

# The Messenger



**FIRST METHODIST CHURCH  
— OF ZEPHYRHILLS —**

a Global Methodist Family

**March 2024**

38635 5th Avenue, Zephyrhills, FL 33542

Church Office: (813) 782-5645



# HOLY WEEK



## WORSHIP SCHEDULE



*March 24 - Services:  
Contemporary - 9:30 a.m.  
Traditional - 11:00 a.m.*



*Holy Thursday, March 28:*

*6:30 p.m., Christian Passover Seder, Cooper Hall*

*The first of the three days of solemn remembrance of the events leading up to and immediately following the crucifixion of Jesus.*

*This year, we are doing this re-enactment of the Last Supper.*

*See sign-up sheets will be in the Sanctuary and Cooper Hall to participate (should be out by next Sunday, March 10th!)*



*Good Friday, March 29, 6:30 p.m. Service*

*The crucifixion of Jesus is remembered, with a special focus on prayer, scripture and reflection on the death of Christ, penance and special devotion. This year, a community gathering on Good Friday, hosted by First Methodist, in our sanctuary, joined by other local churches.*



*Easter Sunday, March 31  
Contemporary - 9:30 a.m.  
Traditional - 11:00 a.m.*

*Joyfully celebrating  
Jesus' Resurrection!*



### **Easter Egg Hunt and Easter Morning Children's Church Donations Needed**

Our Church will be holding an Easter Egg Hunt after each service on **Easter Sunday, March 31!**

We are in need of candy to fill Easter eggs for this hunt, and need egg cartons (dozen egg size please). We would also love some volunteers to help stuff the eggs and hide them. Talk to or email Karen Ezra ([kezra@fmcz.org](mailto:kezra@fmcz.org)) to sign up to help.

*Cantata at 11:00 a.m. service, Sunday, April 7th*

**"Covenant of Grace"**  
**By Joseph M. Martin**  
**Plan to join us!**





### Young at Heart

Mark your calendar for the next Young at Heart Seniors luncheon on **Thursday, March 21st, 11:30 a.m. to 1:00 p.m. in Cooper Hall.**

Admission: One Covered Dish of your choice.

**Speaker: Brenda Kapp - My New Heart**

(9 year Heart Transplant Recipient)

**Q & A**



**Coming to First Methodist Church, Zephyrhills:  
Gulf Ridge Quartet!**

Come out and enjoy a great concert here on **Sunday, March 17th (St. Patrick's Day), 6:00 p.m. in Cooper Hall.** This will be just for a love offering (desserts included!) Our own Judy Peavey is preparing delicious desserts for the occasion. Come, bring a friend, enjoy!

## First Methodist Church of Zephyrhills "Food Pantry"

**On Collection Sundays,** for your convenience, a food donation cart is at the front entrance of the Church and another in Cooper Hall.

Your donations are always welcome, but this month the *Pantry is really in need of 12 oz. boxes of cereal, boxes of saltine crackers, and canned pork & beans.*



**Next Collection is March 17th!**

The Food Pantry volunteers thank you for your support!



### Save the Date: Vacation Bible School

June 3-7 from 9:30 to noon we will be doing the Great Jungle Journey VBS right here at Zephyrhills Methodist Church.

## **Our Friends in Nursing Homes and Assisted Living Facilities**

**American House:** Lyden & Sue Green, Pat Meelheim, Edythe Miller,  
Ruth Palmer, Neal Slingerland

**Edwinola (Dade City):** Peggy Fetch, Beulah Zeller

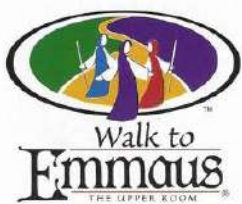
**Heartland:** Ginger Schaeffer

**Rose Castle:** Roberta Hubbart

**Advent HCC North:** Shirley Force

**Zephyr Haven:** Shirley Griffin

**Dora Burnside** (at home with daughter)



**The Next Emmaus Reunion meeting is  
THURSDAY, March 7th, 6:30 to 7:30 p.m.  
(For Those who have been on a "Walk")  
in Crusaders Room, Cooper Hall.  
*Please note day/time change.***



### **Walk to Emmaus**

Heart of Florida

The WALK To EMMAUS has NOTHING to do with how well fit you are to WALK!

This is a VERY SPIRITUAL WALK from Thursday evening to Sunday afternoon.

I went on this WALK in 2013, WALK number 27.

I met many ladies with wonderful testimonies and some sad testimonies.  
We attended prayer times, worship times and times of praises as well.

Upon completing this WALK, you are invited to attend our monthly meetings. There are also gatherings at various churches.

I urge you to become a PILGRIM and enjoy the fellowship with other positive thinking Christian ladies.

**Connie Norton**  
**Table of MARY**



## MISSION FOR MARCH

## Farmworkers Self-Help, Inc.

Our March mission focus is our neighbors in Dade City, Farmworkers Self-help, Inc. Their mission is: "To facilitate the self development of the whole person, families & communities toward self-reliance & personal independence, through community organizing, education, advocacy, justice & empowerment, and health among farm workers and other poor."

FSH along with the Resurrection House Mission and their learning center, create many programs for life skills, education, medical care and the basics, such as a food supply. Farm workers are considered "ESSENTIAL" workers in our country. Many are here as registered workers and are paying into our tax system on all the money they make. But they do not qualify for the benefits of regular food banks. RHM and FSH serve more than 150 families a week from their food bank of essential foods (tomato bullion, corn flour, cooking oil, wheat flour, rice and beans). In the fall of 2023, they had already dispensed 274,553 pounds of food.

In 2023 their health care programs expanded to include education about cancers, help for free or reduced cost health screenings, education about Fentanyl and other illegal drugs. Teaching English, help with legal paperwork, applying for passports, and the importance of voting are just a few of their teachings.

Help from churches and other organizations is important to this massive program of self-help managed by RHM & FSH. Your donation should be marked Farm Workers or mission of the month. Please continue prayers for this mission and their work in helping so many of God's people.

## Pocket Prayer Squares

Many thanks to Karen Wright for her dedicated work, we have a new supply of *pocket prayer squares* in many beautiful color combinations. The squares have been blessed by our Pastor and are available for you to pick up (**prayer squares available in the Narthex in the Sanctuary**) to share this blessing. These may be a source of comfort for those who are need prayerful support, and is no charge. All are welcome to have these for their loved ones. Please note that Prayer Shawls are also available .... you may call Barbara Sheldon (number below) for more information.

As you carry this prayer square,  
May you be surrounded by God's love,  
May He walk before you to guide you,  
Beside you to give you courage,  
Behind you to keep you safe,  
Beneath you to give you strength,  
Above you for blessing,  
Within you to give you His peace.

For more information, please call Barbara Sheldon at 813-602-3087, Chairperson of this project.



**Adult Children of Alcoholics** or dysfunctional families welcomes **Women** to attend a weekly **meeting every Monday evening at 5:00 pm located in the Parlor, Cooper Hall here at the church!** (From 10th Street, enter through white gate, go to double doors in courtyard). ACA is a fellowship of healing from past traumas as a child and growing through the pain to become a happy and content adult!

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*Alcoholics Anonymous at First United Methodist Church:  
AA Meets on Fridays at 4:00 p.m. in the Crusader's Room.  
Please enter through the back door of Cooper Hall,  
on 6th Avenue between 10th and 11th Streets;  
(a sign will be there).*



### **Al-Anon**

**Al-Anon is now meeting here at First Methodist Church again,  
Every Friday, 6:30 p.m., in Truthseekers' room.**

**This group is for family and friends of alcoholics.**

*Please enter through the back door of Cooper Hall, on 6th Avenue  
between 10th and 11th Streets;(a sign will be there).*

*For more information contact the Church Office, 813-782-5645.*



*All are welcome to join us each Sunday morning for coffee and  
snacks, serving 9:00 to 9:30 a.m.  
(before Contemporary service);  
and 10:30-11:00 a.m.  
(before our Traditional service).  
Come join us for fellowship!*



## PARISH NURSE MINISTRY TEAM/March 2024

The next blood pressure screening and rechecks will be  
March 17th, in Cooper Hall, from 1030am-11am

Check the Bulletin Board in Cooper Hall for Health Info and Tips



### MARCH IS THYROID AWARENESS MONTH



Think of your thyroid as a car engine that sets the pace at which your body operates. An engine produces the required amount of energy for a car to move at a certain speed. In the same way, your thyroid gland manufactures enough thyroid hormone to prompt your cells to perform a function at a certain rate.

As many as **30 million Americans** may be affected by [thyroid disorders](#), although more than half remain undiagnosed.

Thyroid disorders are more common amongst women.

Thyroid disorders tend to run in families.

Fatigue is a common complaint for under and [overactive thyroid conditions](#).

TSH testing is the most useful test for thyroid screening.

Regular check-ups are the key to successfully managing a malfunctioning thyroid gland.

Changing formulations and dosage that affect thyroid hormone levels should be followed by retesting.

Do not change your dose of thyroid medication without guidance from your physician.

Thyroid conditions in [pregnancy](#) warrant close attention.

[Thyroid cancer](#) is one of the fastest growing cancers in America and one of the most curable.



### HOW TO TAKE THE THYROID NECK CHECK



**All you will need is: A. Glass of water B. Handheld mirror**

1. Hold the mirror in your hand, focusing on the lower front area of your neck, above the collarbones, and below the voice box (larynx). Your [thyroid gland](#) is located in this area of your neck. 2. While focusing on this area in the mirror, tip your head back. 3. Take a drink of water and swallow. 4. As you swallow, look at your neck. Check for any bulges or protrusions in this area when you swallow. Reminder: Don't confuse the Adam's apple with the [thyroid gland](#). The thyroid gland is located further down on your neck, closer to the collarbone. You may want to repeat this process several times. 5. If you do see any bulges or protrusions in this area, see your physician. You may have an enlarged thyroid gland or a [thyroid nodule](#) and should be checked to determine whether [cancer](#) is present or if [treatment](#) for thyroid disease is needed.

Every time you look in the mirror, a key to your well-being is staring back at your thyroid gland. The thyroid gland is a small, butterfly-shaped gland located in the lower front of the neck, above the collarbones, and below the voice box (larynx). Your thyroid gland makes hormones that help control the function of many of your body's organs, including your heart, brain, liver, kidneys, and skin. Making sure that your thyroid gland is healthy is important to your body's overall well-being. For more info: <http://www.thyroidawareness.com/>, and take the [QUIZ!](#)

***Proverbs 4:22 – For they (His Words) are life unto those that find them,  
and health to all their flesh. (KJV)***

**Through Christ, Druann Briggs RN Parish Nurse Ministry Coordinator 813-420-7919**

# Pray For Our Military



## Proudly Serving Our Country

Budurka, Michael, Staff SGT, US Army, Fort Benning, GA, grandson of Bob and Barb Stankiewicz

Clark, Matthew, 1ST LT. Army, Ft. Drum, N.Y., Grandson of Jack & Louise Smith

Daniels, Clay, Major, US Army, Ft. Bragg, Grandson of Ed Fisher

Hill, Nathaniel, Colorado National Guard, Son of David Hill

Hunter Hollaway, Army National Guard, Great Nephew of Lori Hollaway

Hurley, Luka, MSGT., Grandson of Gordon & Norma Hurley (Omaha, NE)

Jared Monteiro, U.S. Coast Guard, Grandson of Debbie Huffert

Kramer, Hunter, Lt, Army MP, Fort Lewis-McChord, WA, son of Todd & Terri Kramer

Lenz, Alexander, MM3, Navy, Norfolk, Va., Grandson of Richard & Linda Bice

Mueller, Hannah, US Army, Fort Sill, Oklahoma, Daughter of Lorraine & Tom Mueller

Noel, Tim, MSSGT., Air National Guard, Japan, Son-in-Law of Ann Crawford

Parks, Andrew, Senior Airman, US Air Force, South Korea, grandson of Bob and Barb Stankiewicz

Shoup, Justin, Deployed

Tindall, Tyler, US Army Specialist, Texas, Grandson of Ed Fisher

Turner, Nicholas, CAPT., USAF, Husband of Kristen Beville Turner

Wagner, Jeff, CAPT., USAF, Colorado, Nephew of Elton & Pat Wagner

White, Darrel, 1<sup>ST</sup> SGT. Army, Texas, Nephew of Gerald & Virginia Swank

Williams, Andrew, Lt. COL. USAF, grandson of Bob & Barbara Williams

## **Special dates in March 2024**

- World Day of Prayer, *March 1*
- Daylight saving time begins, *March 10 (set clock ahead!)*
- *Gulf Ridge Quartet - Sunday, March 17, 6:00 to 7:00pm, Cooper Hall*
- First day of spring, *March 19*
- *Palm Sunday - March 24*
- *Holy Thursday - March 28, Christian Passover Seder, 6:30pm, Cooper Hall*
- *Good Friday - March 29 - combined service w/local churches, in our Sanctuary, 6:30pm*
- *Easter Sunday - March 31, 2024 (Children's egg hunts, both services)*



# March Birthdays & Anniversaries

## BIRTHDAYS

3/2	Jim Martin
3/3	Bethany Dykema
3/4	Thelma Diekfuss
3/4	Bonnie Hazelett
3/5	Nancy LeBel
3/6	Lorne Becker
3/6	Ronald Wisor, Sr.
3/7	Vicki Gower
3/8	Franklin Rakocy
3/9	Ken Emery
3/9	Virginia Gray
3/9	Beulah Zeller
3/11	Joshua Ouellette
3/12	Linda Ashline
3/13	Jennifer Smith
3/13	Geri Teeple
3/15	Deanna Hasenauer Pafundi
3/15	Nancy Hitte
3/16	Gregory Belles
3/17	Carolyn Jones
3/18	Joy Beaulieu
3/19	Eleanor Bellows
3/19	Minyon Freiermuth
3/19	David Friedman
3/19	Alene Mattison
3/19	Richard Vogel
3/20	Lois Hemphill
3/21	Shirley Force
3/23	Sarah Gale
3/23	Bernie Schmitt
3/25	Joan Atwood
3/25	Doyle Springfield
3/26	Audrey Willock
3/27	Reva Cooper
3/27	M.J. Price
3/27	Patricia Sheets

3/28	Harry Kehr
3/29	Kevin Keating
3/30	Terry Dutkiewicz
3/30	Daniel Ezra
3/31	Tina Graves
3/31	Robert J. Sheldon

This is the day the Lord has made. Let us rejoice and be glad in it (Psalm 118: 24). The beauty of the day is not that it is new, but that we are being made new. The glory of the day is not that it marks a change, but that we are being changed.

## ANNIVERSARIES

3/4	Kevin & Sarah Smith
3/5	Gerald & Virginia Swank
3/21	Kevin & Sandra Morris
3/22	Bobby & Johanna Theel
3/23	Donald & Janice Parsley

### 1 Corinthians 13:4-5

*Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.*

# March

Every Sunday: Contemporary Service 9:30am; Traditional Service 11:00 am  
 Children's Church dismissal both services  
 Adult Sunday School: 9:30-10:30am Crusaders' room; 11:00am-12Noon Truthseekers' room  
 Sunday Cafe: Coffee/light refreshments in Cooper Hall, 9:00 - 11:00 am  
**SEE ALL INFORMATION BELOW FOR HOLY WEEK AND EASTER!**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1 Project Others</b> 8-11am Cooper Hall  4:00 pm-AA 6:30pm -Al Anon Both Truthseekers room	<b>2 Thrift Shop</b> 8am-12noon
<b>3</b> <i>(see above)</i>	<b>4 Thrift Shop</b> Donations,8-noon Miriam Circle 12n-2:00pm Truthseekers' rm ACA- 5pm-Parlor 6pm Handbell 7pm Choir practice	<b>5 Praise &amp; Prayer</b> Group-9-10am (Truthseekers' rm)  Salvation's Rock Practice—	<b>6 Thrift Shop</b> 8am-12noon  Wed. Night Refuel Meal 5:45-6:30pm Groups 6:45-7:45pm	<b>7 MISSIONS Mtg.</b> 11am-T-seekers TOPS, 1-3pm (Truthseekers) Emmaus Reunion Meeting ~ 6:30pm, Crusaders Room	<b>8 Project Others</b> 8-11am Cooper Hall  4:00 pm-AA 6:30pm -Al Anon Both Truthseekers	<b>9 Thrift Shop</b> 8am-12noon
<b>10</b> <i>(see above)</i> <b>FOOD PANTRY</b> 3/11-3/13 9AM-12NOON (CHURCH OFFICE)	<b>11 Thrift Shop</b> Donations, 8am-12noon ACA- 5pm-Parlor  6pm Handbell 7pm Choir practice (Choir rm)	<b>12 Praise &amp; Prayer</b> Group-9-10am (Truthseekers' rm)  Salvation's Rock Practice— 7:30pm	<b>13 Thrift Shop</b> 8am-12noon  Wed. Night Refuel Meal 5:45-6:30pm Groups 6:45-7:45pm	<b>14 UWF meeting</b> 12noon-2 pm (Cooper Hall)  TOPS, 1-3pm (Truthseekers)	<b>15 Project Others</b> 8-11am Cooper Hall  4:00 pm-AA 6:30pm -Al Anon Both Truthseekers room	<b>16 Thrift Shop</b> 8am-12noon
<b>17</b> <i>(see above)</i> <b>Gulf Ridge Quartet, 6-7pm</b> <b>Cooper Hall</b>	<b>18 Thrift Shop</b> Donations, 8am-12noon ACA- 5pm-Parlor  6pm Handbell 7pm Choir practice (Choir rm)	<b>19 Praise &amp; Prayer</b> Group-9-10am (Truthseekers' rm)  Salvation's Rock Practice— 7:30pm (Sanctuary)	<b>20 Thrift Shop</b> 8am-12noon  Wed. Night Refuel Meal 5:45-6:30pm Groups 6:45-7:45pm (last one this season)	<b>21 Young at Heart Luncheon</b> 11:30am-1:00pm Cooper Hall  TOPS, 1-3pm (Truthseekers) School Concert, 7pm, Sanctuary	<b>22 Project Others</b> 8-11am Cooper Hall  4:00 pm-AA 6:30pm -Al Anon Both Truthseekers room	<b>23 Thrift Shop</b> 8am-12noon
<b>24 HOLY WEEK</b> <b>PALM SUNDAY</b> <b>31</b> <b>EASTER SUNDAY SERVICES:</b> 9:30, 11:00AM. <b>EGG HUNTS AT BOTH SERVICES</b>	<b>25 Thrift Shop</b> Donations, 8am-12noon ACA- 5pm-Parlor 6pm Handbell 7pm Choir practice (Choir rm)	<b>26 Praise &amp; Prayer</b> Group-9-10am (Truthseekers' rm)  Salvation's Rock Practice— 7:30pm	<b>27 Thrift Shop</b> 8am-12noon	<b>28 TOPS, 1-3pm</b> (Truthseekers)  <b>HOLY THURSDAY</b> <b>CHRISTIAN PASSOVER SEDER,</b> 6:30PM, <b>COOPER HALL</b>	<b>29 GOOD FRI-DAY</b> 6:30PM WORSHIP SERVICE, SANCTUARY  4:00 pm-AA 6:30pm -Al Anon Both Truthseekers	<b>30</b>