. Try it!

**Be still and know that I am God.
Be still and know that I am
Be still and know
Be still
Be**

Mission Possible for April 2024

April 7 — Mission of the Month
Native American Sunday

April 14 — Local Mission
Fresh Coast Alliance

April 21 — Helping Hand Fund

April 28 — Hunger/UMCOR
Mobile Food Pantry

Monthly Pantry Donation

St. Gianna Baby/Toddler Pantry

Mission Accomplished February 2024

Mission of the Month

Water For Life \$490.00

Local Mission

Michigan Visitors in Mission \$320.00

Helping Hand Fund

\$258.00

Hunger/UMCOR

UM Rural Development \$340.00

Pantry

Call 211 \$220.00

Ash Wednesday Offering

Family Promise \$737.00

Reminder...mission offerings can be given any time during the month even though we list our offerings by the week.

God's Spring Prayer

Spring is a breath of fresh air, cool — not cold, gentle — not bold. Its life sprouting up from the ground, the birds and insect sounds. A reminder of renewal, a marvel from You. Your gift to me is deserving of all the thanks and praise I can offer. Blessed are You, Creator of seasons.



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Happy Easter! You will be in my prayers during my renewal leave this month, and while I travel to Africa! I am so grateful I have been given this opportunity, and I so appreciate all your prayers and support. As of Palm Sunday, we raised \$2,843.91 for the Fairfield Children's Home next to Africa University. Amazing! I will be sure to take as many photos as I can as I share our gifts with these wonderful children and their caregivers. Thank you so much for your generous gifts.

You will be in good hands while I am gone. Rev. Tim Tuthill will preach all four Sundays in April, and he will also be on call for any pastoral concerns. Please be aware I will not be receiving any emails, texts, or phone calls during my one month renewal leave. If you have any concerns, please contact Connie or Juanita in the main office.

Thank you again for supporting me in my ministry as I spend this time in intentional spiritual renewal. I will miss you all, but I know God will keep you and bless you while I am away. See you in May!

Peace,

A GRACE SPACE THANK YOU

On behalf of my grandson and his mom Nicole, thank you. We were able to stay for the whole service, as our 2 year old Maverick found many things to keep occupied in the area set aside for children. These included the wooden truck and bulldozer which were made by Ferry Truck Farmers. Maverick's grandfather was one of the owners. That was a fun discovery. Thanks so much to all who made this space possible for us to use.



~Lora Swenson



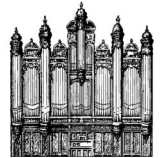
American Guild of Organists
Muskegon-Lakeshore Chapter

In Memoriam

A Members' Recital

In Loving Memory of Floyd Farmer

Sunday, April 28, 2024
3:00 PM



Central United Methodist Church
1011 Second Street — Muskegon, MI

A freewill offering will be taken to benefit the "Irene Kolkema Organ Scholarship Fund"

Share his joy: Dear Friends, I am moving to Arizona. The simple reasons are 350 days of sunshine each year, new horizons, and a fresh start as I work on reinventing myself as a solo act, no longer a part of the dynamic duo known far and wide as (at least in Ohio and Michigan) Bill and Mona. I am confident and clear that this is a good move in a direction that God only knows for sure (remember coddiwampole?). Muskegon and CUMC have been important to my faith journey and the well being of Moon's and my family. Thanks for the memories. I will think of you fondly and often. The church office will share with you my new address.

~Bill Dye

Why Rest? *“When I am resting because my body is weak, I need to remember that I'm not wasting the day doing nothing. I am doing exactly what I need to do. I'm recovering.”* ~ Author Unknown
Taken from “Sacred Rest” by Dr. Sandra Dalton-Smith, MD

Worship at Central

Available online: **LIVE**

<https://www.facebook.com/muskegoncentralumc>

And on our YouTube Channel: **LATER IN THE DAY**

https://www.youtube.com/channel/UCZUQe2i7Fzj_tcwwSG7Ednw/videos?view=2&flow=grid

Central Cares

APRIL BIRTHDAYS

- 2 — Matthew Wilson
- 3 — Brad Cotton
- 7 — Christine Stanton
- 8 — Donna Koches
- 11 — Susan Every
- 13 — Lynn Lively
- 16 — Dorothy Parks
- 19 — Garry McKeen
- 24 — David Paulson
- 27 — Betsy Decker

APRIL ANNIVERSARIES

- 1 — Lynn & Lisa Lively 2002
- 5 — Basil & Sharon Lang 1975



Share their sorrow:

- ♥ Family and friends of **Rev. Lynn DeMoss** (wife of Kay and former pastor at CUMC) who passed away on February 25 at Clark Retirement Community in Grand Rapids. The Celebration of Life will be held at First UMC, 227 Fulton St. E. in Grand Rapids on Saturday, May 11 at 11a.m.. Our prayers are with Kay and Lynn's children and family.

APRIL CALENDAR

- 1 — *Garden Group Meeting 5:30 p.m. (Lower Level)
- 4 — Red Letter Christians 10 a.m. (Conference Room)
- 5 — Supper House 3:45 p.m. (Temple UMC)
- 7 — Worship 9:30 a.m. (In-Person & Virtual)
Going Deeper 5 p.m. (Conference Room)
- 9 — *Garden Group Meeting 5:30 p.m. (Lower Level)
- 11 — Romeo's 8:30 a.m. (Carmen's Café)
Juliet's 9 a.m. (Cherokee Restaurant)
Blood Drive 11 a.m. — 4:45 p.m. (Parish Hall)
- 14 — Worship 9:30 a.m. (In-Person & Virtual)
Call To Prayer Small Group 11 a.m. (Conference Room)
- 15 — Mobile Food Truck 4:30 p.m. (CUMC Parking Lot)
Joy Bells 5:30 p.m. (Choir Room)
- 16 — Outlook Deadline
Book Club 10:00 a.m. (Library)
Building Team Meeting. 11 a.m. (Conference Room)
Kitchen Crew Meeting 4 p.m. (Parish Hall)
*Garden Group Meeting 5:30 p.m. (Basement area)
- 18 — Red Letter Christians 10 a.m. (Conference Room)
- 21 — Worship 9:30 a.m. (In-Person & Virtual)
Going Deeper 5 p.m. (Conference Room)
- 22 — Joy Bells 5:30 p.m. (Choir Room)
- 23 — Outlook Mailed
MAP Clothing Pantry 12:30 p.m. (Temple UMC)
*Garden Group Meeting 5:30 p.m. (Lower Level)
- 25 — Volunteer at Kids' Food Basket (1537 S. Getty St.)
Blood Drive 11 a.m. — 4:45 p.m. (Parish Hall)
- 28 — Worship 9:30 a.m. (In-Person & Virtual)
Call To Prayer Small Group 11 a.m. (Conference Room)
Organ Recital 3 p.m. (Sanctuary)
- 30 — *Garden Group Meeting 5:30 p.m. (Lower Level)

*Dates for Garden Group may change during the month.

FLORAL ARRANGEMENT



It has been suggested that Central send a floral arrangement for the Memorial Service of Lynn DeMoss on May 11th. If you wish to donate to this, please write Lynn DeMoss Memorial on your check and include it with your church offering. A separate check may be mailed to the church office. Additional memorials can be mailed to the Clark Retirement Community Benevolent Care Fund, 1551 M.L.K.Jr. St. SE, Grand Rapids, MI 49506, or to the Lake Louise Christian Community, 11037 Thumb Lake Rd, Boyne Falls, MI 49713. ~Carol Higginson

WHERE YOU INSPIRED?

Pastor Rob inspired us with two wonderful versions of a hymn during his Rest and Retreat series...words that have been revisited in our April Outlook. I would like to put out a challenge to each of you to send your written thoughts to me about these hymns OR even write your own word for the tune, Beach Spring. We have been challenged to take sacred rest and climb that second mountain during Lent. Let's continue to have our own spiritual renewal.

Special Request:

- ♥ Please keep Connie in the church office updated on any of the prayer requests you have made on behalf of your friends and family.
- ♥ **Where to send important information!**
Please send to all addresses.
- ♥ Juanita Joiner for the Newsletter:
jjoiner@muskegoncentralumc.org
- ♥ Connie Jones for the Church Calendar:
connie@muskegoncentralumc.org

Church Office Hours

Our regular office hours at the church.
Tuesday — Thursday 9 a.m. — 2 p.m.

Central United Methodist Church

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Muskegon Central United Methodist

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Have news for the Outlook? See page 3 for submission addresses. Next Outlook deadline is **April 16**. Thank you!

“Come and Find the Quiet Center”.



Come and find the quiet center in the crowded life we lead, find the room for hope to enter, find the frame where we are freed: Clear the chaos and the clutter, clear our eyes that we can see all the things that really matter, be at peace, and simply be.

Silence is a friend who claims us, cools the heat and slows the pace, God it is who speaks and names us, knows our being, touches base, making space within our thinking, lifting shades to show the sun, raising courage when we're shrinking, finding scope for faith begun.

In the Spirit let us travel, open to each other's pain, let our loves and fears unravel, celebrate the space we gain: There's a place for deepest dreaming, there's a time for heart to care, in the Spirit's lively scheming there is always room to spare.

For those of you who receive your Outlook digitally, you will enjoy listening to this recording of the hymn. If you have access to a computer, you can find the digital copy on our website: <https://www.muskegoncentralumc.org/>

Click [HERE](#) to listen to “Come and Find the Quiet Center”.