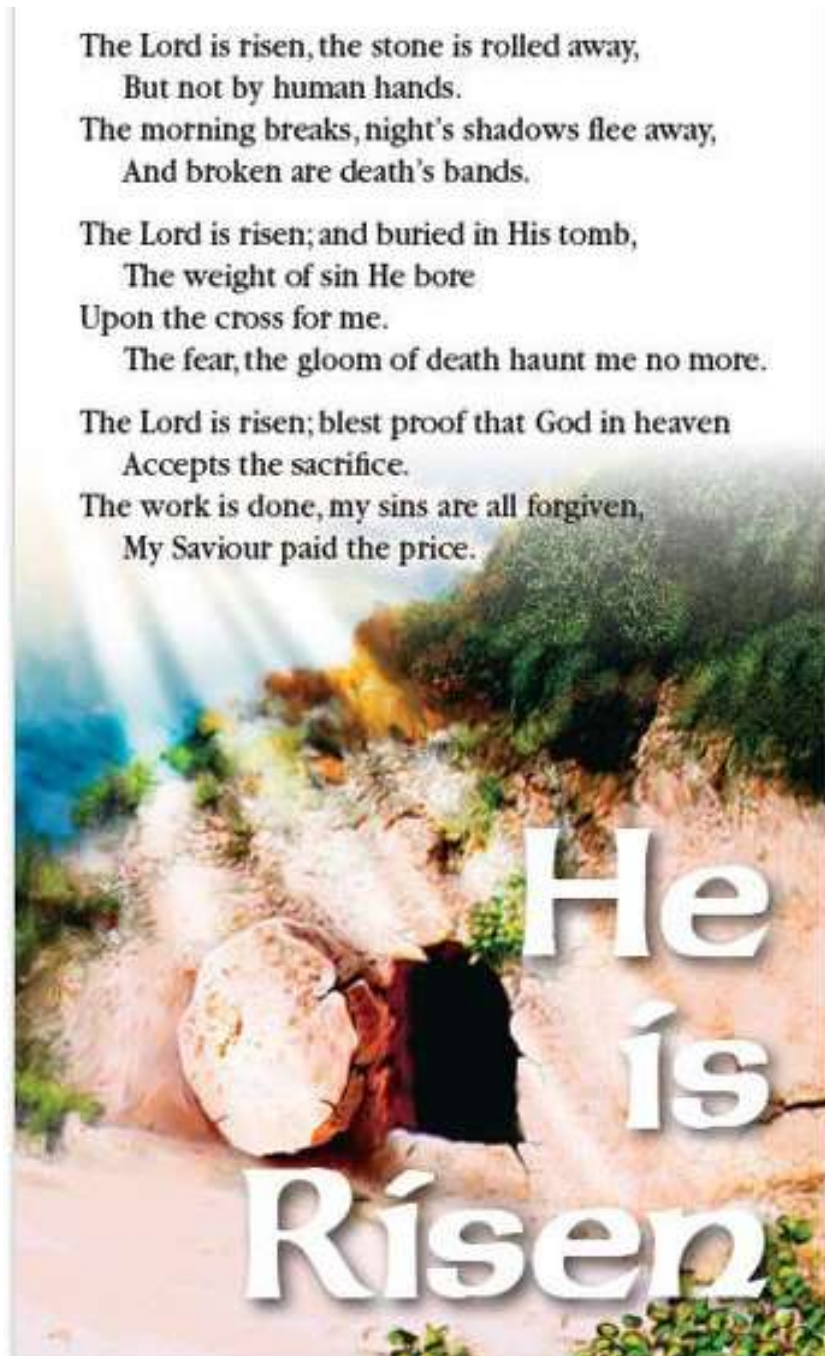




THE HARBINGER

April 2018

Our mission is to share the love of Christ with EVERYONE.



Please join us for Easter Sunday Worship and Communion
at 8:30 a.m. or 11:00 a.m.

Everyone is welcome to share fellowship and brunch
between the two services.

The Joke's On You Celebrating Easter on April Fool's Day

Liturgically, this has been a strange year. We began our observance of Lent on Valentines' Day. And as our observance of Easter is coming upon us, we look at the calendar and discover that the Feast of Jesus' Resurrection lands on April Fool's Day. What a hoot!

Easter on April Fools Day. It seems appropriate. Easter marks the moment when the world was shocked to discover that a crucified Jew, executed for claims that he was the long-awaited Messiah and God's son, had been raised from the death. The fear that many had about this Nazarene as a threat to political stability between Rome and its Jewish puppets in Judea was heightened exponentially by the reports of Jesus' return from the dead.

God fooled the world into thinking that they could kill divine love in the crucifixion of Jesus. Instead, Jesus' death not only destroyed the power of sin and death, it liberated humanity to freely chose to restore their relationship with God. God's resurrection of Jesus from the powers of death serves as the witness to God's power to bring us to live in the fullest.

As Paul wrote in Romans:

“While we were yet helpless, at the right time Christ died for the ungodly. Why, one will hardly die for a righteousness man-though perhaps for a good man one will dare even to die. But shows his love for us in that while we were yet sinners Christ died for us. Since, therefore, we are now justified by his blood, much more shall we be saved by him from the wrath of God. For if while we were enemies we were reconciled to God by the death of his Son, much more, now that we are reconciled, shall we be saved by his life. Not only so, but we so rejoice in God through our Lord Jesus Christ, through whom we have now received our reconciliation.”

Romans 5:6-11

~ Pastor Bart



April 29th is the first of our 5th Sunday **“One Service at 10:30 a.m. followed by covered dish meal” efforts for 2018.**

Walta Pruitt needs hospitality assistance!
Meat dishes welcome!

Please call her at 787-1842 or email her at chesie1@verizon.net.

Worship Themes for April

April 1 Easter Sunday / Communion

First Lesson: Acts 10: 34a, 37-43
 Second Lesson: Colossians 3: 1-4
 Gospel Lesson: Mark 16: 1-8
 Sermon: **"Sunrise Surprise"**

April 8

First Lesson: Acts 4: 32-35
 Second Lesson: John 5: 1-6
 Gospel Lesson: John 20: 19-31
 Sermon: **"Resurrection Church"**

April 15

First Lesson: Acts 3: 13-15, 17-19
 Second Lesson: I John 2: 1-5a
 Gospel Lesson: Luke 24: 35-48
 Sermon: **"Early Christian Preaching:
 Forgiveness of Sins"**

April 22

First Lesson: Acts 4: 8-12
 Second Lesson: I John 3: 1-2
 Gospel Lesson: John 10: 11-18
 Sermon: **"Early Christian Preaching:
 Jesus is Only Way to Salvation"**

April 29 One Service at 10:30 a.m.

First Lesson: Acts 9: 26-31
 Second Lesson: I John 3: 18-24
 Gospel Lesson: John 15: 1-8
 A covered dish meal will follow.
 We will recognize the church
 musicians and install them for
 the year. We will say farewell to
 John Hershey as our Director of
 Music.

~Pastor Bart

APRIL BIRTHDAYS

Bob Fjelstad	April 2
Maya King	April 5
Alice Brown	April 6
Dolly Williams	April 7
Ed Griggs, III	April 9
Martha Joyal	April 11
Carolyn Richardson	April 11
Jazmin Zavala	April 11
Tom McKenna	April 12
Tom Northam	April 12
Trey Berryhill	April 13
Brandon Evans	April 13
Emily Killmon	April 14
Jean Steelman	April 15
Dodd Obenshain	April 19
Donny White	April 19
Tom Young	April 19
Nikki Zavala	April 20
Randy Davis	April 20
Mary Massey	April 21
Sarah Beth Perry	April 22
Doug Young	April 23
Amanda Chandler	April 26

AWESOME

DIRECTOR OF MUSIC

And humble, too!

Thank you, John Hershey, for your hard work and dedication to our worship services. You will be greatly missed.

So You Are In The Know



Joan Carrow will be back with Terrific Tuesday beginning on Tuesday, April 3rd. Please check the Sunday announcements for the upcoming menu and don't forget to make your reservation (unless you are a regular, we already have it!).

UMCOR SCHOOL KITS

In a short while, the **United Methodist Women** will be asking for donations for UMCOR School Kits. In some countries, children don't have books or school supplies. Many have no schoolrooms; classes are held in inadequate or half-destroyed buildings, tents, or even the open air. School kits may be these children's only educational resources. The cost of each kit is \$11. There will be envelopes in the church office area marked "UMCOR School Kits" for you to put your donation in and either leave at the office or put in the offertory plate on Sunday.



KIDS ALIVE!

What are the colors of music?

LOOKING AHEAD! The dates for the 2018 summer session of "KIDS ALIVE!" are: August 6 - 10. Stay tuned!

October 20th, 8 am—Noon, the United Methodist Women are planning things up a little differently for this year's Bazaar. **More info to follow!**



Market Street UMC will host an Open House for the Christmas in Onancock 2018 Event, Saturday, December 8th from 1-5 pm.

2018 Council Members at Market Street UMC:

Council Chair	Pat Smith	787-3046	glspots@yahoo.com
Lay Leader	Larry Thomas	710-8511	
SPRC Chair	Larry Thomas	710-8511	
Finance Chair	Theresa Tyson	787-4855	esvtmom@gmail.com
Trustees Chair	Allen Evans, Sr.	787-3141	ajalee@verizon.net
Church Treasurer	Doug Young	787-2351	yryan@verizon.net
UMM Rep	Herman Hohlt	787-7314	heholt@verizon.net
UMW Rep	Marti Fjelstad	787-2880	bobfje@msn.com
Recording Secretary	Walta Pruitt	787-1842	chesie1@verizon.net
Nurture Ministries Chair	Becky Cumming	787-8009	beccumming@gmail.com
Outreach Ministries Chair	Tom Hollandsworth	787-2652	tgholl@verizon.net
Witness Ministries Chair	Susan Pawlus	787-7963	susanpawlus@gmail.com
Young Adult Rep	Nikki Zavala	710-3062	anbernard10@gmail.com

We are looking for volunteers to pull weeds in flower beds, clean up leaves, **general external cleanup of our yard area. Feel free to do on your free time. We don't** budget for flower bed work, so all volunteers are welcome and appreciated!



We continue to thank all the Una Familia volunteers: snack preparers, tutors, van drivers. Without your enthusiastic support, we would not have these smiling faces. You are the best!



"Let There Be Light"

Many thanks to Ed Tyson, Tyler Marsh, and Don Ruthig for devising, constructing and installing a new lighting system for our rose window that gives it uniform after-dark illumination. As described below by Don Ruthig, this ingenious team researched, planned, experimented and configured the necessary equipment to make our rose window a spiritual beauty visible at night from the outside. Thanks to their work, passers-by can now experience the splendor of the rose window that our congregation has long treasured. Photos of several stages of work are on display in the parking lot entrance hall.

This lighting update is given by Evelyn Nock and Anne Nock in loving memory of their husbands, Sam and Floyd.




Don Ruthig's Description of the Lighting Design

"The challenges in lighting the window were getting enough brightness evenly spread across the window while minimizing hot spots. To do this I selected high color temperature "daylight" LED floodlights with a wide beam - 60 degrees - so each of the six bulbs lights the entire diameter of the window, even from the relatively short distance from the fixtures to the window. By aiming lamps from both sides, the brightness is even across the window. Using track lighting makes it possible to move the fixtures to minimize hot spots when the window is viewed from Market Street - although there will be some angles from which hot spots will always be visible.

Ed was the "high ladder" man. He brought a 28 foot extension ladder to install the electrical service almost 22 feet above the floor. He was a pleasure to work with and his sensitivity to the aesthetics of the installation was much appreciated. Tyler was Ed's able assistant with the installation of the electric service. Hopefully we succeeded in making the lighting as unobtrusive as possible.


Picture courtesy of Sarah Nock.

No Limits Eastern Shore
 Improving the lives of survivors of brain injury
 on the Eastern Shore of Virginia



Who We Are:

No Limits Eastern Shore is a private 501(c)3 nonprofit brain injury services provider. We operate the No Limits day program for adult survivors of brain injury and provide brain injury information and referral services. We are supported by state general funds administered by the Virginia Department for Aging and Rehabilitative Services and private donations.



Where To Find Us:

The No Limits day program is open Monday - Friday, 9am - 3pm. We are located at P.O. Box 259, 24546 Coastal Boulevard, Tasley, VA 23441.

Phone (757) 789-3990
 Fax (757) 789-3299
 Twitter @NoLimitsESVA
 Facebook @nolimitseasternshore

www.nolimitseasternshore.com
nolimitseasternshore@gmail.com

March was brain injury awareness month. No Limits thanks the ladies of Market Street Church for your donations of Baked goodies. With your help we made \$1,366 for air conditioning for the Accomack County animal shelter.

We would also like to thank Market Street church members for the delicious lunch on March 14th.


Spell Rite 2018
 To benefit the Eastern Shore Literacy Council

When: Friday, April 6th, 2018 Silent Auction 5:30 P.M. Dinner 6:00 P.M. followed by Spelling Bee.

Where: Mary N. Smith Cultural Enrichment Center , 24497 Mary N. Smith Rd, Accomac, VA 23301

Tickets will be sold in advance at the following locations: Book Bin, Rayfield's Pharmacy, Sundial Books, CD Marsh, H & H Pharmacy, Machipongo Trading Company & E.S. Literacy Council Office.

No Tickets will be sold at the door.
 \$40 tickets after March 26, 2018



To better protect the identity of people with Medicare, the Centers for Medicare & Medicaid Services (CMS) is removing Social Security numbers from the Medicare card. **Beginning in April 2018 through June 2018, CMS will begin mailing new Medicare cards containing a new Medicare number to Virginia residents.**

www.cms.gov/medicare/new-medicare-card/nmc-home.html

Amy G. Bull, APR
 Director of Development/
 Contractor - Eastern Shore
 Rural Health System, Inc.





An Evening of Music

*Classical, Contemporary,
Sacred and Old Favorites*

Presented by
Historic Cokesbury Church
Onancock, VA
Saturday, April 14, 7:00 p.m.



Free admission—donations to benefit



Reception to follow concert

For information, call 787-4873 or 787-7190

Medley of Friends will perform the Choral Anthem at our 11:00 a.m. Worship Service on Sunday, April 15th. They have been invited to join us at our Fellowship/Coffee time following the 8:30 a.m. service. Please come out and show your appreciation and enjoy the music.



FREE FREE FREE FREE FREE
JOIN TOPS AND GET YOUR
1ST AND 2ND MONTHLY
DUES FREE

TOPS VA 0687 ONANCOCK
 Meets every Wednesday at
 Market Street United Methodist Church
 75 Market St.- Dining Hall, Onancock, VA
 10:00 - 10:30 Weigh-in, meeting starts at 10:30

Your first visit is Free!!!
 Joining fee \$ 32.00 Monthly dues \$ 5.00
 Questions: Call Ethel (757) 414-0022

What Happens at a Meeting?

Weekly meetings are the heart of TOPS's support. They usually last an hour or less. You're welcome to attend the meeting. Your first meeting is free of charge—bring a friend if you like. There's no obligation.

Here's what you can expect:

- ★ Each member has a private weigh-in before the meeting.
- ★ Meeting starts with members sharing challenges, successes, or goals (if they want).
- ★ Awards to to weekly and monthly best losers, contest winners and members who've reached a goal!

★ There's a brief business meeting, a fundraiser raffle, and a brief program. TOPS gives each chapter professionally prepared programs covering a variety of health and wellness topics. Some meetings include exercise.

★ Meeting closes with a positive thought for the next week's weigh-in.

HOPE TO SEE YOU AT ONE OF OUR MEETINGS!



For further information, printable brochure and registration forms, www.ootbay.org/printable-registration--forms.html.

Or call the church office at 787-4873!

Summer Programming at a Glance: 2018							
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Week Offered:	June 24-29	July 1-6	July 8-13	July 15-20	July 22-27	July 29- August 4	August 5-10
Little Hands Little Feet (Ages 4-6) (M-F, 8am-5pm)	Traditional Camp	Traditional Camp	Traditional Camp	Harvest of Hope	Traditional Camp	All God's Children	
Young Explorers (Ages 6-8)	Traditional Camp	Traditional Camp	Traditional Camp		Traditional Camp		
Adventure Seekers (Ages 8-11)	Traditional Camp		Traditional Camp		Traditional Camp		
Extreme Campers (Ages 11-13)	Traditional Camp	Traditional Camp	Traditional Camp		Traditional Camp		
Thrill Seekers (Ages 13-16)	Traditional Camp	Traditional Camp	Traditional Camp		Traditional Camp		
Specialty Camps:	Sailing Camp Elementary	Up All-Night Camp	Camp OOTB to Camp Bethel	McAfee's Hiking	Karate Camp	Pocomoke River	Sailing Camp



**EASTERN SHORE TRAINING
AND CONSULTING, INC.**

\$25 GREEK DINNER BENEFITS
ESTACI's YOUNG LEADERS SCHOLARSHIPS

Saturday April 21st, 6 pm
Market St United Methodist Church
75 Market St, Onancock VA

HOME-MADE TRADITIONAL GREEK DINNER –
cucumber /tomato sal ad, dol makes, hummus, spanakopita,
souvl aki, roasted potatoes, bakl ava

Al so - Carry-out bakl ava & dinners,
6-8pm whil e they last

Tickets / Reservations – 656-3460

SPONSORED BY ESTACI's EMPOWERING WOMEN –
Overcoming Racism, Sexism & Poverty



Finn Wayne Mabalot was born March 14th to Matthew and Angela Bowers Mabalot and sister Adalee Rae. Weight 8 lb. 2 oz, 21 inches long. Proud grandparents are Steve and Flo Bowers and Great Grandmothers Diane Needham and Marian Colonna.

Earlier this month, another baby arrived for Great-Grandmother Diane Needham. Henry Benjamin Bowers, born March 1st. Parents are Rochelle & Ben Bowers, grandparents Diane & Paul Bowers.

**Even the darkest night will end
and the sun will rise.**



<u>YOU SAY</u>	<u>GOD SAYS</u>	<u>BIBLE VERSES</u>
You say: "It's impossible"	God says: All things are possible	(Luke 18:27)
You say: "I'm too tired"	God says: I will give you rest	(Matthew 11:28-30)
You say: "Nobody really loves me"	God says: I love you	(John 3:16 & John 3:34)
You say: "I can't go on"	God says: My grace is sufficient	(II Corinthians 12:9 & Psalm 91:15)
You say: "I can't figure things out"	God says: I will direct your steps	(Proverbs 3:5-6)
You say: "I can't do it"	God says: You can do all things	(Philippians 4:13)
You say: "I'm not able"	God says: I am able	(II Corinthians 9:8)
You say: "It's not worth it"	God says: It will be worth it	(Roman 8:28)
You say: "I can't forgive myself"	God says: I Forgive you	(I John 1:9 & Romans 8:1)
You say: "I can't manage"	God says: I will supply all your needs	(Philippians 4:19)
You say: "I'm afraid"	God says: I have not given you a spirit of fear	(II Timothy 1:7)
You say: "I'm always worried and frustrated"	God says: Cast all your cares on ME	(I Peter 5:7)
You say: "I'm not smart enough"	God says: I give you wisdom	(I Corinthians 1:30)
You say: "I feel all alone"	God says: I will never leave you or forsake you	(Hebrews 13:5)

Accept Them as They Are

Who are you resisting?

Why?

I admit it: whether close to home or far away, I wish some people were different. Depending on who they are, I wish they'd stop doing things like leaving cabinet doors open in our kitchen, sending me spam emails, or turning a blind eye to global warming. And I wish they'd start doing things like being friendlier toward me or spending more money on public education. Even if it doesn't affect me directly, for their own sake I do wish that various people I care about were more energetic, less anxious, or less self-critical.

In what ways do you wish that people were different? Think about the people close to you – friends, family, mates – as well co-workers, drivers on the highway, business-people, media types, politicians, and world leaders. Think about people who are not doing their share of housework, not getting you the healthcare you need, promoting political policies that you dislike if not despise, etc., etc.

It's normal to wish that others were different, just like it's normal to wish that you, yourself, were different (e.g., thinner, richer, wiser). It's fine to try to influence others in skillful, ethical ways. But problems come when we tip into righteousness, resistance, anger, fault-finding, badgering, or any other kind of *struggle*.

“Opening out” – means relaxing into growing sense of connection, even oneness, with all things. This is hard to do when we're struggling with other people!

Instead, we could accept them for who they are and for who they are not.

Accepting people does not itself mean agreeing with them, approving of them, waiving your own rights, or downplaying their impact upon you. You can still take appropriate actions to protect or support yourself or others. Or you can simply let people be. Either way, you accept the reality of the other person. You may not like it, you may not prefer it, you may feel sad or angry about it, but at a deeper level, you are at peace with it. That alone is a blessing. And sometimes, your shift to acceptance can help things get better.

How?

Pick someone who is important to you. (You can do this practice with multiple people.) In your mind, out loud, or in writing, say things like these and see how you feel: “I accept you completely. Countless causes, large and small, have led you to think, speak, and act the way you do. You are who you are. I let it be. You are a fact and I accept the facts in my life. You and I are part of a larger whole that is what it is, and I accept it, too.”

If you like, be more specific, naming aspects of this person that particularly bother you, such as: “I accept that you . . . snore . . . leave your clothes on the floor . . . are still angry with me . . . have little natural interest in sex . . . are fighting me tooth-and-nail in this divorce . . . don't really understand me . . . are not a good teacher for my child . . . break the law . . . hurt people on a large scale . . .” (And remember that you can still disagree with, make requests of, or stand up to other people – while accepting them fully.)

See if you can tolerate what comes up for you when you soften into acceptance. **Often we avoid accepting other people as a way to avoid the feelings we'd have if we opened wide to everything they are and everything they're not.**

Consider how you have gotten tangled up with this other person, struggling to change them. When I do this myself, I become aware of my own rightness, positionality, judgments, pushiness, irritability, narrow views, hurts, longings, grievances, or remorse. See if you can let go of some, even all of these entanglements.

Open to the easing, relief, and peace that can come when you do.

Also consider how much you like it when you feel that another person accepts you completely. It's a beautiful gift – and we can give it ourselves to others when we accept *them*. Imagine how it might improve your relationship with someone if that person felt you accepted him or her fully. Acceptance is a gift that gives back.

[Blog, Just One Thing by Rick Hanson](#)

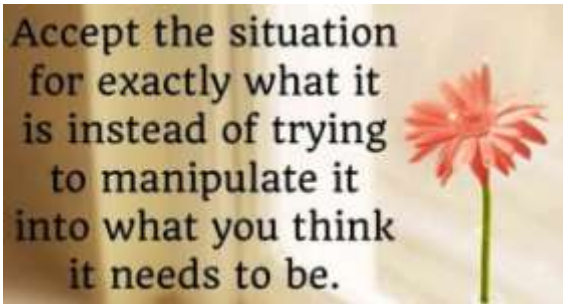


Acceptance. It is the true thing everyone longs for. The one thing everyone craves. To walk in a room and to be greeted by everyone with hugs and smiles. And in that small passing moment, you truly know you're loved, needed, and accepted.

- Rena Harmon

There's so much grace
in acceptance.
It's not an easy concept,
but if you embrace it,
you'll find more peace
than you ever imagined.

Loretta LaRoche quote!



if there is no solution to a problem,
maybe it's not a problem to be solved
but a truth to be accepted.

*Most people need love
and acceptance a lot
more than they need
advice.*

patience
is the calm acceptance
that things can happen
in a different order than
the one you have in mind

allen

APRIL 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter Sunday 8:30 AM, Worship 9:30 AM, AA Mtg. Cokesbury 9:30 AM, Brunch 11:00 AM, Worship	2 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall Habitat - Our Lady of Good Counsel Staying at Church	3 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice Habitat - Our Lady of Good Counsel Staying at Church	4 7:30 AM, Morning Prayer Grp 10 AM, TOPS, Social Hall Noon & 7:30 PM, AA Habitat - Our Lady of Good Counsel Staying at Church	5 5:30 PM, Relay for Life, Social Hall 7 PM, Choir Practice 7 PM, Toastmasters, Assembly Room Habitat - Our Lady of Good Counsel Staying at Church	6 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA 6-11 PM, Emmaus, Social Hall & Sanctuary Habitat - Our Lady of Good Counsel Staying at Church	7 8 AM -Noon, Una Familia Middle School Program, Social Hall
8 8:30 AM, Worship 9:30 AM, AA Mtg. Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	9 8 AM-1 PM, United Way, Assembly Room 3:30-6 PM, Una Familia, SH 6 PM, UMM Dinner Mtg. Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, UMW Mtg. Assembly Room 7 PM, Boy Scouts, Social Hall	10 8 AM-1 PM, United Way, Assembly Room 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice 7 PM, Una Familia Bd Mtg. Methodist Room	11 8 AM-1 PM, United Way, Assembly Room 7:30 AM, Morning Prayer Grp 10 AM, TOPS, Social Hall Noon & 7:30 PM, AA	12 8 AM-1 PM, United Way, Assembly Room 7 PM, Choir Practice 7 PM, Boy Scout Roundtable, Assembly Room	13 Church Office Closed 8 AM-1 PM, United Way, Assembly Room Noon, AA Step Discussion 5:30 PM, TGIF AA 6-11 PM, Emmaus, Social Hall & Sanctuary	14 7 PM, Medley of Friends Cokesbury Concert
15 8:30 AM, Worship 9:30 AM, AA Mtg. Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	16 Noon, Solo Group, The Sage Restaurant 3:30-6 PM, Una Familia, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall	17 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice	18 7:30 AM, Morning Prayer Grp 10 AM, TOPS, Assembly Room Noon & 7:30 PM, AA Open Discussion	19 7 PM, Choir Practice 7 PM, Toastmasters, Assembly Room News & Info Due for May Harbinger	20 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA 6-11 PM, Emmaus, Social Hall & Sanctuary	21 6 PM, ESTACI Greek Dinner, Social Hall (set up all day)
22 8:30 AM, Worship 9:30 AM, AA Mtg. Cokesbury 9:30 AM, Coffee, Fellowship 10 AM, Church School 11:00 AM, Worship	23 3:30-6 PM, Una Familia, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall	24 5:45 PM, Terrific Tuesday Dinner, Social Hall 6:30 PM, Bell Practice 6:30 PM, Dist. Boy Scout Mtg. Assembly Room	25 7:30 AM, Morning Prayer Grp 10 AM, TOPS, Social Hall Noon & 7:30 PM, AA Open Discussion	26 9 11 AM, DCOM, Assembly Room 6-9 PM, Boy Scout District Awards Dinner, Social Hall 7 PM, Choir Practice 7 PM, OOTB Mtg. Assembly Room	27 Church Office Closed Noon, AA Step Discussion 5:30 PM, TGIF AA 6-11 PM, Emmaus, Social Hall & Sanctuary	28 4:30 PM, White Wedding
29 10:30 AM, Worship and Covered Dish Lunch to Follow	30 3:30-6 PM, Una Familia, Social Hall 6:30 PM, Cub Scouts, Upstairs Classroom 7 PM, Boy Scouts, Social Hall					