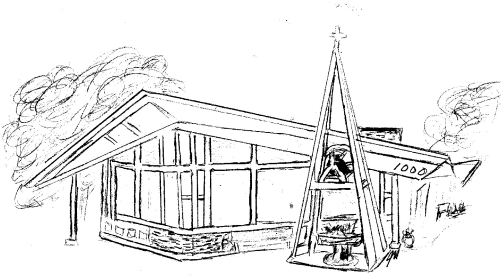


# Buffalo United Methodist Church



February 2022

1000 30<sup>th</sup> Street NE  
Cedar Rapids, Iowa 52402



## Pastor Carol's Desk

**W**e are getting closer to spring, and I am sure we are all looking forward to the end of winter.

I am always excited about spring. The new growth that God shares with us is so awesome. Although there are times I wish I lived in a warmer climate, I'm sure I would miss the four seasons. The change in the seasons always gives us something to look forward to. I do hope we will all take time to think about what the four seasons mean in our lives.

When it is so cold out, my dogs really don't want to go out, and when they do they come right back in. I feel the same way when I have to venture into the cold air, thinking that I can't wait till I can go back inside. But we need to remind ourselves that we have so much to be thankful for, even when we are enduring January's frigid temperatures. As we are reminded in the book of Hebrews (10:36): "You need to preserve so that when you have done the will of God, you will receive what he has promised."

~Blessings, Pastor Carol

## Neighborhood Potluck

Renew old friendships and create new relationships as we gather at 11:30 a.m. on Thursday, February 10 for our monthly meal. Beverages and tableware will be provided. We had fun playing Bingo in January, and this gathering just four days before Valentine's Day may prove even more entertaining.

## Hy-Vee Receipts

We continue to collect Hy-Vee Receipts for Garfield Elementary School. There is a large glass jar in the back of the sanctuary for the receipts. Thanks

## Buffalo United Methodist Women

Everyone is invited to the February meeting on Thursday, February 17 at 9:30 a.m. After a short business meeting, Becky Durand will provide the program. One topic for discussion will be preparation for our pancake breakfast on March 26.

In our January program we were reminded that we are all caretakers of the earth and its inhabitants. In addition to what we can do in our own lives (such as adjusting the thermostat, turning off unneeded lights, using less plastic, recycling paper, etc), we should not forget our responsibility to contact Iowa legislators and share with them our environmental concerns.

If you visit the Iowa Legislature website (<https://www.legis.iowa.gov/>), you will find a wealth of information on contacting legislators and learning about what's happening in Des Moines. There will also be printed information on legislators in the back of the sanctuary.

## February's Noisy Offering

Disability Awareness Sunday (February 13, the second Sunday in the month) celebrates "the gifts and graces of persons with disabilities and calls the Church and society to full inclusion of persons with disabilities in the community." In January our collections of pennies, nickles, and quarters for Human Relations Day totaled offering \$44.50.

## Church Cleaning

Help is needed at 9:00 a.m. on Thursday, February 10 as we gather to vacuum carpets, empty trash receptacles, clean bathrooms, straighten up pews, and make sure the church building is clean and tidy. Many hands make quick work. Please join us.

# Overwhelmed

by Bishop Laurie Haller

It's been my favorite word for the past 28 years. In 1993, when Gary and I were introduced to the leaders of First United Methodist Church in Grand Rapids, Michigan, as their new co-pastors, I said to myself, "Oh, my. I hope we can do this!" Having served several small and medium-sized churches before that, I tried to prepare myself for the enormity of this large downtown congregation. At the same time, we had three elementary and middle school-age children who also needed our attention and encouragement.

I learned a new word during those thirteen years. Overwhelmed. Have you ever been tempted to sweep everything off your desk in frustration and stomp out of the room? Have you ever felt as if you could not keep up with the demands of your job? Do you yearn to connect with God's peaceable kingdom?

Overwhelmed. The word has accompanied me like a shadow throughout my ministry. I don't think I have ever not been overwhelmed in ministry. Much of that is due to my own nature of always wanting everything to be done well and in a timely way. But life often interferes. Babies are born, children stray, jobs change, illness forces us to slow down, and we say "yes" to too many things, some but not all of which are beyond our control. The expectations of congregations can seem unrealistic at times, and balance escapes us.

In a recent article titled "In the Grip of Overcome," Consultant Susan Beaumont writes, "Overwhelm is a spiritual condition. It results from striving for control and is rooted in an attitude of scarcity. Overwhelm stems from too many needs that we believe we alone can satisfy, uncertainty about our future, fear about our own capacity to succeed, and too much energy invested in particular outcomes." Her article prompted the following thoughts around what it means to be overwhelmed and how we can celebrate hope.

**1. Let go and do the things you love to do.** How do you resist the impulse to "fix" everything that seems to be broken at this moment? Can you focus on what is most important for you . . . and make time for the things that give you life?

**2. Become silent/still.** One of the most difficult tasks of being human is knowing when to step away from enslavement to your to-do list and focus on the

invitation to "be still" and know that God is God. Taking time for meditation, prayer walking, and spiritual reading and writing connects us with God's intentions for our life.

**3. Set priorities.** In order to live fully and serve faithfully as Christ-followers, we must prayerfully discern how God is calling us to set parameters around our service.

**4. Speak truth to power and maintain inner peace.** As he went about his ministry, Jesus no doubt experienced overwhelm, aware that he could not help everyone, nor please everyone. Yet Jesus was able to minister to the least, the last, and the lost by speaking truth to those in authority and maintaining an inner peace in the assurance of his belovedness.

**5. Stay connected.** [The Bishop describes an annual gathering with family members.] We spent a wonderful evening together, reminiscing about my mom and dad, telling stories, and thanking God for the gift of family, even in the midst of so much "overwhelm."

**6. Acknowledge your need for control.** Beaumont writes, "Overwhelm is essentially about trying to be in control of things that you can't control."

**7. Celebrate hope.** Is it any coincidence that hope is what will finally see us through? What do we do when we are feeling overwhelmed?

We've all had times in our lives of being overwhelmed. Yet, among all those experiences, these last two years of Covid-induced fear and isolation have been one of the most intense. We have had to reflect upon our personal spiritual practices and take inventory of our resources and means of coping. Through it all, I trust that we have been thrown back upon the root and source of all our strength and hope: our God revealed in Jesus Christ, the one who is the source of our faith, our hope, our love. Time and again, I've thought of this old and always-true hymn:

*His oath, his covenant, his blood,  
Supports me in the 'whelming flood;  
When all around my soul gives way,  
He then is all my hope and stay.  
On Christ the solid rock I stand,  
All other ground is sinking sand.  
All other ground is sinking sand.*

[This is a condensed version of an essay posted to the Bishop's blog in October of 2021.]

# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Interested in making a donation to the Ecumenical Center? Contact Judy Hackney		1	2 <b>Candlemas</b>	3	4	5
6 8:45 am Worship Service <i>Communion</i> Sunday	7	8	9	10 Clean Church (9:00 am) Neighborhood Potluck (11:30 am)	11	12
13 8:45 am Worship Service	14 Valentine's Day	15	16 Administrative Board Meeting (10:00 am)	17 UMW (9:30 am)	18	19
20 8:45 am Worship Service	21 President's Day	22	23	24	25	26
27 8:45 am Worship Service	28	<b>March 1</b>	2 <b>Ash Wednesday</b>  The beginning of Lent	If you have ideas for our Sunday morning worship bulletin covers, please share your thoughts with Pastor Carol or Bob Marrs. To save money, we are designing our own covers for each week, and suggestions for new designs will be most welcome.		

**February Birthdays:** 6 – Margie Marrs  
11 – Marilyn (Marlee) Carpenter

10 – Marlene Himes  
17 – Carla Lindball

11 – Christine Gochenouer  
19 - Becky Durand

**Wedding Anniversaries:** No Valentine month anniversaries.

## Candlemas

Candlemas is celebrated 40 days after the birth of Jesus. It traditionally marks the date when Mary and Joseph brought the baby Jesus to the Temple in Jerusalem, where they met Anna and Simeon. According to the Gospel of Luke, Simeon held up the baby Jesus and named him, "the Light to the World."

Candlemas has been celebrated in Jerusalem since the fourth century. It is perhaps no accident that this winter festival of light and candles coincides with the date half way between the winter solstice and the spring equinox. Some people believe that the weather on this day will

show the weather for the rest of the winter, a belief captured in this traditional rhyme:

*If Candlemas Day be fair and bright  
Winter will have another fight.  
If Candlemas Day brings cloud and rain,  
Winter won't come again.*

And thus we realize that the celebration of Ground Hog Day is based on an ancient Christian tradition.

As Methodists we adhere to our Wesleyan heritage that "the living core of the Christian faith is revealed in Scripture, illuminated by tradition, vivified in personal experience, and confirmed by reason."

## Planting Trees in the Spring

We recently ordered 19 trees for Buffalo's landscape. These trees are being donated at no cost to the church. All the trees are native to the Midwest and were chosen to support hundreds of Iowa residents, including many birds and butterflies. The oaks, for example, can provide food and protection for over 500 pollinator species. Below is a list of the trees with brief descriptions and current ideas on possible planting sites. Arriving in April, the trees should be delivered in 5-gallon pots and be 5-10' tall.

- Bur Oak (1 tree): eventual growth of 70-80' high & wide; can live 200-300 years; will replace a maple destroyed by the derecho south of the shed.
- Pin Oak (1): 60-70' high and 25-45' wide; live up to 120 years; plant along 30<sup>th</sup> Street.
- Northern Red Oak (1): 60-75' high and 45' wide; live up to 400 years; a partner with the Pin Oak.
- Tulip Tree (1): 70-90' high and 40' wide; fast grower; can live 200-250 years; plant east of the shed, complement the Tulip Tree in center of the Labyrinth.
- Downy Serviceberry (4): 15-25' high and wide; live up to 50 years; attractive flowers & edible berries; a row of 4 Serviceberries along the fence south of the herb garden.

- White Pine (1): 40-80' high & 20-40' wide; live up to 450 years; important food & nesting site for birds; locate on west side of property.
- River Birch (2): 40-70' high & 40-60' wide; life span of 50-75 years; important food source for birds; on west side of property near hackberry trees.
- Eastern Red Cedar (3): 40-50' high & 10-20' wide; can live up to 500 years; important source of food & protection for birds; evergreen backdrop for Labyrinth & wind chimes.
- Chokecherry (5): 50-60' high & wide and life span of 40 years; edible berries; a row along east side of property.

## Buffalo Calendar

### February Events:

- February 10: Church Cleaning at 9:00 a.m. and Neighborhood Potluck at 11:30.
- February 16: Administrative Board at 10:00 a.m.
- February 17: UMW at 9:30 a.m.

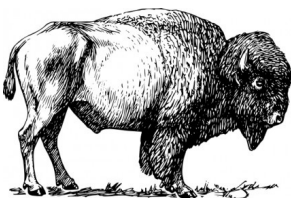
### Major Events later in the year:

- Pancake Breakfast: Saturday, March 26
- Rummage Sale: Thursday & Friday, June 9-10
- Ice Cream Supper: Saturday, July 23
- Bazaar with lunch: October 22

## Buffalo United Methodist Church

1000 30<sup>th</sup> St NE

Cedar Rapids, IA 52402



**Since 1876**