

# Kedron United Methodist Church



Open Hearts, Open Minds, Open Doors

The people of The 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 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

## 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](mailto: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](http://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.



APOSTLE  
CLOVER  
ESCAPE  
IRELAND  
LUCK

CAPTURED  
DRUM  
EYES  
JIG  
SHAMROCK

CHRISTIANITY  
DUBLIN  
GREEN  
LEPRECHAUN  
SHEPHERD

