



The Sunbeam April 2017

Lansing United Methodist Church

Worship 9:00 AM

SUNDAY SCHOOL 10:30 AM

PLEASE JOIN US!

Pastor: Alison Schmied

Christian Education Coordinator: Kevin Klippel

Adult Ministries Coordinator: Karen Veaner

Holy Week 2017

Palm and Passion Sunday, April 9



Good Friday, April 14

Easter! Christ Is Risen!
April 16

Changes Afoot

The LUMC Forward Building Project is moving from the planning stage to actual dirt moving. It's exciting!

Simultaneously, change is always a bit unsettling. Not knowing what to expect or how our patterns will change can raise our anxiety level. One of the realities of life—and of resurrection—is that death must happen before the new birth.

As people of the resurrection, we know to expect the “growing pains” of the packing and moving process. Each time we are uncomfortable, we have an opportunity to grow in discipleship by trying to resolve the conflict in the way Jesus taught (see Matthew 18:15-17).

Our human nature is to murmur to ourselves or trusted friends about people whose actions bother us, avoiding those with whom we have a conflict. Jesus teaches us to do just the opposite: if we have a problem with a brother or sister, we should speak to them directly. If that doesn't work, we should invite one or two others into the conversation. If that still doesn't work, it becomes an issue to bring to the church. At LUMC, that might mean talking to a committee chair about how the conflict can be resolved.

For those things that cannot be resolved, Jesus' way is forgiveness (see Matt. 18:21) and “treat them as you would a Gentile or a tax collector.” The catch is, if we are following Jesus, we remember that Jesus loves Gentiles and tax collectors, too.

Thank you in advance for your kindness in helping your brothers and sisters in Christ practice Jesus' method to adjust to changes, even those that make us uncomfortable at first. This is how we transform the world—one challenging conversation at a time. The kingdom of God is counting on us.

*Blessings,
Pastor Alison*

“Lord, Is It I?”

Presented Two Nights during Holy Week

On Tuesday, April 11, and Maundy Thursday, April 13, the Lenten play “Lord, Is It I?,” by Ernest K. Emurian, will be presented in the church sanctuary at 7:30 p.m. Holy Communion is served as part of the play, which represents the Last Supper. “Lord, Is It?” is set in the Upper Room as Leonardo da Vinci portrayed it in his painting of the Last Supper. Each disciple reflects on his life with Jesus and ponders Jesus' statement that one of them will betray him. A nursery will be provided for young children Thursday evening.

Save the Date! Interfaith Dish-to-Pass

LUMC, in cooperation with our Muslim neighbors, Moosalla Noor, will host the second monthly Interfaith Community dish-to-pass on Thursday, April 27, from 5:30 to 7:30 p.m. at 32 Brickyard Road in Lansing. This event is free, and all are welcome, with special invitations being sent to faith communities in Lansing and Food Pantry participants. Bring a labeled dish-to-pass and an open heart to meet new friends.

Is this ministry calling to your heart? Want to help? Contact Karen Veaner at AdultMinistries@LansingUnited.org. I receive email on Sundays, Mondays & Wednesdays. You can reach me by phone or text any time at 607-592-1386.

Adult Sunday School, April 2 & 9

Living Discipleship, a Lenten Study:

Explore your path to spiritual growth. Participants will be encouraged to develop their own personal Rule of Life through study, discipline, mindfulness, sacrifice, prayer and submission. With Rev. Daisy Kirkpatrick in the Adult Classroom.

April 16: Happy Easter! No Sunday School

April 23 through June 11

TBA: Stay tuned! We will finish out our Sunday School year with more Wired Word, Listening: A Meditation Practice, and a continuation of our study of Islam. (Details to come)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 FIFTH SUNDAY IN LENT Worship 9:00 Sunday School 10:30 K.A.N. 5:30 Up!Word!	3 Pancakes and Prayer 7:00 Bible Study at Woodsedge 10:30 Communion at Woodsedge 11:00 Bible Study at LUMC 12:00 Wingmen 7:00	4 Needleworkers Group 10:00 Ladies in Faith Together 6:30 Crossroads	5 Women's Bible Study 9:30 Adult Ministries 10:00 Bell Choir 6:00 Palm Sunday Readers 6:30 Adult Choir 7:00	6 Lord, Is It I? Rehearsal 7:00	7 Junior High Youth 6:00 Senior High Youth at Robin's Nest 6:00	1 Mens' Breakfast 7:00 Prayer Shawl Ministry/ Caregivers 10:00 Up!Word! 8 Mens' Breakfast 7:00
9 PALM AND PASSION SUNDAY Worship 9:00 Sunday School 10:30 Children's Ministries 11:45 Confirmation 4:00 Youth Mission 6:30	10 Pancakes and Prayer 7:00 Bible Study at Woodsedge 10:30 Bible Study at LUMC 12:00 Lord, Is It I? Rehearsal 7:30 Wingmen 7:00	11 Needleworkers Group 10:00 Lord, Is It I (Living Last Supper) 7:30	12 Women's Bible Study 9:30 Bell Choir 6:00 Adult Choir 7:00	13 MAUNDY THURSDAY Lord, Is It I (Living Last Supper) 7:30	14 GOOD FRIDAY Junior High Youth 6:00 Senior High Youth at Robin's Nest 6:00 Tenebrae Service 7:30	15 Men's Breakfast at Linda's in North Lansing Every Saturday 7:00 Sunbeam Deadline
16 EASTER! CHRIST IS RISEN Worship 6:00 Worship 9:00 Rescue Mission Dinner 3:00 Youth Mission Can and Bottle Drive	17 Bible Study at Woodsedge 10:30 Wingmen 7:00	18 Needleworkers Group 10:00 Worship Committee 7:00	19 Women's Bible Study and Season Closing Luncheon 9:30 Bell Choir 6:00 Adult Choir 7:00	20 Trustees 7:00	21 Youth Mission in Guatemala	22 Men's Breakfast 7:00 Highway Cleanup 9:00
23 Worship 9:00 Sunday School 10:30	24 Pancakes and Prayer 7:00 Bible Study at Woodsedge 10:30 Bible Study at LUMC 12:00 Finance 7:00 Wingmen 7:00	25 Needleworkers Group 10:00	26 Bell Choir 6:00 Adult Choir 7:00	27 Interfaith Dish-to-Pass Dinner 5:30 (Setup 4:00)	28 Junior High Youth 6:00 Senior High Youth at Robin's Nest 6:00	29 Mens' Breakfast 7:00 Rummage Setup 9:00
30 NATIVE AMERICAN SUNDAY Worship 9:00 Sunday School 10:30 Rummage Sale Setup (following Sunday School) Confirmation 4:00						



Lansing United
Methodist
Church

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Haiti Connection

Moringa

Some of you may know that I have been travelling to Haiti for close to 20 years. I started going in 1998 to help build at a school and church that was in a very remote area. We quickly learned that any structure we built was in danger of washing away during the many hurricanes and heavy rain falls. Haiti was deforested in the 1960s, and without trees, the soil rushes down the mountains and washes out homes, churches, schools, and other structures. So we turned our attention to reforestation rather than rebuilding. But in a culture that uses wood to cook with, there needed to be some educating and choosing trees that grow fast and provide a good reason to not cut them down (by providing food). Fruit bearing trees were a great choice but most did not get very big (to lay down a big root system), and were slow growers. Then in 2012, I was introduced to moringa when I saw a man pick some leaves off a tree and wrap it up in paper to take home. I inquired what it was and why he was taking it. I quickly found out that it was moringa, a fast growing tree that provided a nutritious herb in his cooking.

I started doing some research and found out that moringa is much more than just a tasty herb. The moringa plant is one of the most nutritious and useful foods in the world and is supported by scientific research. Not only can the leaves benefit your health and wellness but also the roots and the seeds.

Moringa plant has been used to treat and prevent hundreds of common illnesses and diseases. It also has become popular in the cosmetic industry for use on your skin and hair. For hundreds of years it has helped people achieve and maintain good health, recover from medical problems and increase energy levels. With 90 different types of nutrients, including vitamins, proteins, fiber and minerals, 46 antioxidants, 36 anti-inflammatory agents, 18 amino Acids, and 9 essential amino acids, moringa truly is the ultimate superfood. Protein is rarely found in plants. In fact, moringa has the highest protein ratio of any plant identified so far, including soybeans.

The leaves are the most popular and nutritious part of the moringa plant. They are commonly used by drying them and using them as a tea or grinding them into a fine powder. This moringa leaf powder makes it easy to add moringa into just about any meal or drink. I incorporate it in my bread or pizza dough. I also add it to sauces or veggies as you would oregano. The moringa



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Moringa, concluded

plant is first and foremost a wonderful addition to a healthy diet. It has few calories per serving and is also packed with iron (more than 3x that of spinach), so you should feel a lasting and natural boost of energy and focus.

So, why am I telling you all of this? Well first of all to update you on our goal in Haiti, which is to grow as many fast growing trees as we can to help with erosion. Also, the demand is so high for moringa right now, that any amount that is grown, there is a demand for it, right in Haiti. Thus, many cottage industries have sprung up selling moringa and providing more jobs in Haiti. Just keep your eyes open for moringa. You will start to see that it is talked about everywhere.—*Reenie Sandsted*

Women's Bible Study

Closing Spring Gathering & Luncheon

Wednesday, April 19, 9:30 a.m.—1:30 p.m.

The Women's Bible Study group will hold its final gathering of the spring on Wednesday, April 19, at 9:30 a.m., followed by a dish-to-pass luncheon. We will meet in the Fellowship Hall instead of the Large Classroom. Regular Women's Bible Study will resume in the fall.

Native American Ministries Sunday

April 30

Your gift on this day equips Native congregations—like New York's Onondaga Nation UMC and Nebraska's Native American Sacred Winds congregation—to worship and serve as only they can. When you support Native American Ministries Sunday, you equip seminary students who will honor and celebrate Native American culture in their ministries. And you empower congregations that are finding fresh new ways to minister to their communities with the love of Christ.

Sale!

LUMC Kitchen: large appliances for sale. If interested contact trustee Kay Moore 607-533-7394 or kay@mooretrees.com. FYI-April 8, they will be posted on Craigslist.

Rummage Sale!!!

Setup begins on April 29 (the outside tents) and April 30 inside, after Sunday school.

The Sunbeam

April 2017



Lansing United
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HOLY WEEK 2017

**PALM AND PASSION SUNDAY, APRIL 9
9:00**

LORD, IS IT I?, APRIL 11, 7:30

MAUNDY THURSDAY, APRIL 13

LORD IS IT I? 7:30

**GOOD FRIDAY TENEBRAE SERVICE
APRIL 14 7:30**

EASTER! SUNRISE 6:00

WORSHIP 9:00

Lansing United Methodist Church

32 Brickyard Road, Lansing, NY 14882

one mile north of the stoplight on

Route 34B in South Lansing.

Church office: 607-533-4070

E-mail: lumcoffice@twcnny.rr.com

Office manager: Jennifer Moore

www.lansingunited.org

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Please send your news to Glenn Withiam,
editor, at grw4@cornell.edu.

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