



So I'm sitting here writing this 4 days past the due date for newsletter articles. I am typically a last-minute person and do my best work under pressure. In this instance it has been incredibly difficult for me to think past Holy Week and Easter into a

new month and a new season. Then Micah got sick. She's been home for four days, spiking fevers of over 102 and 103 and just being miserable. She tested negative for everything at the Dr.'s (Covid, Flu, Strep, ear infection) so we were told we've just gotta let the virus run its course. This is the longest she has ever been sick. And when Micah gets sick, she won't let me leave her side. I can't even leave the room without her crying. She needs to see me, feel me, cuddle with me ALL THE TIME! It's been exhausting for me.

And that got me thinking... Am I like that with God? When life gets difficult, overwhelming, stressful, or even seemingly impossible, am I crying out to God and desperate for God's presence? Or am I being stubborn, attempting to manage it all on my own? Maybe I'm turning to everyone else- my family who HAS to listen or my friends who will validate my own thoughts and opinions- rather than relying on hope and truth that God can offer.

Because here's the thing, God is better than me. (Thank goodness!) Micah's constant need for attention and affection has left me drained and I could certainly use a break. But God's not like that. God doesn't need a break from us. God is right there, within and among us, willing and able to offer exactly what we need to go through any circumstance we find ourselves in. And sometimes it's easy to remember that during the season of Lent, during Holy Week and as we celebrate Easter. But will we remember that when life goes back to normal?

As we look ahead to Spring, as we celebrate a Risen Savior, may we ALL remember that God is always there to draw strength from and find courage in.

Love,  
Rev Kelly



## Looking Ahead

Apr. 7 - Hoagie Sale ends;  
MUM Cares Donations

Apr. 10, 17, 24, May 1 - *Fearless* Bible Study, 10am

Apr. 12-14 - Book Sale

Apr. 13 - Men's Breakfast & Bible Study, 8am

Apr. 17, 24, May 1 - Mahjongg class, 10am

Apr. 18, 19, 20, 21 - Hoagie orders pick-up (times TBA)

Apr. 19 - Kids Club, 6pm

Apr. 20 - Connections for Women, 9am

Apr 21 - District Conference at Holiday Park, 6:30pm

Apr. 22 - *MUM Messenger* articles deadline

Apr. 29 - *MUM Messenger* mailed



Serving God, Sharing Love, Changing Lives

Monroeville United Methodist Church

219 Center Road, Monroeville, PA 15146-1748

Phone: 412-372-7474

www.MonroevilleUMC.org



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US POSTAGE  
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PITTSBURGH, PA  
PERMIT NO. 4039

**Church Staff:**

<b>Senior Pastor</b> - Kelly J. Smith .....	<a href="mailto:RevKelly@MonroevilleUMC.org">RevKelly@MonroevilleUMC.org</a>
<b>Administrative Assistant</b> - Karen Marci .....	<a href="mailto:MUMC@MonroevilleUMC.org">MUMC@MonroevilleUMC.org</a>
<b>Coordinator of Financial Ministries</b> - Leslie Thorsen .....	<a href="mailto:FinancialSec@MonroevilleUMC.org">FinancialSec@MonroevilleUMC.org</a>
<b>Coordinator of Communications</b> - Betty Henderson .....	<a href="mailto:Communications@MonroevilleUMC.org">Communications@MonroevilleUMC.org</a>
<b>Youth Leader</b> - Natalie Frydryck .....	<a href="mailto:MUMYouth@MonroevilleUMC.org">MUMYouth@MonroevilleUMC.org</a>
<b>Director of Choral/Trad. Ensembles</b> - Lynn Bruhn.....	<a href="mailto:Music@MonroevilleUMC.org">Music@MonroevilleUMC.org</a>
<b>Organist/Director of MUM Rings</b> - Lynn Bruhn .....	<a href="mailto:OrganBells@MonroevilleUMC.org">OrganBells@MonroevilleUMC.org</a>
<b>Director of Praise Worship Ministries</b> - Michael Ondrick .....	<a href="mailto:Praise@MonroevilleUMC.org">Praise@MonroevilleUMC.org</a>
<b>Custodian</b> - Dave Brown	

**E-mail Addresses:**

**Other Church E-mail Addresses:**

**Lay Leader** - Ron Morgan .... [Layleader@MonroevilleUMC.org](mailto:Layleader@MonroevilleUMC.org)  
**Adult Ministries** ... [AdultMinistries@MonroevilleUMC.org](mailto:AdultMinistries@MonroevilleUMC.org)  
**Prayer Chain** ... [Prayers@MonroevilleUMC.org](mailto:Prayers@MonroevilleUMC.org)  
**Fellowship Chair** - Ron Morgan ... [Fellowship@MonroevilleUMC.org](mailto:Fellowship@MonroevilleUMC.org)

**MUM Preschool**  
 Becky Burtick (Director)  
 E-mail.....[Director@MUMPreschool.org](mailto:Director@MUMPreschool.org)  
 Phone..... 412-372-8819  
 Website.....[www.MUMPreschool.org](http://www.MUMPreschool.org)

**Church Office Hours**  
 9:00 am - 4 pm Monday-Thursday  
 Office closed on Fridays

**Rev. Kelly's Contact Information**  
 Church phone - 412-372-7474  
[RevKelly@MonroevilleUMC.org](mailto:RevKelly@MonroevilleUMC.org)  
 Cell phone - 214-202-9291  
 Rev. Kelly's weekly day off is Friday.

# "Good as New" Used Book Sale

Monroeville United Methodist Church  
219 Center Rd. Monroeville PA 15146

**\$10 Bag Sale (or buy by the item)**

Great Books!

Great Savings!!

**Friday, April 12**

9:00 a.m. – 1:00 p.m.

**Saturday, April 13**

9:00 a.m. – 1:00 p.m.

**Sunday, April 14**

9:00 a.m. – 11:00 a.m.

Puzzles!

Games!

For ALL Ages!

We are partnering with

### Christ the Divine Shepherd Parish Blood Drive

**Sunday, May 5 -8:30 am to 2:00 pm**

**At St Bernadette Catholic Church Lourdes Center - Lower Level  
245 Azalea Drive, Monroeville PA (right around the corner from MUM)**

To schedule an appointment to donate:

- Go to [Vitalant.org](https://vitalant.org) and use account code UG0040390
- Call 1-877-25VITAL
- Contact John Prazenica at [japraz@gmail.com](mailto:japraz@gmail.com) or 724-814-6816 (John is the church blood drive contact for Christ the Divine Shepherd)
- Go directly from this link:

<https://donors.vitalant.org/dwp/portal/dwa/appointment/guest/phl/timeSlotsExtr?token=UUp4MviNsXaQP2YR3W8wTBulxRV8BSCaWeXF8CMVbJ8%3D>

We are excited to provide this opportunity for our congregation to easily donate blood.. This is an amazing way to follow the commandment to “Love Your neighbor as yourself.” (Matthew 22:39) We will literally be able to help save lives of our neighbors by giving up an hour of our time and a pint of blood. If you have not donated before and are concerned you are not eligible or want to know more information about the process, call one of the numbers above or go to the website. There are many myths about eligibility requirements, so check the website! Anyone 16 or older who weighs more than 110 pounds has a good chance of being eligible.

Oh, by the way, after you donate they “make” you eat a snack and relax!

### SUMMER VOUNTEERS NEEDED

- ⇒ Summer Park Service needs people to help set up and take down the equipment we need for this very popular service. If you would like to help ensure a good experience for people in the park and online, and have a little extra time on Sundays to help out, please contact Ron Morgan. It might look a bit daunting at first, but they will train you. Contact Ron at [layleader@MonroevilleUMC.org](mailto:layleader@MonroevilleUMC.org).
- ⇒ Summer VBS will need lots of volunteers! VBS this year will be July 29-August 2 in the evening with a camping theme. Save the dates if you think you would like to help and let Natalie Frydryck know you are available, [MUMYOUTH@MonroevilleUMC.org](mailto:MUMYOUTH@MonroevilleUMC.org).

### Conference & District Connections

Our bulletin board near the parlor has information about upcoming events in the WPA Conference and Greensburg District  
Look for information about Greensburg District Conference on April 21, Lay Servant Development courses April 26-28 at Holiday Park UMC, and an Anti-racism Award program honoring William Meekins Jr, our former District Superintendent on May 18.



### Sunday Schedule

8:45 am Seekers Adult Class

10:00 am Worship Service in the Sanctuary & Online

Sunday School Ages 3 years -12th grade (after Children’s Sermon)

Room 4 is available for those with infants/toddlers who need some space.

### Holy Week and Easter

March 28, 7:30 pm - Maundy Thursday Service with Communion (church & online)

March 29, 7:30 pm - Good Friday Service “Stations of Peter” (church & online)

Easter Sunday, March 31

6:45 am Sunrise Service at Boyce Park Commissioners Grove (on Old Frankstown Road).

10:00 am Service of Resurrection at the church, online on Facebook & YouTube

(These times have been updated since the previous newsletter.)



Easter Offering

Our traditional designated Easter Offering will be given to:

Jeremiah's Place (<https://jeremiahsplace.org>), a crisis nursery in Pittsburgh;

Four Corners Native American Ministry (<https://www.nmconfum.com/four-corners-native-american-ministry/>), a ministry of the United Methodist Church located in New Mexico to open dorms within the native American reservation to

house the homeless; Heifer Project (<https://www.heifer.org>) works in 19 different countries around the world to help deal with food insecurity, economic development, women's empowerment. *The Easter Offering consists of donations in Easter Offering envelopes, offerings clearly noted as being for “Easter Offering” on your check and envelope, or offerings donated through our online giving that are designated for Easter.*



### Native American Ministries Sunday - Celebrated on the third Sunday of Easter (4/14/24)

Native American Ministries Sunday is one of the 6 special offerings that United Methodists give each year. An offering is taken to support vital ministries and churches in the Native American communities. 50% of the funds remain in the Annual Conference to develop and strengthen Native American ministries in the conferences. 25% of donations fund scholarships designated for Native Americans attending United Methodist schools of theology. 25% of the donations are used to create beneficial programs that allow the UMC to partner with existing native ministries to develop new programs. *Envelopes will be available in your bulletins on April 14.*

### Year to Date Finance Update, end of February 2024:

**Revenue: \$76,210 Expenses: \$66,136**

*If you would like a copy of our church finance reports, please contact Leslie at 412-372-7474 or [Financialsec@MonroevilleUMC.org](mailto:Financialsec@MonroevilleUMC.org).*



## Health & Wellness

*Our Health and Wellness Team is offering some tips to help keep us healthy throughout the year!*

**From an article published by Healthy Habits Blogger.**

### 9 SELF CARE TIPS (SO EASY YOU’LL WONDER WHY YOU DIDN’T START SOONER!)

New year, new you, right? Yeah, yeah, we’ve all heard it. But before you dive headfirst into resolutions that feel like climbing Mount Everest in flip-flops, let’s talk real – you need to chill the heck out. Trust me, bossing your life doesn’t mean sacrificing your sanity on the altar of productivity. So, let’s ditch the burnout blues and embrace daily self-care practices that are as easy as breathing.

#### Morning Magic:

1. **Sunrise Snooze Button:** Ditch the ear-splitting alarm. Set your phone to play calming nature sounds or chill tunes, and wake up like a queen (or king, no judgment).
2. **Hydrate Before You Grind:** Chugging a glass of water is like hitting the “reset” button for your brain. Plus, it preps your body for that morning coffee you crave.
3. **Move Your Groove Thing:** Even a 10-minute dance party to your favorite playlist gets your blood pumping and puts a smile on your face. Bonus points for making up ridiculous moves nobody will ever see.

#### Midday Mindfulness:

1. **Lunchbreak Liberation:** Escape the fluorescent-lit prison of your desk and go for a walk outside. Soak up some vitamin D, breathe in fresh air, and maybe even pet a friendly dog (instant stress relief, guaranteed).
2. **Tech Timeout:** Put your phone on silent (gasp, I know!), close your laptop, and take five minutes for just you. Do some deep breaths, meditate, or simply stare out the window and let your mind wander.
3. **Snack Smart:** Ditch the greasy chips and sugar-laden cookies. Pack a healthy snack like nuts, yogurt with berries, or veggie sticks with hummus. Your body (and taste buds) will thank you.

#### Evening Enchantment:

1. **Digital Detox:** Power down all screens at least an hour before bed. No scrolling before snoozing! Read a book, take a warm bath, or sit and chat with loved ones. Quality time with yourself and others is pure gold.
2. **Gratitude Groove:** Before you hit the hay, jot down three things you’re grateful for that day. It can be anything, from a delicious cup of coffee to a funny meme your friend sent. Focusing on the good stuff rewires your brain for happiness.
3. **Sleepy Soundscapes:** Ditch the TV noise and create a calming sleep environment. Put on some soothing music, dim the lights, and maybe even light some aromatherapy candles. Sweet dreams, baby!

Remember: Self-care isn’t selfish, it’s superhero training. Taking care of yourself makes you stronger, more resilient, and way more fun to be around (for you and everyone else). It’s not about adding stress, it’s about swapping out the energy-sucking stuff for soul-nourishing goodness. So, go forth, conquer your day, and most importantly, be kind to yourself. The world needs your vibrant energy, but only if you’re running on self-love, not fumes. Peace out, wellness warriors!

#### Bonus Tips:

- **Sneak self-care into your routine:** Listen to an audiobook while you commute, do some stretches while you wait for the kettle to boil, or squeeze in a mini-meditation while brushing your teeth.
- **Find your tribe:** Surrounding yourself with supportive people who prioritize self-care is like having a built-in cheer squad for your well-being journey.
- **Be flexible:** Don’t beat yourself up if you miss a day or two. Life happens! Just pick yourself up, dust yourself off, and get back to your self-care groove.

Now, go forth and slay your day, but remember, slaying yourself is optional. Choose self-love, choose wellness, and watch your life sparkle!



### Kids Club and Vacation Bible School are having a hoagie and pizza sale!

**Orders are due by April 7th.** The orders are being delivered April 18 and can be picked up Thursday evening (4/18), at Kids Club on Friday, on Saturday by making arrangements with Natalie Frydryck or Sunday, April 21. All hoagies and pizzas are \$10. Order online through the QR code, the link, or at the table in the narthex on Sunday. Order: <https://forms.gle/6bcy1inPNWrF396y7>. Payment may be made via cash, checks or online.



### Connections for Women

Girlfriends, YOU are invited to Connections on Saturday, April 20, at 9 am in room 7! Come help us celebrate EARTH DAY 2024 (which is really April 22, but I know you knew that already). This year the focus is on plastics so be thinking of ways we can reduce, recycle, or reuse plastic. In fact bring any “show and tell” to share with us! The EARTH and we all will be glad for your ideas. No reservations needed, just come!



### New Short-term Weekly Study - Second Session of *Fearless*

**Wednesdays April 10, 17, 24 & May 1  
10:00 - 11:30 am in the church parlor**

Melani Brown will lead a study based on Max Lucado’s book, *Fearless: Imagine Your Life without Fear*. This is a continuation of the study which was held last fall, BUT you do NOT need to have participated to join this class. Everyone, whether they were a prior attendee, haven’t read the book at all, or have never been to a Bible Study will enjoy the class. Books will be available for \$10 donation.



### MAHJONGG

Mahjongg is a fun and easy to learn game that many at MUM have learned and now enjoy. I am again offering to teach this game. There will be 3 sessions from 10:00 am -12:00 noon here at the church. Dates are: Wednesdays April 17 (Room 7); April 24 (Room 3); and May 1 (Room 7).

Please complete the form below and place it in the offering plate; or call the church to register.

~Jeanette Matthews

----- tear off -----

I would like to learn to play Mahjongg!

Name \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_