

***Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear.***

*Ephesians 4:29*

Set a guard, O Lord, over my  
mouth; keep watch over the door  
of my lips! Do not let my heart  
incline to any evil.

PSALM 141:3-4



*Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. Ephesians 4:29 (NRSV)*

Dear Friends,

This teaching from Ephesians is a challenge for most of us. I often hear someone say, "I never heard him/her speak unkindly of another person." That is the way we are taught, and yet, we know that isn't the prevailing way things are done in our society. The letter to the church at Ephesus was intended to help and remind them of the teachings of Jesus. Apparently, they were struggling to work together as a congregation.

When I was growing up, my mother often said the familiar rhyme, "Sticks and stones may break my bones, but words will never hurt me." I know she said it to try to help us not be so sensitive to something others say to us, but no matter how often she repeated it, I never found that I wasn't hurt by someone else's words. I also know that, as hard as I try, my words have hurt other people.

As we move into Lent, I would like to invite all of us to stop and think about how we live our lives as Christians in the world. Do our words and actions reflect the Savior we follow? Have we invited God to, as the Psalmist prayed, "*Set a guard over my mouth, O Lord; keep watch over the door of my lips.*" (Psalm 141:3)

If it has been our practice to give something up for Lent, maybe this year, we can give up or begin working at being aware of how we use words and actions to present Christ to the world as his followers. I highly recommend reading a book called "The Practice or the Presence of God" by Brother Lawrence which can be found on Amazon, through Barnes and Noble, or other book distributors. It provides much food for thought about living in God's ways.

Most of us try to live in God's ways, but it seems like Lent might offer an opportunity to revisit some of the teachings and scriptures that remind us about what that means in our own lives. Maybe we will become very practiced at "giving grace to those who hear," as the end of our verse above says. We begin the journey of Lent!

Grace and peace,  
Rev. Deb





## ASH WEDNESDAY SERVICE

On Wednesday, March 6 at 7:00 pm, we will offer an Ash Wednesday communion and prayer service. This is the first day of Lent, and it is a service of repentance and forgiveness. We will have imposition of ashes (optional), prayers and communion. ALL are welcome! Please plan to come!

---

## 40 DAY 40 ITEM CHALLENGE

Sunday March 10th marks the the first Sunday of Lent and our Lenten Series “Give Hope With All Your Heart”. It is through your heartfelt kindness that we continue our community outreach with the “Give Hope” campaign with a 40 day - 40 item challenge!

It’s a simple challenge...each day of Lent, remove one item from your closet/home that you longer wear or need and put it into the bag provided by us. At the end of Lent we will gather all the bags on Easter Sunday service to donate the items to the our community who can really use them.

Thanks for continuing to “Give Hope” to those in our community.

---

## LENTEN DEVOTIONAL BOOKLETS

Rev. Deb has put together a Lenten Devotional booklet for those who might like to read an extra devotion a day during the season of Lent. There are a variety of writers in the booklet, and their names are listed on the last page. The devotions are available on the table in the hallway near the *Upper Room* booklets. If we run out, we can always make more, just let us know.

# FYI.

Interested in  
*Membership?*  
Maybe NOW is the time!

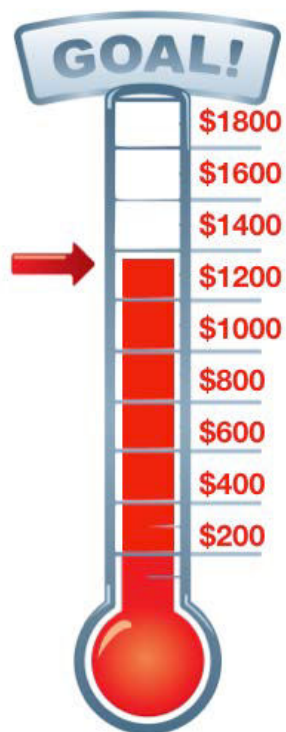
### INVITATION TO MEMBERSHIP

Anyone who is interested in becoming a member of the church is invited to speak with Rev. Deb. She can arrange for a transfer of membership from another church, or those who are not members somewhere else may join by Profession of Faith. When you join this church, you covenant with the congregation to support it with your prayers, presence, gifts, service, and witness. Once we know how many people are interested, we will have a new member meeting to cover any questions people may have. Please prayerfully consider joining.

### FLOWER DEDICATION

The 2019 calendar is in the narthex. Please write your name on the Sunday you want the dedication to be made. Provide a check for \$25 to the office.

Holy, Holy, Holy  
Is the Lord God Almighty  
Who was, and is, and is to come



### WORSHIP MONITOR

The Finance Trustees are looking for donations to replace the outdated screen and projector being used each Sunday with a large LED monitor.

Please see John VanReenen for details.

We can use your help in enhancing our worship services each Sunday. Thank you for your continued generosity.

## SPRC

Staff/Pastor – Parish Relations Committee

United Methodist Church  
Where lives are transformed.



### SPRC MEETING

The Staff Parish Relations Committee will meet on Sunday, March 10 after the service in Rev. Deb's office. This is our quarterly meeting so those who are on the SPRC, please plan to attend. (Kevin Fickenscher, Cathy VanReenen, Mike Coffey, Nancy Chessser, Marilyn Stebbins, Linda Reiber, Kaya Sarosiek, Sue Sarosiek, and Rev. Deb Hanson)

### DON'T FORGET TO SPRING FORWARD

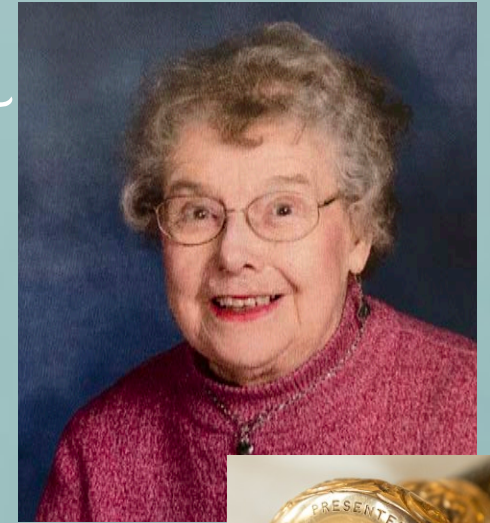
Remember to set  
your clocks ahead 1  
hour Saturday night  
3/9/19







*THE BOSTON POST  
CANE TRADITION  
IS PRESENTED TO  
BARBARA MILLAR*



*MARCH  
BIRTHDAYS*

1 Roberta Noble  
7 Devin Scott  
13 Carson Crisp  
17 Bonnie Timperman  
19 Mara Bovee  
24 Melanie Berry  
26 Amy Bovee  
27 Anita Bunting  
27 Ashley Janvrin

A tradition of celebrating the oldest citizen in NE towns was started by the late Mr. Edwin A. Grozier, Publisher of the Boston Post on August 2, 1909. And on February 28th, 2019 was presented to our very own Barbara Millar.

The canes were all made by J.F. Fradley and Co., a New York manufacturer, from ebony with a 2 inch 14-carat gold head decorated by hand, and a ferruled tip. The head was engraved with the inscription, presented by the Boston Post to the oldest citizen of Kittery and handed down by the Board of Selectmen.



# **PRAYER**

---

THE MOST POWERFUL

# **WEAPON**

# **OF A BELIEVER**

## **WE LIFT UP IN PRAYER:**

Barbara & Jim Slater

Barbara Sylvester

Pauline Boynton

Barbara Millar

Irene Derosier

Barbara Clement

Malia Broe

The family of Trudy Parkhurst

Joette MacKenzie

Vicky Fernandez

Woodie Lange

Roseanne

Rev. David Kerr

Jim New

Kim Hishop

Rev. Bill Gardei

Gayle Gardei

Marion Collishaw

Sue Goodhue

Hunter Pinkley

Sylvia Bartlett

Brian Thompson

Our Church family

Gil Stebbins

Alissa Fernandez

Pastor Sue Ellery

Nancy Chessser's family

Gabor [Brianna's father in-law]





**SENDING A CARD,  
MAKING A VISIT, OR  
CALLING SOMEONE...**

**These are all wonderful  
ways of making sure our  
FUMC family feels  
connected to what is  
going on in the life of the  
church and in your life.  
Just saying hello can  
make a huge difference in  
someone's day. Here are  
some folks that would  
love to hear from you.**



**Ruth Tuttle**  
145 Elm St  
Windsor Locks, CT  
06096



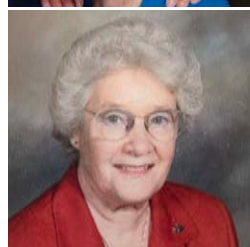
**Barbara Clement**  
18 Sam Clark Road  
Barnstead, NH 03225



**Gil Stebbins**  
143 Rogers Rd. #105  
Kittery, ME  
03904



**Barbara & Jim Slater**  
288 Wallis Road  
Rye, NH 03870



**Marion Collinshaw**  
111 Westwood Drive  
Nashua, NH 03062



**James New**  
Durgin Pines  
9 Lewis Rd #104  
Kittery, ME 03904



**Barbara Millar**  
220 State Road #110  
Kittery, NH 03904



**Sylvia Bartlett**  
231 Washington St  
Rye, NH 03870

**JoEtte MacKenzie**  
18 Woodman St  
Rochester, NH 03867



**Rev Bill & Gayel Gardei**  
Durgin Pines  
9 Lewis Road  
Kittery, ME 03904



**Barbara Glidden**  
188 Jones Ave #101  
Portsmouth, NH 03801





## ***THIS MONTH'S "SHARING MOMENT"*** ***ANNE COFFEY***

### **Heirlooms**

**Up in the attic down on my knees lifetimes of boxes  
timeless to me. Letters and photographs yellow with  
years, some bringing laughter some bringing tears.**

**Time never changes the memories, the faces of  
loved ones, who bring to me. All that I come from,  
and all that I live for, and all that I'm going to be.**

**My precious family is more than an heirloom to me.**

***Amy Grant***

### ***WHY DOES IT MEAN SO MUCH TO YOU?***

The love and excitement I feel every time I go through the many boxes of old pictures, heartfelt letters, and cards, artwork, poems, and newspaper clippings, that I have saved. Remembering forgotten events, celebrations, and milestones, joys, and sorrows, every time I open a box. Recalling fond memories of my childhood of family love and friendship, I find my self smiling and thinking about how lucky I am to have such a precious, loving, family. I know I will always love and be loved.


### ***HOW HAS IT IMPACTED YOUR LIFE?***

I have always loved my family unconditionally. They are my highest priority. Being there for them when needed, through good times and bad. I am there with an ear to listen or a shoulder to cry on. I am living each day with the wisdom and values that were taught to me, and the love and guidance from God and family, have made me a loving mentor for my children and grandchildren.

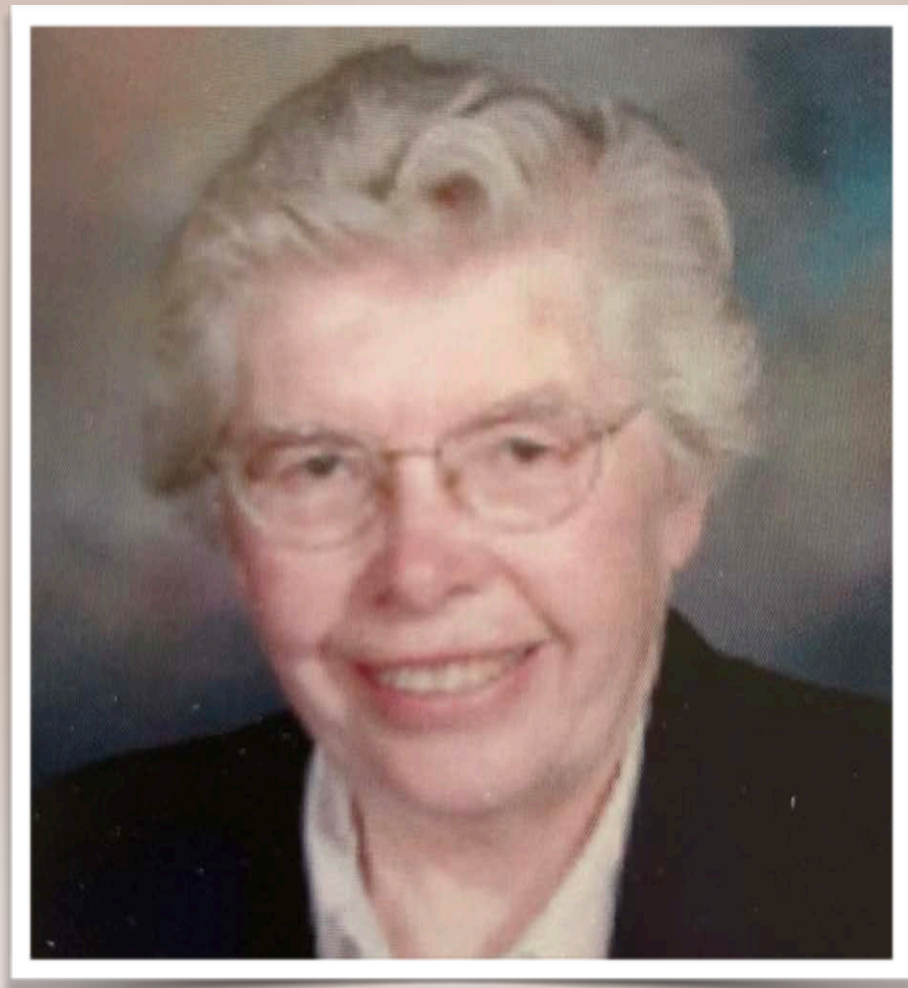
### ***WHAT DO YOU WANT OTHERS TO TAKE AWAY FROM IT?***

"The Love of Family is Life's Greatest Blessings" My family is a gift from God, and I thank HIM every day.



A close-up photograph of several pink tulips in a glass vase, with green leaves visible. The flowers are in various stages of bloom, with some showing the characteristic cup shape and others more open.

***WITH SYMPATHY***  
***We mourn the loss of***  
***Trudy Parkhurst and***  
***ask that you keep Jane,***  
***Dave & Sue Richards***  
***and their families in***  
***your prayers.***





## **BACKPACK MINISTRY/END 68 HOURS OF HUNGER**

This program continues to thrive and we are now well into our 8<sup>th</sup> school year. We are currently serving 102 children total from all 6 Portsmouth schools. We continue to get amazing support from other churches and our community volunteers. In the past couple of months, we have received food donations from 5 food drives and cash donations from several other fundraisers. We were a participant again this year in "Spinning for Generosity" and over \$7,000 was raised in one week – amazing!!!! We have also been selected as the charity for the Pease Tenant Association this year and they will have several fundraising events for us throughout the course of the year. I also have a company at Pease purchasing hats and gloves for all the children, which will go out in the bags on 1/11. It's really wonderful how giving this Portsmouth community is. God is good! If you would like to get involved in this ministry or learn more about it, please contact me directly at [jen\\_b76@yahoo.com](mailto:jen_b76@yahoo.com) or 603-801-3886.

Blessings, Jen Berry - Portsmouth Coordinator

## **SEACOAST FAMILY PROMISE**

SFP is going stronger than ever. Our next rotation is January 20-27 and we currently have (3) families in the program – 3 single moms and a total of 10 children (8 under the age of 6). All of the families we worked with in 2018 (except for these 3 which are currently in the program) transitioned to stable housing and have remained there. The Day Center in Exeter is currently undergoing significant improvements due to the generosity of the community and Riverwoods, who made us their charity this year and raised thousands of dollars for the program. If you would like to volunteer, we have opportunities available to help with prepping the Sunday school rooms for family arrival, cleaning them up when it's over the next week, dinner crew for Friday night and we could always use new overnight volunteers. Many of the current volunteers in this program have been doing it all 13 years, so some fresh volunteers would be appreciated. This program definitely changes lives and I am proud that our church is a part of it, along with 20+ other congregations in the Seacoast NH area. If you think you might like to help and experience the joy of changing people's lives firsthand, please contact Jen Berry at [jen\\_b76@yahoo.com](mailto:jen_b76@yahoo.com) or 603-801-3886.

## **UMCOR (United Methodist Committee on Relief)**

Is an agency that reaches out to communities and countries who have gone through natural disasters, fires, and many other traumatizing events that have caused destruction and loss. They provide clean-up support, medical supplies, school supplies, and a number of other ways of helping those who are in distress. Even though we may not always see them listed in the newspapers, they are among the first ones to respond since teams are made up of people who live in the area.

Here at First UMC, we support UMCOR through our financial giving, as well as occasionally putting together kits or flood buckets to send wherever they are needed. All money we give goes to help wherever it is needed. On the Sunday designated as "One Great Hour of Sharing," the money for that Sunday goes to help the administrative costs to run UMCOR. So, when we donate to a cause, we can be sure that 100% of the funds go to that cause. Each month we will collect mission money for UMCOR to go to a certain cause. For more information, go to GBGM.org. Thanks for all you do to help others!



# MARCH 2019 SUNDAY WORSHIP TEAM SCHEDULE

DATE	LITURGIST	GREETERS	USHERS	ACOLYTE	WORSHIP TECH	SOUND TECH	SUNDAY SCHOOL
3/3/19	Dave Richards	Anne & Mike Coffey & Marilyn Stebbins	Ken Young & Ken Westbrook	PennySue Orr	Steve Scott	Sue Sarosiek	Sue Richards
3/10/19	John VanReenen	Jane Richards & Marilyn Stebbins	Kevin Fickenscher & Suzanne Ulbricht	Jenya Westbrook	Steve Scott	Sue Sarosiek	Dave Atkinson
3/17/19	Steve Langs	Yvonne Griffin & Marilyn Stebbins	Jan & Al Cansdale	Alexa Langs	Steve Scott	Sue Sarosiek	Dave & Sue Richards
3/24/19	Kevin Fickenscher	Joyce Blanchard & Marilyn Stebbins	Dave & Sue Richards	Sue Richards	Steve Scott	Sue Sarosiek	Airial Silanpaa Kaya Sarosiek
3/31/19	Sue Richards	Ken & Sharon Corpron & Marilyn Stebbins	Art Munson & Nancy Chesser	Kaya Sarosiek	Nancy Chesser	Sue Sarosiek	Airial Silanpaa Kaya Sarosiek

**NOTE - IF YOU ARE UNABLE TO MEET THE PROPOSED SCHEDULE PLEASE LET US KNOW IMMEDIATELY SO WE CAN SCHEDULE SOMEONE ELSE.**



# MARCH 2019



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 ♦10am Worship ♦11am Coffee Hour	4 ♦ 11:30 am AA High Nooners ♦7pm AA	5♦11:30 am AA High Nooners ♦6pm Promusica ♦6pm Finance Trustee meeting ♦6:30pm NA	6♦11:30 am AA High Nooners ♦7pm Ash Wednesday service	7♦8:30am Doris Rice ♦7pm AA	8♦ 11:30 am AA High Nooners ♦7pm AA	9♦1pm AA
10Daylight Saving Time starts ♦10am Worship ♦11am SPRC ♦11am Coffee Hour	11♦7pm AA	12♦6pm Promusica ♦6:30pm NA	13	14♦8:30am Doris Rice ♦7pm AA	15♦7pm AA	16♦8:30 am Conference Committee ♦1pm AA
17St. Patrick's Day ♦10am Worship ♦11am Coffee Hour	18♦2pm Planet Rangers ♦ 7pm AA	19♦2pm Planet Rangers ♦6pm Promusica ♦6pm Church Council ♦6:30 pm NA	20	21♦8:30am Doris Rice ♦2 pm Planet Rangers ♦7pm AA	22♦7pm AA	23♦1pm AA
24♦10am Worship ♦11am Coffee Hour	25♦2pm Planet Rangers ♦ 7pm AA	26♦2pm Planet Rangers ♦6pm Promusica ♦6:30pm NA	27	28♦8:30am Doris Rice ♦2 pm Planet Rangers ♦7pm AA	29♦7pm AA	30♦1pm AA
31♦10am Worship ♦11am Coffee Hour ♦2pm Promusica						





## **FUMC PORTSMOUTH A RECONCILING CONGREGATION**

We, the congregation of the First United Methodist Church of Portsmouth, New Hampshire, are dedicated to worshiping, learning, and serving with all people as we embrace Jesus Christ's message of love and acceptance. As a United Methodist Church we stand fully behind the statement "Open Hearts, Open Minds, and Open Doors" We celebrate our diversity and invite all persons regardless of age, gender, racial or ethnic background, sexual orientation, marital or socioeconomic status, nationality, physical or mental ability into full membership and participation in the life of this community of faith.



### **New England Annual Conference Tri-State District**

The Rev. Sudarshana Devadhar, Bishop  
The Rev. James McPhee, District Superintendent

FIRST UNITED METHODIST CHURCH  
129 Miller Avenue - Portsmouth, NH 03801  
Office Phone 603-436-6038 [office@fumcportsmouth.net](mailto:office@fumcportsmouth.net)  
Pastor office hours - Tuesday and Thursday 9 am - 12 pm  
[call to ensure availability]  
Pastor - Rev. Dr. Debra J. Hanson

Check out our website at [www.fumcportsmouth.com](http://www.fumcportsmouth.com)

Like and Follow Us On:





in a  
WORLD

where you can  
be anything

BE KIND