# **Kedron United Methodist Church**

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The Kedron Connection

March 2023 Volume 31 Issue 3

March 12th Daylight Savings!! (Spring Forward)

From our Pastor:

Since childhood, I've always tried to fill most of the minutes of the day. At graduation from high school, I was given the annual award for the senior with the most school-related activities. Even to this day, I have the constant impulse to fill my days with something; and it's common to feel just a little guilty if I have an empty time slot.

My wife, Anne, has been reminding me that's it's ok to take a break from time to time. While I often still have some misgivings about having a little free time, at 75 years of age I am finally learning to take a little break and "smell the roses."

What has this to do with faith? While I've filled some of those less active times with prayer, I have found that freeing myself up from the constant pressure of "doing" has led to times of greater meditation on the richness of God's many blessings in my life. And, it has given me a better opportunity to concentrate on my prayer life. A favorite chair is not only good for watching a television show, reading a book, or taking a nap. It has enriched my personal prayer time. I now realize that becoming too busy to pray deeply has put a dent in my personal discipleship and kept me from being truly invested in someone's life—if only from time to time.

It's o.k. to take a little time off. It will not only benefit you; it will also add strength and depth to the things you do to show God's Love to those who need your sincere efforts to answer Christ's command that we love others as Christ love us.

Michael O'Bannon, Pastor



The people of The United Methodist Church

## **Administrative Council**

Our Administrative council will meet On **April 16th**, **2023** at **1pm**.

## Fellowship Supper

March 1st at 6:30 pm

#### Men's Breakfast

March 4th, 2023 at 8:00 am will be our Men's Breakfast

## **Bucket Offering**

Our March bucket offering taken on Sunday Morning worship service will be donated to: **Journey Home.** 

## **Food Bank**

You may bring food donations for the local food Bank on the 1st and 2nd Sundays of the month. Place the donations on the pew in the narthex. The food will be delivered to the food bank. The suggested item for March is **canned meat**. All non-perishable foods are accepted and appreciated.

## **Happy Birthday**

Mary Ellen Vance March 4th
Tanner Stacey March 5th
Carol Dorn March 31
Rob Dunbar March 31

## **Happy Anniversary**

Doug & Dee Rouse March 14th Gaylord & Carol Dorn March 19th

## March Calendar

Wed. March 1st 6:30 pm Fellowship Supper Sat. March 4th 8:00 am Men's Breakfast Sunday March 5th 8:45 am Sunday School 9:30 am Worship Service

Tuesday March 7th National Cereal Day Sunday March 12th 8:45 am Sunday School 9:30 am Worship Service

Daylight Savings(Spring Forward)

Monday March 13th National Napping Day Friday March 17th St. Patrick's Day Sunday March 19th 8:45 am Sunday School 9:30am Workshop

Service

**National Joseph's Day** 

Thursday March 23rd National Puppy Day Sunday March 26th 8:45 am Sunday School 9:30 am Worship Service

Monday March 27th Laity Club

Planning another Crusty Veteran's Band event hopefully in April! Keep a lookout for details!!

April 2023 newsletter info due to Dee by March 26th 615-574-9320 or ddrouse10@gmail.com

## Resources Available

Resources for various kinds of help/support for you or someone you know that might benefit from counseling and/or spiritual support are listed below.

Insight Counseling Center, Murfreesboro **615-383-2115** for in person or online/phone counseling.

Upper Room Prayer Ministry 615-340-7200

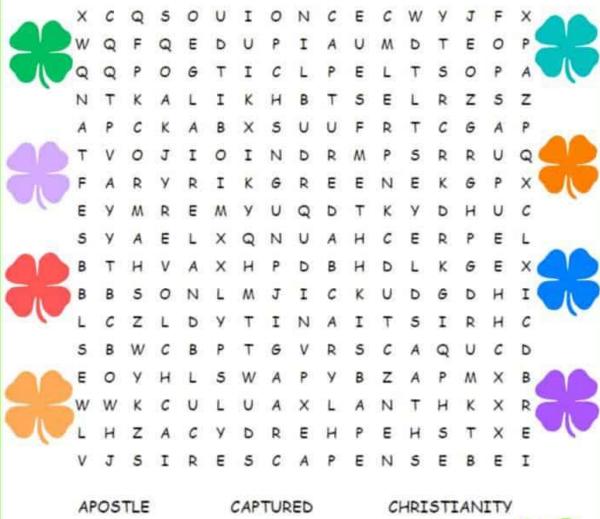
Talkspace.com Online/phone counseling

## Methodist News Source

www.umnews.org
Stones River District Office
P O Box 12191
Murfreesboro. TN37129

# ST. PATRICK'S DAY WORD SEARCH

Search for the hidden words going up, down, left & right.



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