



Chapel Bells

April 2013

Throughout Lent, we've been talking about getting rid of the stuff that clutters our souls, like complaining, grumbling, worry, stress, not forgiving, and thinking we're always right. I shared this little tool to help us all relieve some of the stress in our lives, using the the word RELAX, and I was asked to include it in the next newsletter.

1. R - realize our worth.
2. E - Enjoy what we already have.
3. L - Limit our labor.
4. A - Adjust our values.
5. X - eXchange our pressure for God's peace.

Let's start with R, Realize our worth. The reason most people overwork and get stressed is because they confuse their work with their worth. We think if we work a lot, achieve a lot on this earth, we're worth a lot. We confuse what we do with who we are. But the Bible doesn't teach that. It says our worth has nothing to do with our work. Our worth comes because God made us, and God made us good.

That means we don't have to prove our worth. You don't have to win anyone else's approval. You don't need the approval of others to be happy. Our worth comes from God. We can't do anything to make God love us more, and we can't do anything to make God love us less. You don't have anything to prove to God by allowing your life to get out of hand.

Next, E - Enjoy what we already have. We have become such a consumer society... we buy things we don't need, with money we don't have to impress people we don't even like. It's important to remember that the best things in life are not things. And you never see a hearse pulling a U-Haul. You can't take it with you.

Then, L - Limit our labor. I love that scripture from Ecclesiastes, "Only someone too stupid to find his way home would wear himself out with work!" (10:15)

If we work too hard, for too long, it takes it's toll, on our physical and our mental health. Psalm 127 says, "It is senseless for you to work so hard from early morning 'til late at night... God wants his loved ones to get their proper rest." If you're burning the candle at both ends, you're not as bright as you think you are. Sometimes the most spiritual thing we can do is go home and go to bed.

Next, A - Adjust our values. In order to reduce the stress in our lives, we have to change our thinking about what's important. The prophet Isaiah says God asks, "Why do you spend your money for that which is not bread, and your labor for that which does not satisfy?" God promises to love us. We don't have to do anything, and God will still always love us. That should relieve an awful lot of our stress.

And lastly, there's the X -- Exchanging our pressure for God's peace. You know how little kids are, it always seems at bed time, they have more energy than ever. They can run circles around you. Well, if you know anything about kids, all that running around is a symptom of being exhausted. It's not a sudden burst of energy, it's their bodies shouting, "I'm exhausted; put me in bed."

Well, maybe we're more like little kids than we'd like to admit. We're a people who are physically, emotionally, and spiritually tired. All of our running around is really a symptom of our exhaustion-- our souls are cluttered with exhaustion, and we're too tired to realize it. Sometimes we think a vacation will help, so we pack up our suitcases and spend time away from home and work, but when we come home, we find our habits haven't changed, and our lives have not changed at all.

But when we take our faith seriously, we learn to exchange our earthly pressures for God's peace. So, relax, my friends, and unclutter your souls.

Blessings, Melissa



April Dates

Happening
This Month!

- Sun. April 7:** Holy Humor Sunday @ St. Paul & Norrisville. Bring a joke to share in church!
- Sun. April 21:** Earth Day Celebration @ St. Paul & Norrisville. Bring an idea for recycling & caring for God's creation.
- Sat. April 27:** St. Paul Yard & Sandwich Sale
8 am—2 pm

The deadline for the May issue of Chapel Bells will be **April 15**. Please send articles to:

Dawn Robey

3909 Old Federal Hill Road, Jarrettsville, MD 21084
drobey@zoominternet.net
410-692-4051

Address changes should be directed to the following:

St. Paul—Melissa McDade, 410-692-6179
2434 Bradenbaugh Rd, White Hall, MD 21161
thomasjsullivan@hotmail.com

Norrisville - Jane Leffel, 410-357-8318
20037 Old York Rd, White Hall, MD 21161

Ayres Chapel—Pastor Nick Bufano 443-813-7584
373 Carea Road, New Park, PA 17352
pastornickbufano@gmail.com

Please send any names of graduates to Melissa.



May Dates

- Tues. May 7:** Norrisville Church Council 7 pm
- Wed. May 8:** Senior Luncheon @ Norrisville 12 noon
All are welcome—FREE!
- Thurs. May 9:** St. Paul Church Council 7 pm
- Sat. May 18:** Norrisville BBQ 3—7 pm (we'll need help Friday for set-up & all day Saturday beginning at 9 am)



Recycle your empty ink cartridges (all sizes and brands) at Norrisville. We'll be turning them in to Staples and be using the credit to help cut down on the office supply costs.



Changes on our Charge

As many of you already know, on June 30th, our charge will change. Ayres' Chapel is moving to be on a charge (sometimes now called a "co-operative parish) with Jarrettsville UMC, and Nick will be the full-time pastor there. St. Paul and Norrisville will now be a 2 point charge.

It was been a great 15 years of the 3 churches working together. We have been a model for the conference, of how different configurations of churches and pastors can work well. As our churches have grown, and the community has changed, it's now time to re-configure once again.

That doesn't mean we won't see each other, or work together again. Our churches are always stronger when we work together then when we try to do it all alone. That's a strength in our United Methodist system. So, know that you'll still be seeing some old friends as we do ministry together, and we'll embrace new ones from Jarrettsville, while we also join with even more local churches in our area for some areas of ministry.



**3rd Annual Hereford Zone Community
Shred-it Day!**

Sponsored by **My Neighbors Foundation**

**Saturday, April 20th, 2013
8am-12pm**

(or until we fill the truck!)

Hereford High School

We will shred only confidential documents!

NO Newspapers

NO Magazines or Catalogues

NO Cardboard

Acceptable items are bank records, financial documents, business records, tax documents, credit card statements etc.

April Birthdays

- 5 Curt Wilkinson-N
- 6 Lucille Harris—AC
- 7 Brittany Taylor-N
- 13 Jerry Cale—AC
- 15 Jennifer Strobeck-N
- 17 Marty Meehan-N
- 20 Kasie Crowther—N
- 22 Billie Bailey—AC
- 25 Peter Meehan-N
- Patrick Waltmyer—N
- 26 Emma Jean Anderson-AC
- 29 Fran Heiser-N
- 30 Mike Day-SP



April Anniversaries

- 9 James & Darla Smith-SP
- 10 Carol & Richard Nicholson Sr-N
- 12 Sharon & Greg Beattie—N
- 21 Lynn & Ken Rosier—AC
- 27 Fran & Harry Heiser-N
- 29 Barbara & Tony Kriss—AC

Keep God's Word Close at Hand, by Rick Warren (March 7, 2013)

For most of the 2,000-year history of the Church, only priests got to personally read the Bible, but now billions of us have access to it. In spite of this, many believers are more faithful to reading their daily newspaper than their Bibles.

It's no wonder why we don't grow. We can't watch television for three hours, then read the Bible for three minutes and expect to grow.

Many who claim to believe the Bible "from cover to cover" have never read it from cover to cover. But if you will read the Bible just fifteen minutes a day, you will read completely through it once a year.

If you cut out one 30-minute television program a day and read your Bible instead, you will read through the entire Bible twice a year.

Daily Bible reading will keep you in range of God's voice. This is why God instructed the kings of Israel to always keep a copy of his Word nearby: "He should keep it with him all the time and read from it every day of his life" (Deuteronomy 17:19a NCV).

But don't just keep it near you; read it regularly! A simple tool that is helpful for this is a daily Bible reading plan. It will prevent you from just skipping around the Bible arbitrarily and overlooking sections.

Talk About It

- With what projects or hobbies do you show great discipline in your attention to them? How can you apply that same discipline to your daily Bible reading?

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- ★ **All Medications.** The program includes discounts on brand and generic medications, open formulary so that almost every medication is eligible for discounts.
- ★ **Accepted Everywhere.** The Discount Prescription Card is pre-activated and accepted at over 56,000 pharmacies around the country including most major chains.
- ★ **Confidential.** No personal information is required to get a card. No personal information is collected on processed prescriptions.

The Maryland Rx Card is accepted at over 56,000 pharmacies around the country. To receive a pre-activated card or for more information, visit www.marylandrxcard.com.

Melissa McDade, Pastor
Norrisville Charge
2434 Bradenbaugh Road
White Hall MD 21161



It's Here!
**The Community Yard Sale at
St. Paul United Methodist Church**

Saturday, April 27 8 am—2 pm
Rain or shine

Pit beef, turkey & ham sandwiches
Tons of unfound treasures!!

Spaces available for rent for \$10. See Dawn Robey (SP)
for more information, 410-692-4051.

Thanks to all who attended the HOPE New Freedom Restaurant Pasta Dinner back in February. Between dinners, raffles, and bracelets, nearly \$4000 was raised for HOPE! It was a great evening!

Another HOPE Weekend at Ruby Tuesday's in Shrewsbury will be May 30, 31, and June 1. Fliers will be available closer to those dates, and they are needed for the 20% of your purchase to go to HOPE.



Norrisville Charge Worship Times

St. Paul: Worship at 8:15, Sunday School for all ages following worship
At the corner of St. Paul Church and Telegraph Rds., off Rt. 136

Norrisville: worship at 9:30, with Sunday school for all ages following worship
Located on Church Lane (west of Norrisville Rd.), near Norrisville Elementary school

Ayres' Chapel: worship at 10:30, with Sunday School at 9:15
On Norrisville & Ayres' Chapel Rds., just north of Dry Branch Rd.