

Richardson Park United Methodist Church  
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Wilmington, DE 19804-1305

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***He came and found them sleeping; and he said to Peter, "Simon, are you asleep? Could you not keep awake one hour? Keep awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak."***

***- Mark 14:37-38 (New Revised Standard Version)***

It's almost a new month and I am already behind. Just when I think that I have all my ducks in a row, they start quacking and break ranks. I used to say that this scramble to stay current with what was going on around me was like herding cats, but I've found a new analogy that fits the situation perfectly. It's like trying to get the kids dressed for church. Just as we get Bethany's coat on, Donny is running away wanting to play tag with someone. Right as we are getting Sammy on to the potty, Bethany and Donny have found the washable markers and are coloring each other. As I'm putting on Donny's shoes, Sammy is crying and Bethany is pacifying him by trying to pick him up by his head. The *Family Circus* has nothing on us. (Donny even looks like little Billy with brown hair.) I'm just waiting for the day we mistakenly dress the dog and take her to church instead of one of the kids. Don't laugh too hard, it could happen. (I trust my church family would be gracious enough to just snicker a little and roll their eyes a bit if it ever did.)

But isn't that just how life is now a days? As we Americans have purchased washing machines, microwave ovens, swiffers, and dishwashers, we have eliminated most of the work that we do around the house each day. As we have become accustomed to email and the cell phone, we have been freed from both the home and the office. But what have we done with all the extra time that we have saved? We filled it up with other "more important" stuff. Now, instead of being exhausted from all the manual labor that we perform each day, we are exhausted from all the running that we end up doing instead. I have to admit, the busier I become, the less I feel like I've accomplished. It's one of life's little paradoxes. So what can we do about it? How do we stop the merry-go-round of madness and give ourselves a breather? The best advice that I can give is strategic use of the word "NO." It has the amazing ability to free one up from either requests or obligations. However, one should consider carefully before invoking this powerful timesaver. Always consult with the 3 "P's," prioritization, prioritization, prioritization, as you discern whether "No" or "Yes" is a better alternative. Know what's most important to you. Give up some of the stuff that isn't that important. I know that this is easier said than done. Something that may help is a schedule. I know it's a royal pain to have to carry around but it really saves headaches down the road. It avoids over-scheduling, double-scheduling, and a host of other time management *faux pas*. Finally, know your families' limits and your own personal limits. Overbooking yourself will not cause you to get more done, but it is guaranteed to cause frustration, irritation, and burnout. Even Jesus knew when to retreat to a lonely place to pray and rest and rejuvenate. As the old slogan goes, "You deserve a break today." Please, try to give yourself one.

Now, before you start calling me a hypocrite, know that I try to live by these words. What works for me is reading a daily devotional first thing in the morning and then roughly 20 minutes of silent meditation and prayer. These simple spiritual activities have the tendency to make every day better, no matter how crazy they get. Staying spiritually fit really helps when we get stressed either physically or emotionally. The distractions of our days aren't caused by the enemy -- they are the enemy. Starting the day with God has made all the difference and allowed me to survive in the midst of preparation for church, meeting after meeting, and creating quality time to spend with my family. Use the rest of Lent to reconnect if you've lost touch with God. Use it to deepen your faith and grow in your spiritual walk. Use it to prepare for the glory of Easter morning. Use it to remind yourself that it's OK to slow down, and even stop and smell the roses once in awhile.

Remember, the journey is only worth taking if the trip, itself, is part of the joy.

Blessings and Peace to you all,

*Pastor Tom*

**PALM SUNDAY**

Sunday, April 5<sup>th</sup> – 10:30 AM

**HOLY THURSDAY**

Thursday, April 9<sup>th</sup> – 7:00 PM  
R.P.U.M.C. Sanctuary

**GOOD FRIDAY SERVICE**

Friday, April 10<sup>th</sup> - Noon  
Peniel United Methodist Church

**EASTER CELEBRATIONS**

Sunday, April 12<sup>th</sup>  
6:30 AM St. James  
Episcopal Church Cemetery

7:30 AM Easter Breakfast  
Calvary Presbyterian Church

10:30 AM R.P.U.M.C. Sanctuary

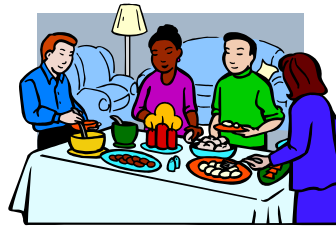


***PALM SUNDAY BRUNCH***  
***April 5 - AFTER WORSHIP***

Admission  by Ticket Only

Adults	\$8.00
Children	\$3.00
	(Ages 3-10)

For more information, please contact  
Sandy Swain (994-9539).



**NO TICKETS WILL BE SOLD AT THE DOOR.**

## APRIL BIRTHDAYS



Dawn Logullo Davis	4/1
Tessa Logullo	4/1
Paul Weaver	4/2
Ruth Rubican	4/4
Ruth Gibney	4/5
Denise Grubb	4/6
Robert Boyd	4/8
Edward Rash	4/9
Kelly Gibbons	4/11
Joan Stadelman	4/11
Annmarie Haynes	4/12
Christopher Sutor	4/16
Rosalie Cascone	4/18
Amber Saienni	4/18
Richard Sutor	4/18
Julie Gibbons	4/19
Kirlynn Phillippe	4/20
Robert Boyd, Jr.	4/21
Katherine Burge	4/22
Robert Collins, Jr.	4/22
Kathy Russell	4/23
Robert Evelyn, III	4/24
Alicia Silva	4/25
Christine Martnick	4/26
Shirley Delpizzo	4/27
Krista Moore	4/28
Daniel Swain	4/29

**NOTE: If your name is not listed on our birthday calendar, please call the church office at 654-0961. Thank you.**

## COMMUNITY LENTEN SERVICES

### **Wednesdays at Noon**

April 1	Wilmington Church of the Brethren
April 8	St. James Episcopal Church

Please join the noon prayer services during Lent followed by fellowship and lunch.

## **UNITED METHODIST WOMEN**



In April, Rebekah Circle will take care of the flowers in the church. Both Circles will help with the Easter lilies.

### Circle Meetings

Rebekah Circle      Tue., April 7      7:00 PM  
Church Lounge

Ruth Circle          Wed., April 1      10:00 AM  
Church Lounge

**Unit Meeting          Tuesday, April 7      1 PM**  
**Church Lounge**

### Circle Leaders

Rebekah Circle          Marlene Johnson  
Ruth Circle              Barbara Sayles

If you are interested in joining a Circle, please contact Marlene or Barbara for more information.

ZINGO



TAPES

Don't forget to bring your Zingo tapes to worship on Sundays. Just place them in the offering plates or in the wicker basket in the vestibule. Your support is appreciated.

### WESLEY TOWER BANKS

Thanks for remembering to bring in your filled banks the first Sunday of each month. Our year-to-date total is \$140.55. Empty banks can be picked up as you leave the altar area each Communion Sunday. AGAIN, THANKS FOR SAVING YOUR CHANGE .

## MISSION TREE



On Sundays in April, we are hanging “**Easter Eggs**” on our Mission Tree. Hang an “Easter Egg” on the tree in honor or memory of someone special to you. Minimum donation is \$1.00. Our tree is located in the Extension.

## **FOOD FOR CAP**

Don't forget to bring **CAP** the first Sunday of each month. They are in need of canned meats and stews, peanut butter and jelly, hot & cold cereals, tuna, baked beans, canned fruit.



## **“SAFE SANCTUARIES”**

Safe Sanctuaries is a program in the United Methodist Church to protect children and youth from sexual abuse. Richardson Park UMC is in the process of implementing Safe Sanctuaries’ policies and procedures within our congregation. We have formed a SAFE team to oversee the church’s Safe Sanctuary policy and procedures. Our goal is to have implemented these policies by the year’s end. The SAFE team is being led by Sarah Pasmore. During implementation, we will be using the Messenger to communicate current happenings.

## **Medical Missionaries from Nepal to Speak**

Sunday, April 5 - 7 PM  
Hockessin UMC

Dr. Mark Zimmerman and his wife, Deidre, General Board of Global Ministries’ missionaries to Nepal will speak about their experiences of spreading the Gospel abroad through medical ministries. All are invited to attend and light refreshments will be served.

## **Missions Minute** ***“Angel Food Ministries”***

Are you looking for a way to make ends meet? Angel Food Ministries stands ready to help. Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing financial support in the form of food relief to communities throughout the United States. Established in 1994 to provide relief for struggling families in the Monroe, GA area, Angel Food Ministries today serves hundreds of thousands of families across 39 states. Since inception, Angel Food Ministries has fed more than 20 million Americans. In 2008, Angel Food Ministries provided \$140 million in direct food assistance to American families.

Angel Food offers a medium-sized box of food for \$30 that contains top quality food staples from every food group, including chicken or beef, milk, eggs, vegetables, and other nutritious items. One box of food feeds a family of four for about one week, or a single senior citizen for almost a month. The menu varies each month, and consists of both fresh and frozen items.

The Missions Committee of RPUMC has partnered with Abundant Life Church in Elsmere to provide families here with the opportunity to participate in Angel Food Ministries’ monthly food distribution. Order forms for boxes of food will be available in the plastic bin above the water fountain outside the church office. These forms are due with payment included to Abundant Life Church approximately two weeks before the pick-up date. Online orders are also accepted at Angel Food Ministries’ website:

[www.angelfoodministries.com](http://www.angelfoodministries.com)

All orders must be picked up at Abundant Life Church on Saturday, April 25 from 10:30 AM to 12 PM. If you have any questions, please contact Bob Evely, our Missions’ chair.





Kids Korner

Kristi Doughty

*Hi everyone! Is it really spring? Easter is growing near - - a time to remember the ultimate sacrifice made by Jesus that washes clean our sins and brings renewal to our spirits. Come to Sunday School in April to worship our Lord and Savior, Jesus Christ and don't forget to come on Easter Sunday for some fun activities!*

*PreK - K The pre-school class will be celebrating the life, death, and resurrection of our Lord! The littlest ones in our congregation will be remembering Jesus' ride through Jerusalem, the empty tomb, his resurrection, and the ascension.*

*Grades 1 - 3 We will be taking a close look at Holy Week using role-play and class discussions. In mid-April, we will learn that Jesus is alive today, people worship God in churches all around the world, and God wants us to encourage each other. The class will utilize experiments (which we all love), class discussions, and role-play to supplement our Bible readings of Matthew and Acts. There even will be a new class song!!! Have a great spring and come join us in Classroom 3 - Blessings from Ms. Marlene.*

*Grades 4 - 6*

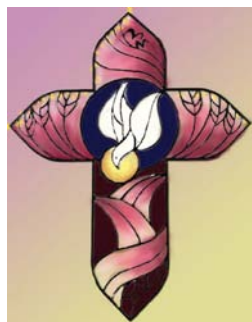
*We'll continue examining faith questions and sin - Is it really sin if you don't know it is? (we are all sinners); Can I do something so bad it will keep me out of heaven? (the unpardonable sin); Does God forgive people who sin on purpose? (natural consequences); and If I'm forgiven, what's the big deal about sin? (confess our sins and pursue God's ways).*

*Grades 7 - 12*

*We'll be focusing on sin, sacrifice and redemption using skits, games, and videos.*

*On Easter morning each class will share breakfast and then grades PreK thru 6 will have fun with an Easter egg hunt!*

*God's Little Angels - look for upcoming information about a visit to the VA hospital!*



## COMMUNITY ACTION PROGRAM (CAP)

Thank you for your ongoing support of the CAP Community Outreach Programs.

So far this year, CAP has served over 550 households containing over 1,300 adults and 900 children through the Food Closet Program. In addition, CAP has helped over 75 families and individuals with the payment of outstanding utility bills through the Emergency Assistance Program.

### “NO BAKE” BAKE SALE

To raise funds to support the increasing demand for the Community Outreach Programs run by CAP, we are holding a “No Bake” Bake Sale on Mother’s Day, Sunday, May 10.

If you would like to participate in the “No Bake” Bake Sale, there is no need to make anything.

Instead of purchasing ingredients to bake a cake or cookies, we ask that you donate this sum to CAP. Simply place your donation in the CAP “No Bake” Bake Sale container when you attend church on Sunday, May 10.

Your support is very much appreciated

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### YOUTH EVENTS – APRIL

<b>Sunday, April 5</b>	<b>4:30 PM – 7:30 PM</b>	<b>Progressive Dinner</b>
<b>Sunday, April 12</b>	<b>EASTER SUNDAY</b>	<b>NO YOUTH GROUP</b>
<b>Sunday, April 19</b>	<b>SPRING BREAK</b>	<b>NO YOUTH GROUP</b>
<b>Sunday, April 26</b>	<b>TIME PENDING</b>	<b>YOUTH GROUP AND GOD’S LITTLE ANGELS PROJECT Visit Veterans’ Hospital</b>

### UPCOMING EVENTS

**SATURDAY, APRIL 4  
4:00 PM**

**Multi-Media Arts & the Drama Ministries Presents:  
“The Touch of the Lamb”  
Mother African Union Church - 812 N. Franklin Street  
Rebecca Shannon is part of the cast.**

**SATURDAY, JUNE 6**

**Annual Strawberry Festival - Calvary Presbyterian Church**

**JUNE 28-JULY 2**

**VACATION BIBLE SCHOOL AT RPUMC - HOLD THESE  
DATES!**



**RICHARDSON PARK  
UNITED METHODIST WOMEN**

***“These are a few of our favorite things!”***

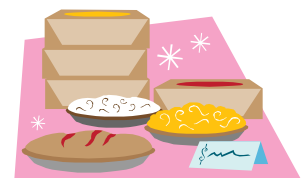
**TASTING TEA**

**SOUPS    CASSEROLES    SALADS**

**DESSERTS    APPETIZERS**

***JOIN US FOR A FUN TIME AND GET A TASTE OF  
“THIS AND THAT”  
WHILE ENJOYING A FESTIVE ATMOSPHERE.***

**SATURDAY    MAY 2    1 PM  
\$8.00 PER PERSON**





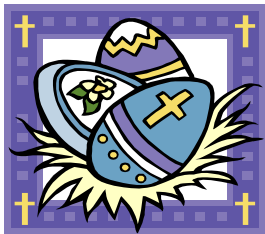
RICHARDSON PARK  
UNITED METHODIST CHURCH  
11 NORTH MARYLAND AVENUE  
WILMINGTON, DE 19804-1305

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# “THE MESSENGER” APRIL 2009

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Tom Pasmore, Pastor



## LAY READERS

April 5	Sath Amara
April 12	Brenda Tucker
April 19	Ed Ide
April 26	Ashley Hartzel

## ALTAR FLOWERS

April 5	Lyn Lafferty
April 12	EASTER LILIES
April 19	Jerry & Joyce Toy
At the Cross	Clyde & Carolyn Nafzinger
April 26	Jim & Cheryl Chilcutt

## ALTAR FLOWERS

For the month of April, Rebekah Circle is responsible for the flowers.

PLEASE REMEMBER TO BRING FOOD FOR  
CAP THE FIRST SUNDAY OF EACH MONTH.

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Please submit your articles for the  
May Messenger to the church office by Friday,  
April 10. Thank You.

*The purpose of Richardson Park United Methodist Church is to help people  
experience the amazing love of God and develop a vital relationship with Jesus Christ.*