



Happy St. Patrick's Day

PAULA'S Ponderings CONNECT

Volume 3 Issue 3
March

Last month we looked at the different funds that are apportioned from the General Conference to all United Methodist congregations around the world. This month we'll look at the funds apportioned to the churches in the Missouri Annual Conference to serve in our state.

Clergy Support - This fund supports health insurance for retired clergy, equitable compensation for clergy who serve in underfunded churches, and grants to pay retired clergy moving expenses. Our congregation benefitted from this grant for 5 years. Our fair share of this fund for 2019 is \$2,046.

District Superintendent - This fund covers the salaries, utilities, travel and professional expenses and continuing education expenses for the 12 district superintendents, including our own DS, Jim Simpson. St. Mark's apportioned amount for this fund this year is \$1,999.

Congregational Excellence - This fund helps support and sustain congregations throughout Missouri to become healthy and growing. It funds the conference's Congregational Development Team, New Church Starts Team, the Commission on Higher Education, and Hispanic Ministry. Our fair share of this fund is \$2,165.

Mission, Service, and Justice Ministries - This funds Camping and Retreat Ministries, the Mozambique Initiative (which promotes a relationship between Missouri and Mozambique congregations), Volunteers in Mission, the Haiti Water Project (providing and installing clean water filters and pumps), Festival of Sharing, the Values Team, disaster response, and other outreach opportunities. Our share of this fund is \$617.

Connectional Ministries - This funds our annual conference in June. It also supports conference communications, the Lay Ministry Team, Healthy Boundaries (required training for all clergy), Safe Sanctuaries (training and certification for everyone working with children, youth, and vulnerable adults in the UMC), Nominations and Leadership Development Team, and Conference staff. The amount apportioned to St. Mark's for this fund is \$1434.

Pastoral Excellence - This fund helps support educational opportunities for clergy, the Conference Leadership Development Committee, Lay Missioner Training, and the Youth Leadership Team. Our share of this fund is \$542.

Conference Administration - This funds the Conference Trustees, the Bishop's office staff, including the conference legal counsel, and the conference treasurer's office, all of which provide services to local congregations as well as to the Missouri Annual Conference. Our share of this fund is \$1,351.

Board of Ordained Ministry - This fund supports the Ordained Ministry Team with pastoral counseling, processing new pastors, evaluating pastoral candidates, and student aid. St. Mark's share of this fund is \$263.

The total of all the General Conference support funds I detailed last month and the Missouri Annual Conference support funds I just described comes to \$16,945 annually or \$1412 per month - our apportionments for 2019.

Blessings,
Pastor Paula

Is anyone among you suffering? Let him pray. Is anyone cheerful? Let him sing praise.

James 5:13

PHONE PRAYER CHAIN

Pat Townsend has put together a phone call prayer chain. If you know of a member going to the hospital, have a need, a concern, or a joy, please call someone on the following list, starting at the top if possible. Call anytime, day or night. If the person you call is not at home, leave a message or call the next person on the list.

(All Numbers—Area Code 816 unless noted)

Pat Townsend —373-3915	225-9459	Gayle Elliott—257-9655
Rosemary Garten - 427-5725	519-8500	Arleta Cahill —600-6203
Carol Marcks—427-5725		Flora Costanza—914-8034
	560-5627	Sandy Bower —373-5603
Marilyn Berry — 796-5789		Anna Inman —660-232-1221
Lucille Bolen — 560-5131		Jackie McMenemy —461-7577
Mary Branstad —796-9659	868-3752	
Ann Fiene — 257-5214		
Jackie Leffingwell - 257- 1123		
Linda Roberts— 650-5131	853-3398	
Carol Buhrle —796-3630	225-8174	
Shirley Weaver—461-9224	716-1184	
Chris Pauley— 571-3922		

Phone's Ringing



Answer it

If you have an emergency, know of someone in the hospital, have a joy or concern, and would like to have the entire church know, please contact the church office (257-1812) to get your message out. If the office is closed, contact James Brison at 836-2595.

Adkison Family
Ruth Amos
Tom Black
Danny Burton
Bob Burhle
Sandy Bowers
Rebecca Clark
Lala Inman
Darrell Joseph
Dustin Khan
Mary Ellen Flinn
Connie Merrier
Gilbert Ortize
Ray Railiff



Robert Stevinson
Keeron Ward
Delores Wiesmann
Debra Wright
Pastor Paula & Family

Our church, country and military, all family's affected by the government shut down.


**Prayer
Requests**

Worship Opportunities

Sermon Series Dangerous Prayers

March 3 — Send Me

Isaiah 6:1-8

March 6 — Break Me

Isaiah 57:15-18

Sunday Schedule

9:00 am Sunday School

10:00 am Worship

10:00 am Kidventure

Sermon Series Searching For Truth

March 10 — Is There A God?

Genesis 1:1-3

March 17 — More Than a Rabbi?

Matthew 16:13-16 Acts 2:1-4

March 24 — A Mighty Rushing Wind

Acts 2:1-4

March 31 — Death's Funeral

Hebrews 2:14-15

"But store up
for yourselves
treasures
in **heaven**"



Matthew 6:20

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What's in Season? March Produce

Asparagus is really only worth eating in the springtime. It's lovely with lemon and mint. Shaved asparagus is great in salads and roasted asparagus makes a perfect springtime side dish.

Avocado

Good gracious, how I love **avocado**. Avocado on toast is almost impossible to beat, but it's also a fantastic addition Mexican meals and fresh green recipes of any kind, really.

Broccoli

As it turns out, **broccoli** is totally irresistible once roasted with olive oil and sea salt. Like all brassicas, broccoli goes great with garlic, ginger, red pepper flakes and other bold flavors. Select small, tightly packed florets with minimal brown spots.

Cauliflower

Roasting cauliflower with olive oil and sea salt transforms the cruciferous vegetable from bland to French fry irresistible. You can also pulse raw cauliflower in the food processor to give it a rice- or couscous-like texture. I was skeptical about cauliflower crust pizza, but it can actually be pretty good!

Citrus fruits

Citrus shows up every year when the sky goes gray and we're in desperate need of some bright color. You can find some great grapefruit, lemon, orange, clementine and tangerine in stores right now. I use lemon in my favorite salad dressing, it tastes so fresh!

Greens

Thank goodness for spring greens. Arugula, spinach, lettuce and Swiss chard will start to sprout up soon. I love them every which way: in salads, as pesto, tossed in pasta and sautéed with garlic.

Leeks are related to onions and garlic and have a mild, oniony flavor. They grow in bundled "leaf sheaths" that look similar to celery stalks.

Mushrooms are weird. They're fungi! Edible, earthy mushrooms can be eaten raw, cooked, and so forth. They pair well with garlic, shallots, olive oil, pepper, dry red wine and herbs like flat-leaf parsley, chives, rosemary, tarragon and thyme.

Parsnips are root vegetables that look like off-white carrots with parsley-like, leafy tops. Unsurprisingly, they're related to both carrots and parsley. Parsnips are usually served roasted or cooked, but can also be eaten raw. They're particularly high in potassium. I don't have any parsnip recipes (yet), but I'll work on that!

Peas get sweeter with a little heat, but they don't need much more than that. They go great with a little butter and salt, maybe with some garlic or mint, too.

Radishes Raw, chopped radishes lend a spicy crunch to salads and makes a great garnish for fresh Mexican meals.

Whole, raw, spicy radishes served with butter and flaky salt are an incredibly simple and delicious appetizer.

BREAD OF LIFE FOOD PANTRY

If you would like to make an appointment, please call the office at **257-1812**.

Donations of non-perishable food items, personal care items, and monetary

donations are needed.

www.facebook.com/breadoflifefstumc

1 Peter 4:8: "Above all, **love** each other deeply, because **love** covers over a multitude of sins."

COMMUNITY CLOTHES CLOSET NEWS AT ST. MARK'S CHURCH

The mission of the Community Clothes Closet is to provide free clothing and opportunities for our clients to improve their lives. Our shoppers can shop knowing that the CCC won't charge, and they can save their money to use for other living expenses. Also provides the opportunity for new job seekers and new job starters to shop for career clothing, giving them a chance to change their situation.

Donation Hours:

Tue-Thur 9-3pm

Shopping Hours:

Tuesday & Thursday 9-12

OPEN Tuesday & Thursday 9-Noon.

The idea is simple. We take new or gently-used, donated clothes and distribute them to people in need. There is no application process - as long as we have clothes, they go to any one that needs

MARCH SERVANT LIST 2019

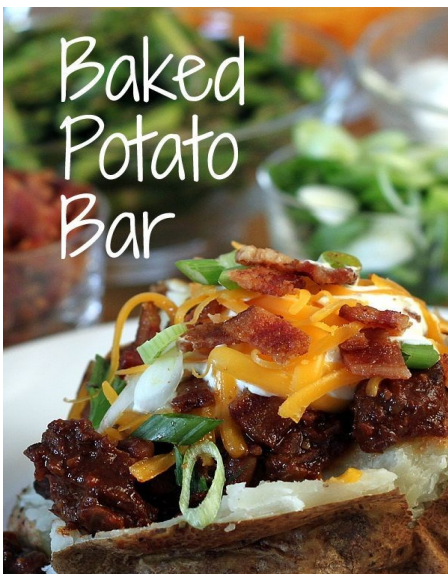
Very thankful ~ for servants at St. Mark's!

Greeters/Ushers	Craig & Lucille Bolen
Scripture Readers	Flora Costanza
Communion Preparer	Bill & Chris Yaeger
Communion Servers	Craig & Lucille Bolen & Bill Y.
Money Counter	Carol Marcks & Rosemary Garten

New Office Hours!
9-3-30pm Tue-Thurs

United Methodist Women
St. Pat's Potato Bar

March 16, 2019—11 am –2pm
 St. Mark's UMC
 603 N. Jennings



**Sweet or Baked Potato, Toppings,
 Salad, Bread, Dessert and Drink**
 Adults: \$5.00 10 & Under: \$3.00



CONNECT

to God

to the World

Saint Mark's United Methodist Church

603 North Jennings Road

Independence, Missouri 64056

Phone: 816-257-1812, FAX 816-257-5438

Email: stmarksumc.umc@att.net



- 3/01 Carl Bell Jr
- 3/02 Jackie Leffingwell
- 3/03 Sammy Whitaker
- 3/04 Neil Callahan
- 3/06 Mark Costanza
- 3/07 Mick Snyder
- 3/15 Chuck Townsend
- 3/17 Pat Prins
- 3/19 Adreal Bell
- 3/20 Carol Buhrle
- 3/23 Shirley Westervelt
- 3/26 Hailey Geib
- 3/29 Mary Earley
- 3/30 Ruth Crossley
- 3/31 Tom Stultz

If you have a March birthday not listed here or you have a correction, please contact the church office at 257-1812 or e-mail us:

stmarkskc.umc@gmail.com

Visit us on the web:

www.stmumc.net

Staff

- Rev. Paula Smith: Pastor
- Rev. Amy Armstrong: Associate Pastor
- Debra Earley: Admin. Assistant
- Greg Price: Organist/Pianist
- Nursery Supervisor: TBA
- Rebecca Brison: Custodian
- Chris Yaeger: Choir Director

St. Mark's United Methodist Church Mission Statement:

Making disciples for Jesus Christ for the transformation of our community and the world.