



## Prayer List

Richard Lewis  
Bishop Sharma Lewis  
Lori Lohr  
Rob Maxey  
Jamison Simpson  
Taylor Stapleton  
The Family of Harold Yeary

## In This Issue

From the Pastor .....	2
Holy Week.....	3
Easter Egg Hunt .....	3
Bible Quiz.....	4
April Food .....	5
Circles News.....	5
After School News .....	6
Food Pick Up List.....	6
Calendar.....	8—9
Men are Happier.....	12
UMCOR .....	13
Greenwood Birthdays.....	14
April Scriptures .....	14
Easter Egg Order Form....	15
Mark Your Calendars ..	Back

## Let Nothing Be Wasted

**G**reenwood’s participation in the Food Donation Connection program is expanding, with new collections, providing those involved in this ministry with possible exciting new travel opportunities.

We are adding another collection from the Starbucks at Virginia Commons, with pick up on Sunday afternoon or early Monday morning. Volunteers are needed to make this collection.

Additionally, Greenwood will soon start picking up from the Famous Dave’s Barbecue restaurant in Virginia Commons, collecting after 8 p.m. every day but Wednesday. Another new food provider, starting April 1, will be the Ruby Tuesday’s on Broad street, picking up between 3 and 4 a.m. seven days a week.

We will also start picking up from El Chico Tex-Mex Café in Cairo Festival City, New Cairo, Egypt and from Da Pinocchio Italian Restaurant in Tromso, Norway. And finally, from Johnny Rocket’s at the NASA Copernicus Lunar Colony on the Moon (see the April 2017 *Twig Bender*) picking up between 0800 and 1600, Greenwich Mean Time (GMT) once every 14 days, conforming to the Copernicus Colony’s “week.”

*(Continued on page 9)*



*From the Pastor*

## Lent Is a Season for ... Fasting

We're in the season of Lent which began on Ash Wednesday, March 6, and ends on the Saturday before Easter. Easter is April 21 this year. Sundays don't count as part of Lent, as Sundays are considered a weekly "little Easter."



Lent is a 40-day season of the church year set aside for penitence and practices that affirm or re-affirm our discipleship of Christ. Penitence means that we are sorry for things we have done (or not done) that God would want us to do. Penitence is acknowledging our sin and evaluating how we can keep from repeating the sin. Sin

keeps us from God. As God's children and as followers of Christ we want to draw closer to God.

Throughout history, believers have practiced a variety of behaviors that help humans draw closer to God. These include meditation, prayer, fasting, scripture reading, financial charitable giving, doing good works, journaling, small groups, Bible study and more.

One of the best-known Lenten practices is **fasting**. This is a well-established practice from ancient cultures that appears in the Old Testament, with a particular theological emphasis of dependence on God.

Fasting often appears in times of disruption and renewal. It can signify centering the self, renewal of our relationship to God, acknowledging God's sustaining force and hope – especially hope in the life everlasting. Fasting was often used as a means

*(Continued on page 7)*

*Our April Communion  
Offering Goes to:  
Lakeside Rescue*



## *What's Happening: Holy Week*

Sunday, April 14 Palm Sunday	11 a.m. Palm Sunday Worship Service
Thursday, April 18 Maundy Thursday	7 p.m. Worship Service at Greenwood
Saturday, April 20	10 a.m. Neighborhood Easter Egg Hunt, on the Greenwood Lawn
Sunday, April 21 Easter Sunday	7 a.m. Sunrise Service at Laurel Park UMC with breakfast afterwards 11 a.m. Easter Worship Service at Greenwood with Easter Cantata

### *Neighborhood Easter Egg Hunt Coming*

Bring your kids, your neighbor's kids, grandkids, nieces, nephews, cousins, uncles, aunts ... everyone is welcome to Greenwood's annual Neighborhood Easter Egg Hunt at 10 a.m. on Saturday, April 20.

We'll have a cake walk, face painting, UMCOR Hygiene kit assembly and, of course, an Easter egg hunt. Don't miss it!

Greenwood/Laurel Park church family members can help with baked goods for the cake walk, donations for the Hygiene kits (see list page 13) or by volunteering to help hide the Easter eggs. See any member of the Just Friends Sunday School Class to volunteer.

Baked goods and Hygiene kit items should be in the Fellowship Hall by 8:30 a.m. on the day of the hunt.

Thanks for your participation!



## Bible Quiz

## Famous Children in the Bible

*By Linda Walker*

Children are an important part of many of the stories in the Bible. Each month we will post information about a child mentioned in God's Word. See if you can guess the identity of the child and the Bible reference.

March's question was: **this boy grew up to be the Savior of the world.** The answer is: **Jesus.** In **Matthew 1:18-25** we learn about the birth of Jesus:

This is how the birth of Jesus Christ came about: His mother Mary was pledged to be married to Joseph, but before they came together, she was found to be with child through the Holy Spirit. Because Joseph her husband was a righteous man and did not want to expose her to public disgrace, he had in mind to divorce her quietly.

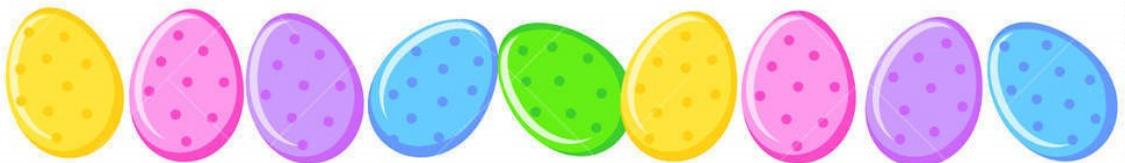
But after he had considered this, an angel of the Lord appeared to him in a dream and said, "Joseph son of David, do not be afraid to take Mary home as your wife, because what is conceived in her is from the Holy Spirit. She will give birth to a son, and you are to give him the name Jesus, because he will save his people from their sins."

All this took place to fulfill what the Lord had said through the prophet: "The virgin will be with child and will give birth to a son, and they will call him Immanuel"—which means, "God with us."

Here's the Bible Quiz Child for April:

**This boy was born holding on to his twin brother's heel.**

The answer will appear in the May Twig Bender.



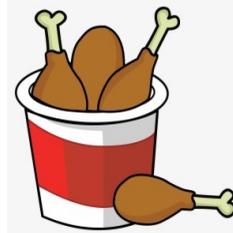
## April Eating Opportunities

**Fellowship Dinner:** Wednesday, April 10 at 6:30 p.m. Menu: fried chicken, cole slaw, baked beans, potato salad, chocolate cake, only \$7 per Plate.

So we can plan properly for the Fellowship Dinner, we must know ahead of time how much food to prepare. Therefore, please make your reservations by Sunday, April 7; we will regretfully be unable to take reservations after this date.

Sign up on the bulletin insert, call the church office at (804) 266-5341 or e-mail [admin@gumcva.org](mailto:admin@gumcva.org).

**FunRaisers Bag Lunches:** Ready for pick up after worship services on Sunday, April 28. Menu: Vegetable soup and crackers, fruit salad and pound cake — \$7 per lunch. Sign up in the narthex.



## Order Your Easter Lilies



We'll be decorating the Sanctuary with Easter Lilies again this year. You can remember or honor someone with your Easter Lilies; order them using the form in the bulletin, or call the church office at 804-266-5341 before Sunday, April 14. Lilies are \$15 each; please pay when ordering.

## Greenwood Women's Circles

**The Ruth Circle** will meet Wednesday April 3 in the home of Jean Mowatt at 7 p.m. Be sure and order your chocolate covered eggs from any member of the circle (see form on page 15). We will be making them on Saturday, April 13 and delivering them on Sunday, April 14.



**The Willing Workers Circle:** Our prayers are with circle member Nancy Yeary and her family after the recent passing of Harold. We'll meet on Thursday, April 4 at 5:30 p.m. in the Just Friends Sunday School classroom. In March we presented an award to the Longdale Elementary School Teacher of the Month.

After School News

## Still Having Lots of Fun

We are still meeting everyday from 2:20 to 5:45 p.m. and having lots of fun if anyone would like to visit our program.

We have added two new students, one was with us in the beginning of the year, but had to leave and now is back. The other is new to the program. Our program was open Friday before break and are planning on going to Jumpology and then to Sweet Frog for a sweet treat since it is a half day.

Good Friday, April 19, is also a half day and we are planning a fun filled day. During part of the day, we will be making health kits for UMCOR as our April service project.

We want to thank the Boy Scouts and their parents for spreading mulch on our playground. The Afterschool Program donated \$3000 to the church to help catch up on the oil bill.



## Food Donation Connection

### *April Pick Up Rotation*

Wednesday, April 5: Jean Mowatt and William Gibbs; Thursday, April 6: Lewis Daniel; Friday, April 7: Adamarye Patteson.

Wednesday, April 10: Charley Banks; Thursday, April 11: Lewis Daniel; Friday, April 12: Carolyn and Ray Smith.

Wednesday, April 17: Betty and Raymond Ritchie; Thursday, April 18: Lewis Daniel; Friday, April 19: Brenda and Harry Shuler.

Wednesday, April 24: Jean Mowatt and William Gibbs; Thursday, April 25: Lewis Daniel; Friday, April 26: Adamarye Patteson.

Wednesday, May 1: Charley Banks; Thursday, May 2: Lewis Daniel; Friday, May 3: Carolyn and Ray Smith.

# Fasting is About Giving

*(Continued from page 2)*

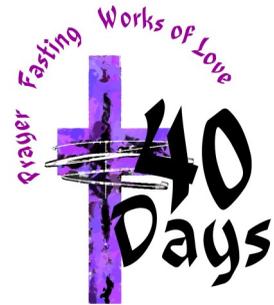
of mourning and as an aid to prayer, especially during times of repentance.

In Genesis, we find food being used as a **form of discipline** by God. Think about the Garden of Eden and the tree from which Adam and Eve were not to eat. Throughout Genesis and other books of the Old Testament, **dietary laws are part of the human practice of faith**. Even the manna from heaven, and the rules around its collection and storage, related to faithfulness to God. Acts and Luke talk about fasting as part of worship. First Corinthians talks about it in conjunction with prayer. Jesus fasts in the wilderness for 40 days following his baptism.

The **early Christian church adopted the practice of fasting** and abstinence. During Lent, the early church encouraged followers to practice fasting as preparation for Easter, of mourning the death of Jesus, as an aid to prayer and a **sign of our obedience to God**. Fasting had many regulations about the hours of the day when you fasted, how to break your fast, who was and was not to fast (healthy people between the ages of 14 and 60), what could and couldn't be eaten during Lent and more. Meat, meat products, leavening and sugar were traditionally banned for the 40 days, recalling the simplicity with which Moses's people ate for 40 years while looking for the promised land.

**Protestant denominations**, including United Methodists, **encourage abstaining from something during Lent** as a sign of sacrifice and obedience to God. But we also encourage adding something into our lives during Lent. If you give up a food or beverage for Lent and it cuts your expenses, the church encourages you giving the savings to help people in need (food bank, special church offering, a shelter, etc.).

If you choose to fast, **be sensible**. If fasting from food, either pick something specific like a particular time of day (before noon or from 9 a.m. till 5 p.m.), meat, a type of beverage, added sugar or something else realistic, measurable, sustainable and that you will really miss. Determine for how long. Be sure your other eating is healthy



*(Continued on page 8)*



## Fast Sensibly

*(Continued from page 7)*

and in moderate portions. Keep track of how you are doing. Use your fasting time to draw you closer to God. As you miss the item from which you are fasting, think about what Jesus gave up for you and what He gave to the people of this world.

If you choose to **fast from an activity** (like watching TV, news or social media) keep track of how much time you are away from that activity and use that time wisely. Spend that time in prayer, scripture study and doing good. Do random acts of kindness or volunteer at a shelter, food bank or other place where you are helping those in need. Keep a journal of your thoughts, feelings, and prayers.

**Fasting is ultimately about giving.** Giving ourselves over to God. Giving of our self for God.

The emphasis should always be on **removing something that distracts us** from God and God's sustaining care. It should be on serving Christ, becoming more perfect and loving God by loving those made in God's image.

**Avoid giving something up just to give something up**, but instead think about dining with God. We offer up our sufferings as a gift to God and focus on the gifts God has given us. We see the sufferings around us and relieve them by giving of our time and skills as Jesus did. We deepen our faith and trust in God. We show our thanks by loving and by being the hands and feet of Christ.

May this season be one of rebirth in you, new health, and many miracles.

Grace and peace,

*Barbara*

# Gather What's Left Over

(Continued from page 1)

The Food Donation Program acknowledges that these latter three will require a little more travel for Greenwood picker-uppers than for our current donation sites. The program expects the church, or the individuals, to sustain the cost of that travel. It should be noted that travel to the Copernicus Lunar Colony is currently on sale for only \$99,999 USD.



Okay, okay, okay! The preceding three paragraphs are figments of your *Twig Bender* editor's twisted attempt at an **April Fool** story. However, the new pick up at Starbucks is real and volunteers are needed to cover this expansion of this important ministry.

The rest of this article is the real deal, **not an April Fool** joke.

Food collected by Greenwood's team is distributed to those who need it every Friday at 6 p.m. at the back of the Education Building. We presently have several individuals or couples who are collecting this food, and their efforts are greatly appreciated, not only by the Greenwood church family, but by those who receive this free food on Friday afternoons — we're averaging about 12 families each week.

Anyone wishing to volunteer to join the team executing this important ministry should contact Adamarye Patteson at 804-266-6364. Participation requires a little bit of lifting and about 1 to 2 hours work sorting and storing the collected food.

**Americans throw away more than 25 percent of the food we prepare**, about 96 billion pounds of food waste each year, according to the US Department of Agriculture. The Food Donation Connection provides an alternative to discarding surplus wholesome food by linking food service donors with surplus food (like WaWa and Starbucks) to local hunger relief agencies (like Greenwood.)

As the Food Donation Connection's website says: "When they had all had enough to eat, Jesus said to his disciples, 'Gather the pieces that are left over. Let nothing be wasted.'" (John 6:12 -- NIV)

See this month's **Food Donation Connection** pick up schedule on page 6.

# Why Men Are Just Happier People

What do you expect from such simple creatures?

Your last name stays put. The garage is all yours. Wedding plans take care of themselves. Chocolate is just another snack. You can never be pregnant. You can wear a white T-shirt to a water park. You can wear **no** shirt to a water park.



Car mechanics tell you the truth. The world is your urinal. You never have to drive to another gas station because the restroom in this one is just too icky. You don't have to stop and think of which way to turn a nut on a bolt. Wrinkles add character. Wedding dress - \$5,000. Tux rental - \$100. People never stare at your chest when you're talking to them. New shoes don't cut, blister, or mangle your feet. One mood all the time. Phone conversations are over in 30 seconds flat. You know stuff about tanks.

A five-day vacation requires only one suitcase. You can open all your own jars. You get extra credit for the slightest act of thoughtfulness. If someone forgets to invite you, he or she can still be your friend. Your underwear is \$8.95 for a three-pack. Two pairs of shoes are more than enough. You almost never have strap problems in public. You are unable to see wrinkles in your clothes. Everything on your face stays its original color. The same hairstyle lasts for years, maybe decades. You only have to shave your face and neck.

You can play with toys all your life. One wallet and one pair of shoes - one color for all seasons. You can wear shorts no matter how your legs look. You can "do" your nails with a pocket knife. You have freedom of choice concerning growing a mustache. You can do Christmas shopping for 25 relatives on December 24 in 25 minutes.

No wonder men are happier!



# UMCOR Hygiene Kits

At Greenwood's Neighborhood Easter Egg Hunt on Saturday, April 20, one of the activities will be the assembly of Hygiene Kits for the United Methodist Committee on Relief (UMCOR).

Readers can help with this effort by donating:

- Hand towels: 15" x 25" to 17"x 27"; no kitchen, cleaning or microfiber towels.
- Washcloths.
- Combs: the comb needs to be sturdy and at least 8" long; no pocket combs or picks please; rattail combs and combs without handles are acceptable.
- Metal nail files or nail clippers: no emery boards or toenail clippers, please.
- Bath-size soaps: 3 oz. and larger sizes only; no Ivory soap due to moisture content; do not remove from original packaging.
- Toothbrushes: adult size only; do not remove from original packaging.
- Adhesive bandages: ¾" to 1"-size; common household Band-Aids.
- Plastic bags: one-gallon size sealable bags only.

Also necessary for each kit is one dollar to purchase toothpaste, so monetary donations are also welcome.

Please bring donations to the Sanctuary through Sunday, April 14, and afterwards to the Fellowship Hall by 8:30 a.m. on Saturday, April 20. Thanks!



## And Speaking of UMCOR ...

Last month Tropical Cyclone Idai swept across the East African countries of Mozambique, Zimbabwe and Malawi, causing great loss of life, homes and property. UMCOR is already working to bring immediate aid, and we can assist those impacted by this disaster.

Virginia Conference Bishop Pete Weaver is asking churches to pray and to take up a special offering. You can contribute through Sunday, April 7. Please make out your checks for Mozambique Cyclone Recovery.

# Greenwood Church Family Birthdays



Arline Shafer .....	4/1	Carolyn Smith .....	4/12
Seth Lahocki.....	4/6	Lou Gammon .....	4/13
Bill Prout .....	4/7	Teresa Rios McCartney .....	4/20
McKenzie Shuler .....	4/9	Roger Eckwright.....	4/22
Barbara Lewis .....	4/11	Douglas Banks.....	4/24

## Anniversaries

Glenda & Steve Stalnaker ..... 4/10

*Don't see your birthday or wedding anniversary in The Twig Bender and would like to have us publish it? Send your dates to [admin@gumcva.org](mailto:admin@gumcva.org) or call the church office at 804-266-5341; likewise, let us know if you'd like your birthday or anniversary **re-moved**.*

## Be Prepared — Read the Scriptures

### April Lectionary Readings

April 7	Isaiah 43:16-21; Psalm 126; Philippians 3:4b-14; John 12:1-8
April 14	Luke 19:28-40; Psalm 118:1-2, 19-29; Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Luke 22:14-23:56, or Luke 23:1-49
April 21	Acts 10:34-43; Psalm 118:1-2, 14-24; 1 Corinthians 15:19-26; John 20:1-18 or Luke 24:1-12
April 28	Acts 5:27-32; Psalm 150; Revelations 1:4-8; John 20:19-31

# Ruth Circle Easter Eggs



Delicious, hand dipped, half pound, beautifully decorated chocolate Easter eggs, filled with peanut butter, coconut or cream; \$4.50 each. With your choice of filling.

**Order by April 3.**

*Complete this form and put it in the offering plate, or in the church office, or give it to any member of the Ruth Circle.*

Eggs will be ready on Palm Sunday April 14.

***Please pay when ordering.***

**Thank you for your order!**

Name: \_\_\_\_\_

Filling	QTY	Cost		Ext. Cost
Peanut Butter	_____	\$ 4.50	=	_____
Coconut	_____	\$ 4.50	=	_____
Cream		\$ 4.50	=	_____
		<b>Amount Due</b>	=	_____



## ***Twig Bender***

is a publication of Greenwood United Methodist Church

Office Phone: 804-266-5341

Email: [admin@gumcva.org](mailto:admin@gumcva.org)

10040 Greenwood Road — Glen Allen, VA 23060

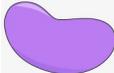
Sunday School: 9:30 a.m. — Worship: 11 a.m. Sunday

Pastor	The Rev. Barbara Lewis	Acting Music Director	Jackie Schultz
Phone:	804-432-5319	<i>Twig Bender</i> editor	Steve Stalnaker
Email	<a href="mailto:revbarbara@gumcva.org">revbarbara@gumcva.org</a>	<a href="mailto:webmaster@gumcva.org">webmaster@gumcva.org</a>	
Office hours:	9 a.m. to 1 p.m. Tuesday — Friday		
Fax:	804-266-2019	Visit our web site at <a href="http://www.gumcva.org">www.gumcva.org</a>	
After School Phone:	804-266-6668	© 2019 Greenwood UMC — all rights reserved	



# Greenwood UMC — April 2019



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 April Fool's Day Geranium Orders Due 	2 6:30 p.m. Pack 744	3 7 p.m. Ruth Circle Easter Egg Orders Due	4 5:30 p.m. Willing Workers 6:30 p.m. Choir Practice	5 6 p.m. Free Food Pick up geraniums at LPUMC	6 8 a.m. Men's Breakfast at Aunt Sarah's Pancake House on
7 Communion Sunday LAMB's Basket Sunday 11 a.m. Worship	8 7 p.m. Finance Committee Meets	9 Winston Churchill Day 6:30 p.m. Pack 744 	10 6:30 p.m. Fellowship Dinner	11 6:30 p.m. Choir Practice 7 p.m. Richmond Beekeepers Meet	12 6 p.m. Free Food	13 Ruth Circle Chocolate Easter Egg Assembly
14 Palm Sunday 11 a.m. Worship Easter Lily Orders Due	15 Income Tax day 	16 6:30 p.m. Pack 744	17 Bat Appreciation Day 	18 Maundy Thursday 6:30 p.m. Choir Practice 7 p.m. Maundy Thursday Service at	19 Good Friday 6 p.m. Free Food 	20 10 a.m. Annual Neighborhood Easter Egg Hunt 
21 Easter Sunday 7 a.m. Sunrise Service 11 a.m. Worship 	22 National Jelly Bean Day 	23 6:30 p.m. Pack 744 7 p.m. VBC Planning Meeting at Biltmore	24 Administrative Professionals Day	25 6:30 p.m. Choir Practice	26 <i>Twig Bender</i> Deadline 10:30 a.m. Hidden Treasures at The Hermitage 6 p.m. Free Food <div style="border: 2px solid blue; padding: 2px; text-align: center;">Friendship Quilters</div>	27
28 11 a.m. Worship FunRaisers Bag Lunches	29 National Zipper Day 	30 6:30 p.m. Pack 744				



## Mark Your Calendars

May 12 ..... Mother's Day  
May 27 ..... Memorial Day (Obs.)  
June 16 ..... Father's Day  
June 20 — 22 ..... Virginia Annual Conference  
July 4 ..... Independence Day