

ON HEARTS FOOD PANTRY LOCATED AT



RUPERT UNITED METHODIST CHURCH

We recognize that it takes a village to feed the hungry. The village includes many people, organizations and companies. It is a tapestry of love and Christian caring. We deeply appreciate and thank the following:

Rupert United Methodist Church
 Paul United Methodist Church
 St. Matthew's Episcopal Church
 Rupert Kiwana's Club
 Rupert Rotary Club
 Syringa Lions Club
 The American Legion
 The Demolay Organization
 Stoke's Grocery
 Walmart
 High Desert Dairy
 Kelley Bean
 Kentucky Fried Chicken
 Idaho Hunters for the Hungry
 Idaho Food Bank
 Somsen Farms
 Paul & Cathy Duncan (Duncan Farms)

Trinity Lutheran Church
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 The LDS Bishop's Warehouse
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 DOT Foods
 Rupert Pizza Hut
 Chobani, Inc.
 Cynthia Freeman
 Jack & Mary Zarybnisky
 Tracy Haskins & group

Last but certainly not least are the many individuals who have volunteered countless hours operating the pantry.

Thank You for your Support!!

Methodist Dimensions

RUPERT UNITED METHODIST CHURCH

208-436-3354

FEEDING MIND, BODY, SOUL



Volume VII - Issue III

March 2019



A Believing Heart

Rev. David Madden

In John 1:7, we are told that Jesus came so that all people might believe. That is confirmed in John 20:31, when the Gospel says that by believing in Jesus Christ, one may have life in His Name.

In order to be a complete Christian, and in order to receive eternal life, we must be real believers. We must have a burning in our hearts to be with Jesus; to know more about Him; and to desire to live like Him. There are many Christians today that think they believe, and say they believe, but when push comes to shove, they change the subject as fast as they can.

Remember when Peter told Jesus that he would follow him into death if necessary? A few verses later, we see where Peter denied Jesus three times. Peter thought he believed, but when he was pushed, he collapsed like a house of cards. And we, like Peter, cannot have faith unless we really believe.

Everybody believes in something. What is it that you believe in? And how much do you really believe in it? It is very easy to think you believe when there is no risk involved. It is more difficult to truly believe when you risk losing something very important.

Mark Twain once said that if doing good was what got us to heaven, you could not get in, but your dog could. Like Paul says, you cannot be good enough to get into heaven any more than you can stand on the earth and touch the stars.

The Bible is very clear in what we should believe in. It does not mince words and it uses no metaphors to explain it. Pure and simple, we need to believe that Jesus Christ is the Son of God, sent by God to be our only way to heaven. He is our Redeemer and our Savior. He is the path, not one of the paths. Amen



LENT BEGINS

Wednesday, March 6, 2019

Begin your 40 day Lenten Journey by joining Rev. Madden at an Ash Wednesday Service on Wednesday, March 6, at 6:30 p.m.

Burley UMC's Lenten Lunches begin Thursday, March 14 @ Noon. Rev. Madden will be speaking at the April 4th lunch.

Tues., April 9th - Mime Troupe from St. Nicholas Catholic Church @ Noon, with lunch to follow.

Access Sunday sermons and special music at: <http://www.youtube.com/user/RUMC83350>

Return Service Requested

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Office Hours: Mon, Tues,
Wed, 8:30 a.m. to 3:00 p.m.
Food Pantry: Mon. & Wed.,
11:00 a.m. to 1:00 p.m.
Rev. David Madden is in the
office on Mon. thru Thurs.
9:00 a.m. to 2:00 p.m. and
by
appointment. 436-3354
pastordavid@cablone.net
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The Rupert United Methodist Church Foundation 2019 scholarship applications are available in the church office and on our website: www.rupertidumc.org.

Applicants must:

- 1) Be an active, full time member of the Rupert United Methodist Church for at least one year.
- 2) Be pursuing a degree program at any accredited institution.
- 3) High school students may apply if they will be a college student in the Fall of the year of the application (2019).
- 4) Have a minimum GPA of 2.5 or higher on a 4.0 scale.
- 5) Applicants are required to be full-time students according to their school's standards for the program for which they are enrolled.

Please have the completed application back in the office by **Monday, April 1, 2019**



Scholarship applications are also available from the Rupert United Methodist Men for 2019. The applications are available through the office, or on our web page, www.rupertidumc.org, and are due back, completely filled out, by **Monday, April 1, 2019**



On Sunday, Feb. 3, The Abundant Health Ministry Team held a drawing for 5 pair of Trax (ice grippers for your shoes). This was advertised for 2 pair, however they ended up with 5 pair. And the winners were - Jean Bartlett, Aleah Miller, Sherrie Maloney, John Johnson and Wayne Wilske. Congratulations! Here's to no falls on the ice or snow.

March is National Nutrition Month

Greetings from the desk of Lori Johnson, RDN, LD, CDE. I would like to let everyone know that March is National Nutrition Month. I am excited to help our congregation celebrate this special month. As most of you know, I am a registered dietitian. Here is a bit of information about this nutrition education and information campaign from www.eatright.org.

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month® promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Registered Dietitian Nutritionist Day is also celebrated during National Nutrition Month®, on the **second Wednesday in March**. This occasion increases awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services, while recognizing both RDNs and nutrition and dietetic technicians, registered for their commitment to helping people enjoy healthy lives.

History

"National Nutrition Week", initiated in **March 1973**, was embraced by members of the American Dietetic Association (now the Academy of Nutrition and Dietetics), as a way to deliver nutrition education messages to the public while promoting the profession of dietetics. In 1980, in response to growing public interest in nutrition, the week-long celebration expanded to become a month-long observance.



I will be offering some fun supplies related to nutrition and healthy eating during coffee hour for the month of March. I also will be providing reading material for everyone who would like to learn more about what healthy eating is all about! And last but not least, my mantra I tell all my patients before they leave my office.... "Eat healthy and be active, because your body is too precious to waste!"



*JAMES KENT
AND
WENDY WILLIAMS
WERE UNITED IN
HOLY
MATRIMONY
SUNDAY,
FEB 17, 2019
AT
RUPERT
UNITED
METHODIST
CHURCH
BY
REV. DAVID L.
MADDEN*

CONGRATULATIONS JAMES & WENDY

HOOKS & KNEEDLES

MINISTRY TEAM LEADER MIKE NOSS
KRIS SOMSEN, SARA SOMSEN-FOWLER

In 1990 Evie Rosen of Wausau, Wisconsin had the idea to donate colorful, patchwork afghans to homeless shelters. She gathered friends and customers in her yarn shop to knit and crochet 7" by 9" sections and asked others to join them together. Warm Up America! was born.

In the Rupert United Methodist Church we have lots of yarn workers, so we have started a new Ministry Team called Hooks and Kneedles. Team leader is Mike Noss and we will be making the afghan squares and either putting them together for use in our community, or sending them to Warm Up America! For distribution through their network.

Warm Up America! Encourages volunteers "to assemble and donate afghans in their own communities because Warm Up America! Is a program of "neighbors, helping neighbors."

Warm Up America! is a wonderful organization. We have brochures in the church office which tell about their programs, and templates with simple instructions. Dig out your hooks and your needles and that stash of yarn in the bottom drawer and make a square or two.

The idea of making a whole afghan is daunting to a lot of us, but anybody can make a 7x9 inch square. Please join us and let's see how many we can make!



Color Me Calm meets every Thursday from 5:30 to 6:30 p.m. Everyone is welcome. Peggy Hess is the facilitator of this class. Ask her how coloring can help you destress.



A Bible coated in mud lays outside Fenwick (W. Va.) United Methodist Church following heavy flooding. Photo by Mike DuBose, UMNS

God is the giver of good gifts and the things we use in our life of worship, prayer, study and service. These objects become bearers to us of God's word.

When so worn or damaged as to be no longer useable, Bibles should be disposed of with reverence and with appropriate ritual action.

In such a ritual, a congregation or community offers thanks to God for the gifts involved in the items offered and returns them back to God by returning them to the earth. Such return to the earth may happen by burial or by burning, with the ashes interred after the burning is complete.

In light of God's call to be good stewards, it is a good practice to give gently used Bibles, Sunday school curriculum or devotional books to people or communities who need them. Always keep in mind whether the resources are still current and contextually appropriate for the recipients.

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