



Wedgwood Community

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The Wedgletter

Inside this Issue

AFC 2019	1
Upcoming Events	1
Pastor Sean's Column	2
Adult Education Classes	2
Spring Banquet	3
Evergreen News	3
Birthdays	4
Book Club & Movie Night	4
Wedgletter Online	4
Daily Devotionals	4
Church Humor	4
Bulletin Board	5

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Galatians 6:9-10

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www.abhms.org

Special envelopes for this offering can be found in the narthex. Let's make 2019 one of our most generous contribution years for the America for Christ offering!

Save These DATES



Saturday	Mar. 2	Movie Night	6:00 PM
Tuesday	Mar. 26	Lunch Bunch at Wedgwood Broiler	11:45 AM
Saturday	Mar. 30	Spring Banquet	6:00 PM



PASTOR SEAN'S ARTICLE

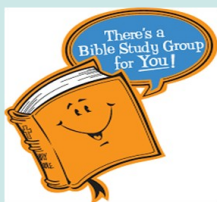
Ash Wednesday is on March 6, officially kicking off the season of Lent. Lent is that time in the liturgical calendar that lasts from Ash Wednesday until Easter. Traditionally, it is a time of reflection and preparation for the joys of Easter-to-come by first going through a period of alms-giving, penance, and self-denial. Perhaps the one practice most commonly associated with Lent is the practice of fasting. So I figured this month would be the most appropriate one to talk about the spiritual discipline of fasting, which can be done at any time of year.

Why do Christians fast? According to Richard Foster's book *Celebration of Discipline*, the reason Christians fast is so that the things that control us may be revealed. King David says, "I humbled my soul by fasting." (Psalm 69:10). Two things happen during fasting. One is that all the latent emotions within us get surfaced, as Foster notes. If we have deep-seated bitterness, during times of fasting, it will show itself in our words and behavior. We will try to justify those words and behavior by stating that we are simply hungry and irritable. But the truth is that the fasting has revealed the bitterness, and the obvious next step would be to go to Christ in prayer for healing. Other emotions like pride, jealousy, anger, and fear are similarly surfaced through fasting. The second thing that happens if we engage in this discipline is that we are reminded that all good things come from our creator God. While we are controlled by our appetites, going long enough without indulging in them teaches us to love the giver more than the gifts, lest we take even those essential gifts like food and water for granted. There are other benefits from fasting, such as greater concentration in prayer, more clarity of insight during meditation, and higher sensitivity in listening to God during times of solitude. Yet, at the end of the day, fasting has the capacity to convince all of us that we are utterly dependent on God for everything. This recognition leads to praise and worship of our loving God.

To get started, it is advised to do short fasts of no more than 24 hours, eating nothing and only drinking water or fruit juice. Lunch to lunch is usually preferred so that only two meals are missed. Of course, for those with health issues like diabetes, full-fledged fasting is not advised. However, some essential foods can be abstained from by anyone. Any fasts longer than 24 hours require plenty of previous practice (at least several months of fasting once a week) and prayerful discernment. What is most important is to be monitoring the things of the heart and the condition of your soul during these sessions. In summary, fasting enhances other spiritual disciplines, puts us deeper in touch with our true selves, and most important, propels us toward a greater love of God.

Pastor Sean

Come, Join Us!



We have multiple adult education opportunities at Wedgwood Community Church. Every Tuesday morning in the fellowship hall from 10 to 11:30 AM, we have a Bible study where we go through a book of the Bible, chapter by chapter, verse by verse. We are currently going through the books of 1st and 2nd Timothy and Titus. On the 2nd and 4th Wednesdays of each month in the fellowship hall from 6:30 to 8:00 PM, we have classes on theological topics. We have begun a study on prayer. If you haven't been to one of these education opportunities, please come and check them out. They are an informal, laid back time of fellowship and learning.

Pastor Sean

SPRING BANQUET



Save the date! On Saturday, March 30, Wedgwood Community Church will celebrate the advent of spring (we hope!) with a seasonal banquet, featuring our own “homegrown” talent. More details will be forthcoming, including ticket prices and when tickets will be available for purchase. Plan on joining us for an evening of fine food and engaging entertainment!

Evergreen Association



June 4 is *Take Your Pastor/Church Leader/Family to the Ball Game!* The Seattle Mariners will be playing the Houston Astros. Tickets are \$14.00 each.

Be sure to read *Evergreen Notes*, the monthly newsletter of the Evergreen Association of American Baptist Churches. You can find it online at

<http://www.ea-abc.org/medianewsletter.html>



March

- 7 – John Bigas
- 10 – Pat Kemp
- 14 – Nancy Darnell
- 14 – Shirley Harlow
- 14 – Sean Brown
- 14 – Lynn Francone
- 16 – Sura Charlier
- 17 – Gerry Zelaya
- 21 – Charlette Tapsoba

April

- 2 – Abbie Wenick
- 4 – Jeff Klein
- 4 – Alphonse Muanda
- 6 – Pam Bigas
- 12 – Katie Zelaya
- 12 – Kevin Kemp
- 13 – Ellen Brown
- 17 – Beverly Heerdt
- 20 – Jordan Festin
- 27 – Kris Delaney
- 29 – Aidan Klein
- 30 – Lynn Pulliam

MOVIE NIGHT AND BOOK CLUB SELECTION



The film *The 100 Year-Old Man Who Climbed Out the Window and Disappeared* has been scheduled for showing on Saturday, March 2, at 6:30 PM. We gather at 6:00 PM in the Fellowship Hall. Bring a snack to share and a friend to enjoy an evening of entertainment!

The book club's next selection is *Out to Canaan*, the fourth book in Jan Karon's "Mitford" series. The Mitford books are delightful—enjoyed by all. Everyone is invited to be a part of our group. Please, come join us.



CHURCH HUMOR



Ministerial Problem with Dentures

It seems there was this minister who just had all of his remaining teeth pulled and new dentures were being made.

The first Sunday, he only preached 10 minutes. The second Sunday, he preached only 20 minutes. But on the third Sunday, he preached 1 hour 25 minutes.

When asked about this by some of the congregation, he responded this way: "The first Sunday, my gums were so sore it hurt to talk. The second Sunday, my dentures were hurting a lot. The third Sunday, I accidentally grabbed my wife's dentures ... and I couldn't stop talking!"



The *Wedgletter* has been posted for people to access online at:

<http://www.wedgwoodchurch.org/wedgletters.htm>. To hear sermons, click on the Sermons link.



Be sure to pick up the latest edition of our daily devotional booklets, *The Secret Place* and/or *Our Daily Bread*, available in the narthex. They provide an inspirational way to start off the day!

BULLETIN BOARD

Opportunities to Support our Greater Community



Just a reminder that used eyeglasses are still being accepted at Woodlawn Optical located at 8032 - 35th Avenue NE. Glenn will then forward them for use by those in need, both in mission areas here in the states, as well as out of the country.

Please continue to "feed" our food barrel. Pickup is the 2nd Tuesday of every month. Check the list below for other things needed besides food. At every pickup, much thankfulness is expressed for our kindness.

Marilyn Potts

Wedgletter Contribution

If you have a personal experience for *Journey Talk*, a book review, or an article you would like to share with us, please let Ellen Brown know by the 15th of the month and submit it to her by the 23rd.



**University
District
Food Bank**

Items Currently Needed

Food

Canned Fruits
Canned Soups & Stews
Canned Protein Items (tuna, corned beef hash, chili, peanut butter-especially crunchy)
Soy Milk/Rice Milk
Vegetarian Items (tofu, canned beans, soups, chili)
Pasta and Rice
Canned Vegetables (pasta sauce, peas, olives, etc.)
Cooking oil

Other Items

Bar Soap Toothbrushes and Toothpaste Toilet Paper
Shampoo Deodorant
Pet Food
Paper and Plastic Grocery Bags
Baby Diapers, Food, Formula and Wipes