



# Merrell On The Move

## Vision:

Merrell UMC is a Christian community sharing the love of Jesus Christ through the practice of our gifts and graces to become Christian disciples of excellence. Christian disciples are believing and those yet to believe (Christians and pre-Christians) being transformed in a life giving faith community, living the gospel out of biblical learning, with inspirational worship, growing in generosity, committed to transform communities with our service and accepting God's presence for all people through prayer.

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+ Merrell United Methodist Church +

3900 N. State Road 7 Lauderdale Lakes, FL 33319

Office - 954-731-2323 Fax - 954-731-3320

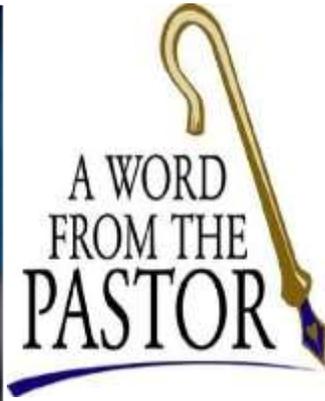
Email - [office@merrellumc.org](mailto:office@merrellumc.org)

Pre-School: 954-731-2336

The Reverend Bancroft L. Williams, Senior Pastor

**Spirit-led•Equipped•Empowered•Disciples**

*Mission: To create Spirit-led, Equipped and Empowered Disciples for the world.*



# Spiritually Fit!

Peace and love, my sisters and brothers.  
The Christian season of Lent begins on Wednesday, March 6, 2019.

Lent is a season of spiritual examination in deepening our walk with God. Christian discipline is developed through the usage of tools for spiritual fitness. Just like we would have goals in physical fitness to live well, so is living well in holiness.

Spiritual development occurs when we exercise our spiritual muscles through prayer, fasting, the study of God’s word in the Bible and helping the vulnerable and oppressed.

Spiritual development as a Christian discipline also involves holding the hands of other disciples of Christ. As we hold each other hands in our daily Christian journeys, we encourage helping each other in living out the love of God faithfully in our community.

During Lent let me encourage us to take up the challenge of building our spiritual muscles as we exercise our faith in the love of God, through Jesus Christ our Lord. So, for the next 40 days let our Lenten challenge building healthier minds, body, and spirit. Let us do these things:

- (a) Get a prayer partner or partners concerning family, church family and community concerns.
- (b) Restructure your diet and comfort activities that are spiritually and physically unhealthy.
- (c) Form small groups that support each other.
- (d) Sacrifice time to attend bible studies during lent or volunteer to help hunger or elderly.

Let us do help each for spiritual fitness toward transforming our world in the love of God.

Getting spiritually fit,

*Rev. Bancroft Williams*

## Scripture for Prayer and Reflection (Common English Bible)

### FASTING

Joel 2:12-13

“Yet even now, says the Lord, return to me with all your hearts, with fasting, with weeping, and with sorrow; tear your hearts and not your clothing. Return to the Lord your God, for he is merciful and compassionate, very patient, full of faithful love, and ready to forgive.”

Daniel 9:3

“I then turned my face to my Lord God, asking for an answer with prayer and pleading, and with fasting, mourning clothes, and ashes. Matthew 6:16-18 “And when you fast, don’t put on a sad face like the hypocrites. They distort their faces so people will know they are fasting. I assure you that they have their reward. When you fast, brush your hair and wash your face. Then you won’t look like you are fasting to people, but only to your Father who is present in that secret place. Your Father who sees in secret will reward you.”

Acts 14:23 When they had appointed elders for them in every church, having prayed with fasting, they commended them to the Lord in whom they had believed.

### PRAYER

Psalms 51:1-2, 10

Have mercy on me, O God, according to your faithful love! Wipe away my wrongdoings according to your great compassion! . . . Create a clean heart for me, God; put a new, faithful spirit deep inside me!

Daniel 9:18

We pray our prayers for help to you, not because of any righteous acts of ours but because of your great compassion.

Matthew 6:7-13

“When you pray, don’t pour out a flood of empty words, as the Gentiles do. They think that by saying many words they’ll be heard. Don’t be like them, because your Father knows what you need before you ask. Pray like this: Our Father who is in heaven, uphold the holiness of your name. Bring in your kingdom so that your will is done on earth as it’s done in heaven. Give us the bread we need for today. Forgive us for the ways we have wronged you, just as we also forgive those who have wronged us. And don’t lead us into temptation, but rescue us from the evil one.”

Matthew 17:20

And [Jesus] said to them, “I assure you that if you have faith the size of a mustard seed, you could say to this mountain, ‘Go from here to there,’ and it will go. There will be nothing that you can’t do.” 1 John 5:14 This is the confidence that we have in our relationship with God: If we ask for anything in agreement with his will, he listens to us.

### WORRY

Matthew 6:24-34

“No one can serve two masters. Either you will hate the one and love the other, or you will be loyal to the one and have contempt for the other. You cannot serve God and wealth. Therefore, I say to you, don’t worry about your life, what you’ll eat or what you’ll drink, or about your body, what you’ll wear. Isn’t life more than food and the body more than clothes? Look at the

birds in the sky. They don't sow seed or harvest grain or gather crops into barns. Yet your heavenly Father feeds them. Aren't you worth much more than they are? Who among you by worrying can add a single moment to your life? And why do you worry about clothes? Notice how the lilies in the field grow. They don't wear themselves out with work, and they don't spin cloth. But I say to you that even Solomon in all of his splendor wasn't dressed like one of these. If God dresses grass in the field so beautifully, even though it's alive today and tomorrow it's thrown into the furnace, won't God do much more for you, you people of weak faith? Therefore, don't worry and say, 'What are we going to eat?' or 'What are we going to drink?' or 'What are we going to wear?' Gentiles long for all these things. Your heavenly Father knows that you need them. Instead, desire first and foremost God's kingdom and God's righteousness, and all these things will be given to you as well. Therefore, stop worrying about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own."

### **Fasting in the Wesleyan Way**

Fasting is a spiritual practice observed both by Jews in the Hebrew Scriptures and Christians in the New Testament, as well as many other world religions. The person choosing to fast takes time away from the needs of the body to give intentional time and attention to God.

Fasting can include a number of options:

1. Abstaining from food and drink, abstaining from food only, or abstaining from certain foods for a limited period of time.

2. Simplifying the time needed to prepare and consume food in order to free time for communion and communication with God. John and Charles Wesley would have a simple meal of milk and bread, freeing the time normally required to prepare the meal and clean up afterward for devotion and prayer.

3. Fasting often means abstaining from food as a spiritual discipline. However, fasting can also mean abstaining from other activities that require time and investing this same time and attention in the divine-human relationship available to us in Jesus Christ. Some Christian friends abstain from television, the Internet, or other forms of electronic media for a day or part of the day to give more time to God and to their families.

For most Christians, prayer accompanies fasting. Many Christians view fasting as a way to intensify prayer and increase its effectiveness. Some believe that denying our physical hunger for a time heightens or enhances our spiritual sensitivity. Fasting adds power to prayer and helps us hear God's voice more clearly.

### **What Is the Wesleyan Way to Fast?**

During their days at university, John and Charles Wesley felt convinced that the earliest Christians fasted and prayed on Wednesdays and Fridays so they began to observe this same practice. As time passed and they began their mission to North America, they fasted mostly on Fridays, which was the Anglican norm. (See John Wesley's journal for August 1739.) The Wesley brothers usually began a Friday fast at sundown on Thursday, in continuity with Jewish and early Christian tradition. Both traditions marked the beginning of the day at sundown, not midnight. The Wesleys typically ended their fast at 3:00 p.m. on Friday. In every expression of the means of grace, John and Charles Wesley included fasting or abstinence as one of the ordinary means set forth in the Bible. Jesus gave his disciples clear instructions about how to fast (see Matt. 6:16-18), and the early Methodists considered this practice important in their time. They believed it to be an excellent "means of confirming and increasing seriousness of spirit, earnestness, sensibility and tenderness of conscience; deadness to the world, and consequently the love of God and every holy and heavenly affection." [Henry H. Knight III, *The Presence of God in the Christian Life: John Wesley and the Means of Grace*

(Oxford, UK: Scarecrow Press, 1992), 120-21.]

Today in the ordination service, the bishop asks every United Methodist pastor the following question: "Will you recommend fasting or abstinence, by both precept and example?" And the ordinand responds, "I will so recommend."

### **Guidelines for Observing the Wesleyan Fast**

1. Learn from an experienced teacher. If you have little or no experience with fasting in the Wesleyan way, seek the guidance of a spiritual director, pastor, or Christian friend who has this experience. 2. Prepare physically for the fast. If you are taking any form of medication on a daily basis, consult your physician to choose a means of fasting that does not conflict with your daily health practices.

3. Prepare spiritually for the fast. Ask the Holy Spirit to guide you and listen to the Spirit's response. Do not focus so intently on the act of fasting that you forget the purpose of fasting: to take time from earthly things to make time for spiritual things. You are going to meet God.

4. Prepare nutritionally for the fast. Decide whether you're going to do a complete fast (water only), a no-solid-food fast (allows milk, juice, coffee and tea), a no-meat fast, or some other fast. No fixed rules exist. Simply prepare yourself to meet God. Keep it simple and keep the fast you set out to do. Some forms of fasting are more difficult than others. In time, the Spirit will lead you to try different types of fast. 5. Determine the length of your fast. The Wesleyan fast was observed from sundown Thursday till 3:00 Friday afternoon. Some Christians fast from sundown Thursday till sundown on Friday. Friday carries no special meaning; it became a historical day for fasting in many Christian traditions because of Jesus' crucifixion on Friday. If another day of the week serves you better, fast on that day.

6. Stay hydrated. Drink plenty of water while fasting, no matter what kind of fast you choose.

7. Be mindful of your health. Fasting for multiple days is more complex than a twenty-four-hour fast. Be sure your doctor is aware of your intention to fast for a longer time and agree to a plan that does not harm your health.

8. Let love be your aim and your guide. Sometimes you will want or need to change your fast day to another day of the week. For example, if you have an opportunity to share a meal with someone on your fast day, change it to a different day that week.

Love is not arrogant or boastful or rude. (See 1 Corinthians 13:4.) 9. Make God the sole focus of your fast. Do not use fasting as a means to gain attention or admiration of others. (See Matthew 6:16-18.)

10. Expect something spiritual to happen. Jesus fasted for forty days before he began his earthly ministry. He fasted and prayed all night before he called the twelve disciples to follow him more closely. Some miracles of spiritual deliverance came only by prayer and fasting. As you follow Jesus' teaching and example in faith and obedience, expect God's response.

### **Additional Resources for Fasting and the Wesleyan Fast**

1. See The United Methodist Book of Worship service for ordination and the instructions for the observance of Lent.

2. Read John Wesley's sermon on Matthew 6:16-18, the seventh discourse in the series "Upon Our Lord's Sermon on the Mount" (1747). It contains an extended discussion of the spiritual benefits of fasting.

3. Consult Henry H. Knight III, *The Presence of God in the Christian Life: John Wesley and the Means of Grace* (Lanham, MD: Scarecrow Press, 1992).

4. See <https://methodistprayer.org>

# It Happened Merrell!

## CULTURAL SUNDAY CELEBRATION

The cuisine was plentiful, the costumes a delight and the program was spectacular at Merrell's recent annual Cultural Sunday, which wrapped up our celebration of Black History Month. The Sunday started with a wonderful worship service led by our youth. It ended in Ragsdale Hall with food and festivities representing the diversity in our congregation and our community. Many thanks to Merrell's youth and Sis. Hyacinth Henry and her team for a successful end to Black History Month.





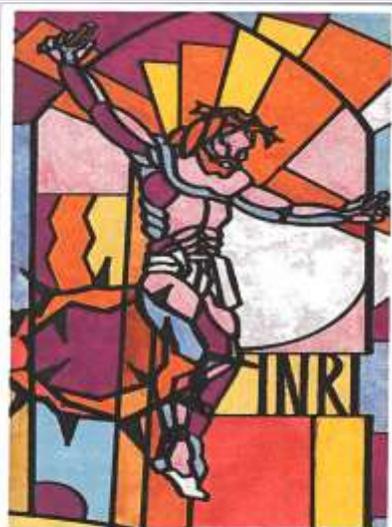


## Sunday Worship Times

Contemporary Worship	8:00AM	Sanctuary
Adult Bible Study	9:00AM	East Lounge
New Members Class	9:10AM	Room 17
Youth Bible Study	9:30AM	Ragsdale Hall
Traditional Worship	10:00AM	Sanctuary

## WEEKLY EVENTS

Bible Study	Tuesday	Noon	Chapel
Bible Study	Wednesday	6:30PM	Ragsdale Hall
Prayer Meeting	Tuesday	6:30PM	Sanctuary
Men's Choir	Wednesday	7:00PM	Music Room
Dance Rehearsal	Wednesday	7:00PM	Ragsdale Hall
Dunamis Youth	Friday	7:00PM	Ragsdale Hall
Choir Rehearsal	Saturday	4:00PM	Music Room



Merrell United Methodist Church  
3900 N State Road 7  
Lauderdale Lakes, FL 33319

**LENTEN ENVELOPES**  
The annual Lenten Envelopes are available in the Narthex. The offerings will be collected on Palm Sunday and Easter Sunday. Please place in the basket as the Ushers come around.

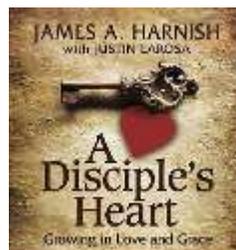
# ASH WEDNESDAY SERVICES

March 6, 2019

12:00 noon & 7:00 pm

In the Sanctuary

## Lenten Bible Study



**Join Pastor Bancroft**  
**TUESDAYS AT 12 NOON- THE CHAPEL**  
**WEDNESDAYS AT 6:30PM RAGSDALE HALL**

Learn how to develop a pattern of daily Scripture reading, prayer, and personal reflection and guided questions to help define spiritual life goals and create strong church community bonds.



## "Discipleship and Mission" ADULT SUNDAY SCHOOL INVITATION

**Happy Ash Wednesday**

All saints, ladies and gentlemen, are invited and encouraged to come out and study the Word of God.

**When: Every Sunday morning at 9am**

**Where: The East Lounge**

**Topic: Call to Discipleship**

**Call to Ministry**

**The Spread of the Gospel**

This quarter's lessons focus on several aspects of what it means to be called by Jesus as a disciple: offering hospitality, reaching the lost and salvation of all people. The lessons also explore the challenges Jesus' disciples faced as they faithfully exercised their call to ministry. Would you accept such a call? Hmm....



Have you lost a loved one, someone dear to you?  
Are you trying to cope with grief?

Join us

in our bereavement group every **Monday at 4:00 pm** in East Lounge.

Group will be conducted by Rev Hope McNeil Williams (Ordained Deacon, Board Certified Chaplain, Registered Marriage and Family Therapy Intern)

# Announcements



**Bread Cart Ministry**  
**March 4 & 18**  
 2:00PM—3:00 PM  
 RAGSDALE HALL  
 Please Note: **You will be required to sign in.**

Tuesday, march 5  
**SPPRC MEETING** 7:00PM - ROOM 17

FRIDAY march 8, 15, 22  
**YOUTH MEETING** 7:00PM—RAGSDALE HALL

SATURDAY, march 9  
**EVANGELISM MEETING** 10:30AM - ROOM 17



**ALL ARE INVITED TO ATTEND!!!**  
**MARCH 12 AT 7:30PM**  
**MERRELL UMC**  
 (Broward Organized Leaders Doing Justice)



thursday, march 14 - 7:00pm  
 LYDIA CIRCLE-Ragsdale hall

saturday, march 16  
**Worship committee-** 2:00PM - ROOM 17



TUESDAY, march 19 - 10:00am  
 RUTH CIRCLE-Ragsdale hall

Tuesday, march 19 at 7:00pm  
**Finance committee-** ROOM 17

WEDNESDAY, march 20  
**PRESCHOOL ADVISORY** 7:00PM - ROOM 17

THURSDay, march 21  
**TRUSTEES MEETING** 7:30PM - ROOM 17

tUESDAY, march 26  
**COUNCIL MEETING** 7:00PM - ROOM 17



**MERRELL UMC**  
**FARM SHARE**

Free Produce & Food

**SATURDAY, MARCH 23**  
 10:00 a.m - 1:00p.m

Please Note: **You will be required to sign in and bring bags to collect items.**




**FRY-DAY NIGHT**  
**Lenten**  
**FISH FRY**

During Lent Merrell ministries will be doing something different; we will be hosting a Fish Fry each Friday, except for **March 15th**. Please support the ministries' efforts. Proceeds will go to our church capital improvement fund. Here's a tentative calendar of the participating ministries:

- March 8- United Methodist Men
- March 15—No Fish Fry
- March 22 - Evangelism
- March 29 - Youth Ministries
- April 5 - Trustees/Stewardship
- April 12 - Stewardship
- April 19—MERRELL



MERRELL UNITED METHODIST CHURCH PRESENTS

7PM  
**19TH APRIL**

CARLENE DAVIS

GOOD FRIDAY  
**GOSPEL EXTRAVAGANZA**  
 2019

KEN PARKER SHERELLE ROSEGREEN NORMA WHITE STEFAN PENINSILYN

VENUE: MERRELL UNITED METHODIST  
 8840 N. STATE RD. 7 LAUDERDALE LAKES, FL 33319  
 FOR TICKET INFO: (954) 731-2523 • E-MAIL: OFFICE@MERRELLUMC.ORG

DONATIONS: **\$30** REFRESHMENTS ON SALE



Helen Earle 03/01  
 Mamita Marcelle 03/01  
 Khadija Anderson 03/01  
 James Johnson 03/02  
 Winston L Chang 03/02  
 Renee' Moore 03/05  
 Orel Hill-Hudson 03/06  
 Ashari Singh 03/07  
 Jaeden Royes 03/07  
 Joyce Lewis 03/08  
 Eugene Perderaux 03/10  
 Norma Lynch-Smith 03/10

Jasiah Williams 03/10  
 Norma Rankine 03/11  
 Monica Maxwell 03/12/  
 Michaela Wedderburn 3/13  
 Melvin Henry 03/14  
 Grace Herron 03/15  
 Jaelen Buck 03/15  
 Delores Martin 03/16  
 Vernetta Gordon 03/18  
 Kole Cousins 03/18  
 Martha Ricketts 03/19/

Annette Browne 03/20  
 Neville Buchanan 03/21  
 Paul Francis 03/21  
 Sonia Turnbull 03/23  
 Brandon Tabois 03/23  
 Sean Mills 03/24/  
 Luletta Brooks 03/24  
 Uliet Black 03/24  
 Diana Hanley 03/28  
 Hopie Howard 03/29  
 Dennis Barton 03/29  
 Kendra Black 03/30  
 Shanice Curry 3/30

**+ The Staff +**

**The Rev. Bancroft Leighton Williams, Pastor**  
 Email: pastorbancroft@merrellumc.org  
 Claudette Meatley, Certified Church Administrator  
 Email: claudette@merrellumc.org  
 Bro. Louis Trotman, Director of Music  
 Sis. Shirley Smith, Director Preschool  
 Email: Preschool@merrellumc.org  
 Mr. Leroy Satchell, Custodian

**MEMBERSHIP AND DISCIPLESHIP**

Merrell welcomes interested persons to become members.  
 We invite you to contact the Pastor by calling the Church Office.

**BAPTISMS**

Performed at the Sunday Service, contact the Church Office.

**MARRIAGES**

Performed after consultation with the Pastor

In time of **illness or sorrow**, please call the Pastor  
 or the Church Office promptly.

Visit our website

[www.merrellumc.org](http://www.merrellumc.org)

**Our Church Leaders**

<b>Church Council</b> Sis. Eileen Tucker	Bro. Lovell McKail <b>Visitation Ministry</b>
<b>Lay Leaders</b> Sis. Patricia Tabois	Sis. Dizzierene Cox <b>Stewardship</b>
Sis. Lurow Hall	Bro. Winston Chang <b>New Members Committee</b>
<b>Lay Member to Annual Conference</b> Sis. Lorna Smith	Sis. Rose Farquharson <b>Membership Secretary</b>
<b>Staff Pastor Parish Relations Committee</b> Sis. Yvette Smith	Sis. Phillipa Daniels <b>Campus Ministry Representative</b>
<b>Admn. Assistant to Pastor</b> Sis. Claudette Meatley	Sis. Judith Gohagen <b>Disaster Coordinator</b>
<b>Finance Committee</b> Bro. Wayne Ranger	Bro. Lovell McKail <b>Worship Ministries</b>
<b>Financial Secretary</b> Sis. Norma Williamson	Sis. Ettamerle Rapley <b>Youth</b>
<b>Prayer Ministry</b> Sis. Uliet Black	<b>Sis. Judy Gohagen</b> Sis. Keisha Coombs-Newman
<b>Trustee</b> Bro. Franklyn Coombs	<b>Thrift Shop</b> <b>Interim Coordinator</b>
<b>Evangelism/Outreach Ministries</b> Sis. Valerie Henry	Sis. Phylis Brown <b>Budget Director</b>
<b>Preschool Board Chair</b> Sis. Thelma McGeachy	Bro. Dudley Mills
<b>United Methodist Women</b> Sis. Thelma McGeachy	
<b>United Methodist Men</b>	

Bulletin Announcement Forms are available in the church office area on the office door. Please return form(s) via email: [office@merrellumc.org](mailto:office@merrellumc.org) or place it in the box on the office door. Deadline for announcements: **WEDNESDAY at NOON.**