



9333 Opossumtown Pike, Frederick, MD 21702

301-695-6550 faithucc9333@gmail.com

MARCH 2017

SUPPLY PASTOR

ROBERT ROCK

FELLOWSHIP

10:30am

Join us for coffee
and refreshments

WORSHIP SERVICE

11:00am

When I was growing up, my friends and cousins would ask me at the beginning of Lent, “What are you going to give up?” One of the oldest practices in the church is that of sacrifice, and one usually did that by giving something up. Some, quite a few actually, chose cigarettes, others sweets, and so on. Some of the things people chose, they could do without quite nicely. In the case of tobacco, one is healthier without it, not to mention a significant saving, giving today’s prices. My wife had a different idea, and I cheerfully plagiarize it here.

Instead of trying to give up something innocuous, why not add something meaningful to your life? It doesn’t have to be anything spectacular. I’m not going to make a big list here, just one example. Jesus encouraged us to visit the sick. Or consider the homebound, or nursing home. While in seminary, I visited a friend at St. Luke’s in NYC. Before I left, he said, “Don’t underestimate the power of a personal visit.” Good advice. If you notice, Jesus’ commands all involve contact with other people, which is a true blessing.

So that is just one possibility. What comes to your mind that you could do that would be a blessing to someone else? And you know, the above does involve sacrifice – of time and effort, and perhaps even a little money. Yes, this can be a busy time for us, but what better sacrifice can we make than to include others who are not usually a part of our lives?

Peace, Pastor Bob



GREETER

Jennifer Stull / Jim Bostian

ORGANIST /PIANO

Mary Frances Bostian

ACOLYTES

Kevin Sunday /Ashlee Sunday /Jim Bostian

USHERS

Jim Bostian / Doug Sunday

ALTAR GUILD

Jim & Mary Frances Bostian

Weekly BULLETIN

Jennifer Stull

CHURCH TREASURERS

Jennifer Sunday / Shirley Bazan

NEWSLETTER / MAILING

Jennifer Stull

LABELS FOR HOFFMAN HOMES

Loberta Staley

HOMEWOOD Auxiliary Representative

Carole Houck / Loberta Staley

FELLOWSHIP MORNING

Jennifer Stull

CONSISTORY BOARD

Mary Catherine Martz, Carole Houck,
Doug Sunday, Kevin Sunday, Jim
Bostian, Jennifer Stull

PROPERTY COMMITTEE

Carole Houck, Jim Bostian, Doug Sunday

CEMETERY COMMITTEE

Jim Bostian, Doug Sunday, Jennifer Stull



Easter flowers are coming! Order form is on the last page of newsletter. Orders due by March 12th.

Pastor Vicki Oliver will be standing in for Pastor Bob for the worship services on March 12 and 19. She is the pastor at Lewistown UMC. We appreciate her time and look forward to her sermons!

Donald Shook is now a resident at Glade Valley Center. He is in the Sugarloaf wing , Room 305B. He is recuperating from a left foot infection.



Your donation to One Great Hour of Sharing provides support for health, education, refugee, agricultural, and emergency relief initiatives in 138 countries by working with local, national, and global partners. The offering is received most often during Lent, with **March 26** this year as the suggested Dedication Day. It is administered in the national UCC setting by Wider Church Ministries. Offering envelopes will be provided on that day.



FAMILY AND FRIENDS WHO NEED OUR PRAYERS



TOM BAZAN	ROBERT KALASKI Sr.	JERRY STIMMEL
PATTY BLANK	SARA KNIGHT	LINDA TROPE
BILLY BOWSER	ANTHONY MAIN	PATRICK VASOLD
RILEY BRANNAN	ROBERT MARSH	CALLIE WATKINS
TRISH BRANNAN	JOE-JOE MAY	JOEL WILCOX
JOE CONRAD	MARLENE MCDONALD	BILL WISSMAN
PENNY DAVIS	PEGGY MEEUWSEN	JOANNE YINGLING
BRYAN DINKLE	TIM & GRETA NETTLETON	HEATHER ZIMMERMAN
BRENDA DINKLE-WRIGHT	MARGARET PASLAWSKY	
MARION DOUGHERTY	JERRY PENICK	
JOHN DREISONSTOK	DORIS PENROD	
GRACE ECKER	KATHY PETERS	
ROGER FARBER	JESSICA PHILLIPS	
NOAH FINDLEY	MEHRL RAMSBURG	
BRADLEY FLOOK JR	THELMA RAMSBURG	
ANGIE FORREST	BOBBY REMSBERG	
MARGIE GETZANDANNER	DONALD SHOOK	
DOT GLASSCOCK	GARY SMITH JR.	
JERRY GOEDERT JR.	MELVIN SMITH	
BOB HARPER	BARBARA SNOOTS	
JERRY HAYES	ANNA MARY SNYDER	
LILLIE BELL HOBBS	SANDY SPENCER	

To **ADD** or **REMOVE**
names to :

- Prayer List
- Newsletter Mailing
- Birthdays or
Anniversaries

*Please contact
Jennifer Stull @
301-788-1656*

Our In-Home Members

Grace Ecker lives at Somerford Place. Would enjoy visitors any day of the week anytime before 8pm.

Margaret Sunday is home, would enjoy visitors—*please call first 301-304-0214.*

Brenda Dinkle Wright is home, call to say hello! 301-663-8341.

Donald Shook lives at Glade Valley Center, room 305B Would enjoy visitors any day of the week anytime before 8 pm.

HAPPY BIRTHDAY

MARCH 6 - LOBERTA STALEY
MARCH 10 - BOB HARTMAN
MARCH 10 - RICK HOUCK
MARCH 12 - DOUG SUNDAY
MARCH 18 - ROBERT WARNER
MARCH 21 - JEANNE WILSON
MARCH 28 - KRISTI HOUCK GORDON

Thank You So Much

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you." Luke 6:38

Thank you to **Jim Bostian** for replacing the clock in the sanctuary

Thank you to **all** who bring items for the fellowship morning refreshment table.



DAYLIGHT SAVINGS TIME

MARCH 12, 2017

Spring daylight savings is FORWARD one hour on Saturday night! We loose and hour sleep but gain an extra hour of daylight. Spring is coming!

CONSISTORY MEETING

Wednesday MARCH 8, 2017 @ 7:00 PM

COMING Next Month

APRIL 8 - Church Turkey, Oyster, Country Ham Supper

APRIL 12 - Lifeline Screening

APRIL 9 & 16 - Palm Sunday and EASTER SUNDAY - Plan to join us for one of the most rejoicing times of the year!

APRIL 22 - BINGO held at Lewistown Fire Hall - Details in April newsletter



We continue to gather items for the Thurmont Food Bank

Items such as :

- PAPER PRODUCTS
- CEREAL ,
- CAN GOODS
- BOXED DINNERS
- BOXED DINNERS





Saturday, APRIL 12, 2017

Faith United Church of Christ is pleased to continue offering this preventative health event! Providing access to these screenings will offer residents in our area the opportunity to discover their risk for chronic diseases such as atherosclerosis, peripheral arterial disease, or other vascular conditions.

The screenings they provide are conducted by highly trained sonographers using the same sophisticated ultrasound equipment employed by major hospitals. After the results are reviewed by a board certified physician registered in your state, the results are sent to participants within 21 days of their screening. All participants are encouraged to review their results with their personal physician.

A flyer is attached with detailed information about the upcoming screening here at Faith Church on April 12th.



Turkey, Oyster and Country Ham Buffett Supper

Saturday , APRIL 8, 2017

Adults \$18.00 / Carry-Outs—\$19.00

Kids 6–12 - \$8 / Kids under 6 eat free

This is one of our SPRING fundraisers! Invite family and friends to this delicious buffet meal. All the trimmings, cake ,tea, coffee included!

Volunteers needed for picking turkeys the day before, servers, cooks, dishwashers, set up , clean up and final clean up night. Items for our bake table are needed. A sign up sheet will be in the arcade for donations of items needed and cakes. Any help is appreciated and we always have a great success! Any questions, please contact Mary Frances Bostian at 301-271-7573 .

Books of the Old Testament

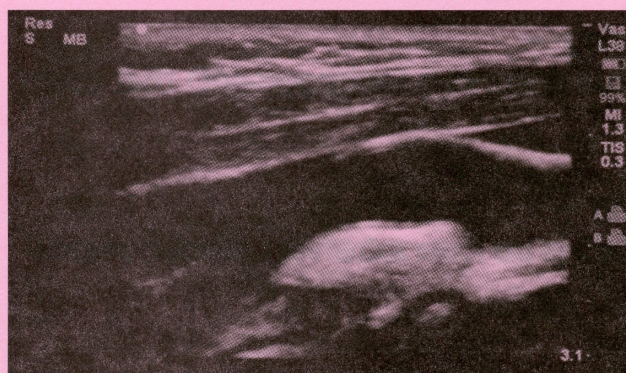
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AMOS CHRONICLES DANIEL DEUTERONOMY ECCLESIASTIES
ESTHER EXODUS EZEKIEL EZRA GENESIS HABAKKUK HAGGAI
HOSEA ISAIAH JEREMIAH JOB JOEL JONAH JOSHUA JUDGES
KINGS LAMENTATIONS LEVITICUS MALACHI MICAH NAHUM
NEHEMIAH NUMBERS OBADIAH PROVERBS PSALMS RUTH
SAMUEL SONG OF SOLOMON ZECHARIAH ZEPHANIAH

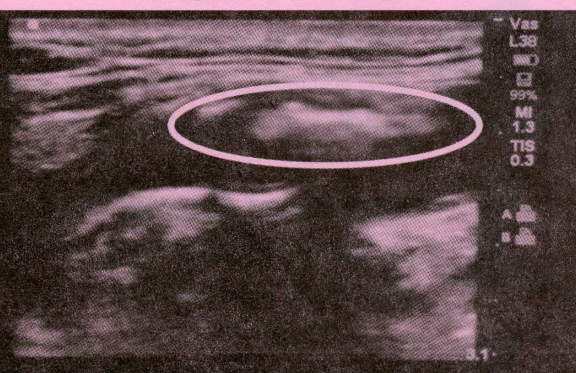
Take a step toward staying **Healthy & Active**

Be Smart: Do More For Your Cardiovascular Health

No Plaque Buildup



Plaque Buildup



Advanced ultrasound technology looks inside your arteries for signs of plaque buildup. That's why **9 out of 10 cardiovascular doctors** support preventive screenings for those with key risk factors*

*Key Risk Factors include Age 55+, High Blood Pressure, High Cholesterol, Diabetes, Obesity, tobacco usage, family history of CVD or stroke

We are coming to your neighborhood.



Where: Frederick - Faith United Church of Christ
Sponsored By: Minimally Invasive Vascular Centers
When: Wednesday, April 12, 2017
Pre-registration is required. Call: 1-888-653-6450

To register for your appointment and to receive a special \$10 discount, please call 1-888-653-6450 or visit www.lifelinescreening.com/community-partners

Trusted by Hospitals Nationwide.

Life Line Screening has partnered with over **100 hospitals** across the country and has conducted **8 million** screenings since 1993.



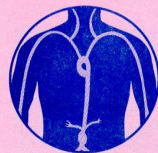
Carotid Artery (Plaque) Screening —

Ultrasound scan of the carotid arteries that screens for buildup of fatty plaque — a leading cause of strokes.



Heart Rhythm Screening (Atrial Fibrillation) —

A quick and easy test using EKG electrodes placed on the arms and legs to identify the presence or absence of an irregular heartbeat.



Abdominal Aortic Aneurysm Screening —

Ultrasound screening for an abdominal aneurysm (enlargement) that could lead to a ruptured aorta.



Peripheral Arterial Disease Screening —

Evaluates for peripheral arterial disease (PAD) in the lower extremities, which increases the risk of heart disease.



Osteoporosis Risk Assessment —

Ultrasound screens the heel for bone mass density. Osteoporosis is painless and silent in its early stages.

PACKAGE 1

Plaque, Vascular Disease and Heart Rhythm Package — 4 tests for only \$139!

PACKAGE 2

Add an Osteoporosis Screening for only \$10 more — 5 tests for only \$149!

A \$181 savings!

Screening results are provided to you in 21 days. We direct all participants with abnormal results to take the report to their physician. Carotid Artery and PAD screenings help identify the presence of Atherosclerosis, and if found, can be an early warning for higher risks of stroke and coronary artery disease. Such early warning information can help you and your doctor take important steps to reduce your risk for more serious health issues. If necessary, steps may include lifestyle and diet, medical therapies, and even more thorough follow-up testing and evaluation of your heart function. Appropriate modification of risk factors (including high blood pressure, smoking, heart disease, diabetes and poor diet) is also necessary for cardiovascular disease prevention. Our screenings cannot detect all forms of stroke risk or cardiovascular disease. All tests are for screening purposes only. You should consult with your personal physician regarding your screening results. Insurance Note: Life Line Screening does not participate in the Medicare program and the cost of our screening services is not covered or reimbursable by Medicare. Life Line Screening does not file insurance claims nor provide referrals to any physician's group or hospital. Screenings in California are provided by Life Line Mobile Screening, a physician owned practice. Screenings in Kansas are performed by Life Line Screening of America, Ltd. on behalf of Life Line Screening Physicians, P.A. Screenings in New Hampshire, New Jersey and New York are performed by Life Line Medical Screening, LLC (Dr. Andrew Manganaro, 70 Niagara Street, Buffalo NY, 14202). Life Line Screening does not engage in the practice of medicine in those states. This information is not intended to induce referrals by Life Line Screening to Life Line Medical Screening, LLC for any professional medical service. Texas residents: Physician authorization is required. A Life Line Screening affiliated physician will provide authorization for you if you qualify. Cancellation Policy: A full refund is issued if you call to cancel at least two days prior to your appointment. If less than two days' notice is given, we will issue a Gift card for the full amount to be used by you, or anyone you choose, to purchase future screening services.

EASTER FLOWER ORDER FORM

ORDER DUE BY MARCH 12, 2017

Number		Total
<u>Ordered</u>	<u>(Circle Color(s) on Hyacinths, Tulips & Mums)</u>	<u>Price</u>
_____	Easter Lily (4-5 blooms)	(\$11.00 each) _____
_____	3 Bloom Hyacinths (pink, blue, white, purple, mix)	(\$10.00 each) _____
_____	6 bulbs Tulip (red, yellow, pink, white, red/yellow)	(\$10.00 each) _____
_____	6 1/2" Garden Mum (lavender, yellow, white, mix)	(\$10.50 each) _____
_____	Hybrid Stargazer Lily (pink)	(\$13.00 each) _____
_____	8" Daffodils	(\$11.50 each) _____

Please include payment with order form and return it to :

Mary Catherine Martz (301-662-7854) or Mary Frances Bostian (301-271-7573)

OR MAIL to: Faith United Church of Christ, 9333 Opossumtown Pike, Frederick, MD 21702 by
MARCH 12.

Checks are to be payable to : Faith United Church of Christ.

YOUR Name:_____ PHONE #_____

Please circle one : In Memory Of or In Tribute to

