

For the members, family and friends of Christ UMC and MT. Carmel UMC

24 hrs that Changed the World!
Begins Sunday, February 21st
9:00am & 10:30am

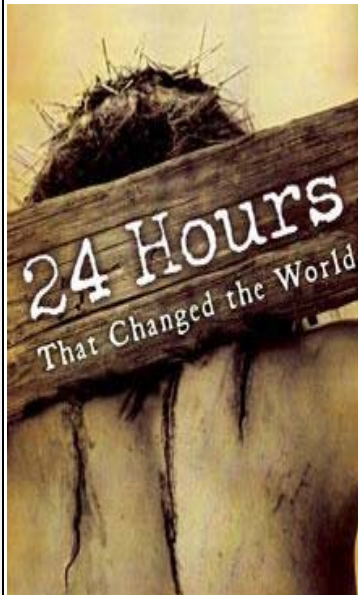
**JOIN US FOR
WORSHIP THIS
SUNDAY:**

9am:

Traditional service with choir and communion weekly. Adult, youth and Children's Sunday School

10:30am:

Contemporary Service with worship band. Children's choir, Children's church and Adult Bible Study



"He was pierced for our transgressions. He was crushed for our sins. The punishment that brought us peace was upon Him. And by His wounds, by His wounds we are healed

We are healed by Your sacrifice and the life that You gave. We are healed for You paid the price, by Your grace we are saved, We are saved..."
"By His Wounds" Mercy Me

No single event in human history has received more attention than the suffering and crucifixion of Jesus of Nazareth. Join us this lent, as we retrace the last twenty-four hours of Jesus' life. Each week our worship experience will center upon one of the fateful moments in Jesus' last day. We will sit at the last supper table, pray in the garden of Gethsemane, hear our voice added among the mockers, journey down the Via Dolorosa, and stand at the foot of the cross. Whether you are a long-time Christian or are simply curious about the story of Christ's crucifixion, this series will be eye opening and challenging.

24hrs That Changed the World Small Group
Wednesday evenings 7:30pm

Join us in the sanctuary for weekly video segments lead by Adam Hamilton. You will see Holy Land footage which places the events of Christ's last days in context. Then break into small groups to discuss the meaning of the passion and the challenge Christ gives to each of us. Child care provided upon request. The first class will take place following the Ash Wednesday service.

Young adults 18-35
this is a great time to get to know other young adults in the congregation with a break out small group just for you.

Lenten Worship and Activities



Shrove Tuesday Pancake Supper

February 16 ~ 5-7:00 pm
Eat and Give to Help
Haiti Earthquake Victims!

Each diner is asked to make a donation, to help UMCOR's relief efforts in Haiti and around the world. Come out for a fun night of fellowship and great food! Invite your friends!

Soup, Salad and Speaker series Tuesdays in March.

6:30 - 7 pm Food served
 (bring a dish to share)
7 - 7:30 pm; speaker,
 (clean up to follow)

The general theme is "Loss." Planned topics include: Identity loss, financial loss, loss of a loved one, loss of health, loss of a marriage and loss of one's faith or spiritual dryness.

Ash Wednesday Service

February 17th ~ 7:30pm
CUMC sanctuary

The season of Lent is a time to turn from our sin and recommit our lives to Christ. The season begins on Ash Wednesday when we remember our mortality by receiving ashes upon our heads. The ashes form a cross reminding us of our great need for grace. Join us for this service of prayer, repentance, ashes and hope.

Holy Thursday Communion Service

April 1st ~ 7:30pm
Jackson Chapel
 (6027 Bartonsville Road)

On the Thursday night of Holy Week Jesus joined his disciples at the table to share the Passover meal, to wash their feet, and prepare them for the passion. This Holy Thursday we invite you to remember Christ's sacrifice and celebrate Christ's love by joining us for "The Last Supper" at Jackson Chapel UMC. The choirs, pastors, and congregations of Christ UMC, Mt. Carmel UMC, and Jackson Chapel UMC will share this sacred time for worship and communion.

Good Friday Service

April 2nd ~ 7:30 pm
CUMC Sanctuary

Join us in the hushed darkness as we remember, "The Final Hour" of Christ's passion. How does this hour change the world? How does this hour change you?



SHINE 30-hour Famine Friday, February 6-Saturday, February 27			
KIDS ROCK SCHEDULE	Students will cook for the Mt. Carmel food mission, clean the church & assemble the Health Kits. Fasting begins on Friday afternoon and continues until Saturday evening	when they break fast with communion & supper. Volunteers are needed to organize the supper and the after supper kitchen clean-up. Fluids are	allowed and donations are welcome, especially juices like Sunny D. Students seek sponsors-the check should be made out to World Vision.
	Mission: Sharing Abundance		
	As we look at snow and feel the cold here in Maryland, we can be thankful for fresh food, electricity and indoor plumbing. We think of the earthquake victims suffering in Haiti, and are glad to know	we can help through UMCOR, the United Methodist Committee on Relief. The Health Kit Cross is located in the lobby at CUMC, and bears hundreds of bright green tags	with items for the kits (soap, washcloths, toothbrushes, bandages, etc.) Please take some tags, and bring back the items with the tags by Feb.21st.
	Health Screening		
CUMC is pleased to offer a preventive health event. Life Line Screening , the nation's leading provider of community-based preventive health screenings, will host their affordable, non-invasive, painless health screenings on March 1, 2010 . Five screenings will be offered that scan for potential health problems related to: blocked arteries, which is a leading	cause of stroke; abdominal aortic aneurysms, which can lead to a ruptured aorta; hardening of the arteries in the legs, which is a strong predictor of heart disease; atrial fibrillation or irregular heart beat, which is closely tied to stroke risk; and a bone density screening, for men and women, used to assess the risk of osteoporosis Register	for a Wellness Package with Heart Rhythm for \$149. All five screenings take 60-90 minutes to complete. Your Health is in Your Hands, so call 1-888-653-6441, or visit www.lifelinescreening.com , for more information or to pre-register.	

March 6
Board Game
Night

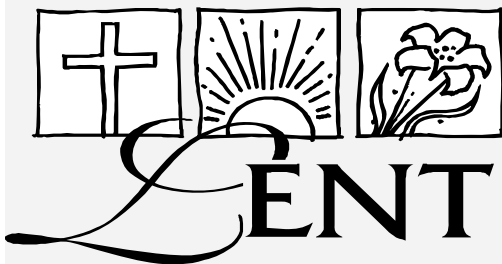
April 3
Olympic Night

May 1
Campout
Family Night

CHRIST UMC
MT. CARMEL UMC
9411 BALTIMORE ROAD
FREDERICK, MD 21704

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Frederick, MD 21701

RETURN SERVICE REQUESTED



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Visit us on the web at

www.familyofchrist.net
www.hopemtcarmel.org

February 2010

Special CUMC Update

Waiting for Spring

Greetings to you, Brothers and Sisters in Christ!

As I look out my window, there are still piles of snow everywhere. As frustrating as it can be to have our plans and schedules interrupted, it is also a blessing to be able to take a weekend to stay close to home. In my neighborhood, the children were all playing outside, sledding off of their fabricated hills. The adults worked together to clear driveways. They made sure that someone with a 4X4 truck was cleared first in case I would happen to go into labor!

What is exciting about times like these with the community is that there is openness to conversations about church and faith. Working alongside our



neighbors, we learn more about their beliefs and their struggles even more than we do during the picnics and block parties.

In Disciple Bible Study, we've been reading about the Covenant people of Israel and their repeated mistakes in the wilderness. What stood out to me recently was this verse: "I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world.

The people you live among will see how awesome is the work that I, the LORD, will do for you (Exodus 34:10)."

With this came the warning not to follow the ways of those in the land, but to keep the Lord ever before us.

When our neighbors work closely beside us, can they tell that the Lord is doing awesome work in our lives? Are we praising the Lord for the wonders that God is doing? May we all live as examples of faithfulness during this season of winter,

especially as we begin our journey through Lent. And, may the time that we have spent in relationship with those in our neighborhoods help draw them to our Lord of Covenant and Resurrection.

Blessings to you all, and stay warm!

Pastor Melissa

New Ways to Share the Word!

This month, we will begin sending regular e-mails that help to share information about what is happening at CUMC. You will have a chance to opt-in or out of receiving these messages. The e-newsletter will give you the opportunity to forward info about events to your friends in a non-threatening way, so they can see all of the awesome works God is doing in our midst. Hard copies will also be available for those who are not online. If you are interested in helping to create and design these newsletters or maintaining the confidential mailing list, contact Pastor Melissa at pastor@familyofchrist.net

A Stewardship Moment

We have been blessed with tremendous generosity coming out of the Christmas season and into the New Year. As you consider your gifts, please remember that we are still collecting for the people of Haiti. There will be several opportunities coming up to help through missions work, such as the pancake supper and health kits.

It is also important to remember that what we give through our tithes and offerings in apportionments helps the



Connectional church to be prepared to step into action at such times of crisis. This work

never ceases, and it is a blessing of our denomination. We must be faithful in our giving to the local church in order to meet the financial obligations that make such work possible.

As you discern how to give or your time, talents, and treasure, remember that the work of building God's Kingdom never has a snow day. Be faithful to your commitments so that the Family of Christ can be faithful to living out or calling in Frederick and throughout the world.

A Snowy Day Devotion

"Be still and Know that I am God!" These were the words on my mind as I watched the snow fall... and fall... and fall. God is still in control and he will find ways remind us of his ultimate power and beauty. He also knows how to help us rest from the business of life. We were snowed in and unable to be together on the Sabbath day. However, the word of God is always with us! I offer to you for reflection, prayer and praise the words of Psalm 46.

Psalm 46

¹ God is our refuge and strength,
an ever-present help in trouble.
² Therefore we will not fear, though the earth gives way
and the mountains fall into the heart of the sea,
³ though its waters roar and foam
and the mountains quake with their surging.
Selah
⁴ There is a river whose streams make glad the city of God,
the holy place where the Most High dwells.

⁵ God is within her, she will not fall;
God will help her at break of day.
⁶ Nations are in uproar, kingdoms fall;
he lifts his voice, the earth melts.
⁷ The LORD Almighty is with us;
the God of Jacob is our fortress.
Selah
⁸ Come and see the works of the LORD,
the desolations he has brought on the earth.
⁹ He makes wars cease to the ends of the earth;
he breaks the bow and shatters the spear,
he burns the shields ^[b] with fire.
¹⁰ "Be still, and know that I am God;
I will be exalted among the nations,
I will be exalted in the earth."
¹¹ The LORD Almighty is with us;
the God of Jacob is our fortress.
Selah

When has God been your refuge?
Your help in times of trouble?

What in our world, in your life, in your family, causes you to fear?

Do you believe that God is in those fearful places and able to help you through?

What do the words, "Be still and know that I am God," mean to you?

How can you still your mind today and worship that you will know who is God? prayer walk? bible study? focused prayer for your family, church, community...? family worship with Christian radio (WGTS on line)?

