

the

HeartBeat

MCFARLAND UCC - MONTHLY NEWSLETTER

Faith

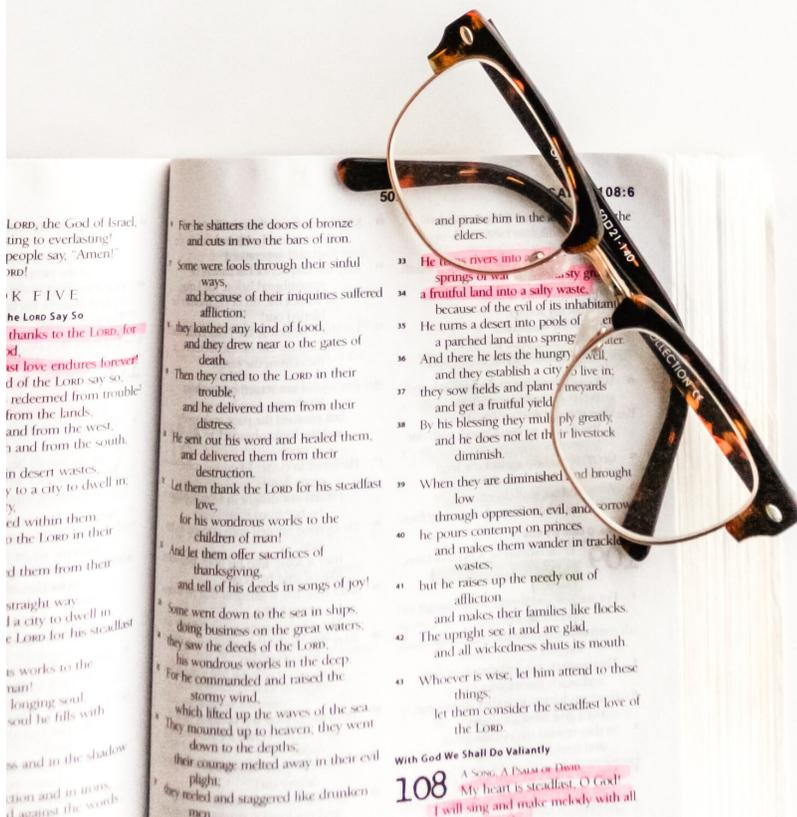
Communion March 1
NEW! Mid-Week "Inhale"
Sunday Funday!

Events

"Stories From the Border"
Community Garden Potluck
And MORE!

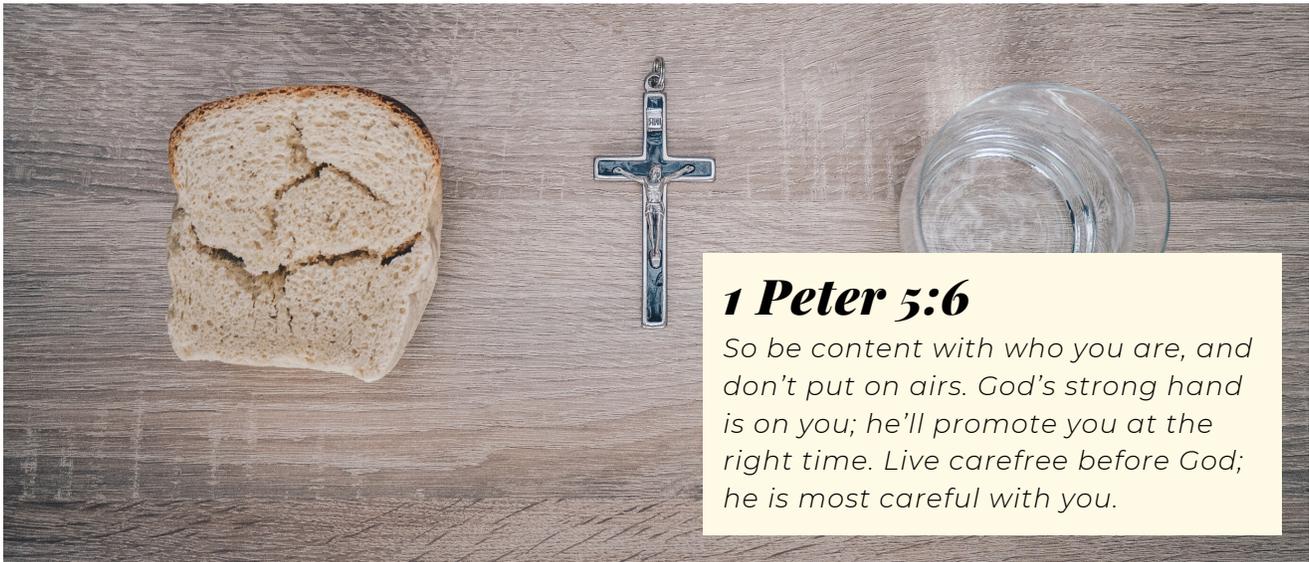
Calendar

Save the Dates
Welcoming Building Use
Upcoming Meetings



the HeartBeat

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1 Peter 5:6

So be content with who you are, and don't put on airs. God's strong hand is on you; he'll promote you at the right time. Live carefree before God; he is most careful with you.

At A Glance...

Quick information about upcoming events!

Community Events & Meetings

March 2

9:30 am Community of Practice: local pastors meeting

March 4

12 pm Entre Nous Meeting

March 5

6 pm SaLT meeting

March 12

6 pm Stories from the Border presented by the NION Campaign

March 22

12 pm McFarland Community Garden Potluck (all are invited!)

Sunday Mornings in March

March 1

9 am Choir Practice
10 am Worship

March 8

clocks spring forward 1 hour!
9 am Choir Practice
10 am Worship

March 15

9 am Choir Practice
10 am Worship
4 pm Sunday Funday!

March 22

9 am Choir Practice
10 am Worship

March 29

9 am Choir Practice
10 am Worship

Weekly Yoga Classes

Mondays

9 am Patricia Green-Sotos
7 pm with Amy Crull

Wednesdays

4:30 pm with Georgia Lyon

Tuesdays

6:30 pm with Patricia Gree-Sotos

Thursdays

9 am with Patricia Green-Sotos

"Very welcoming & celebratory."

RECENT COMMENT FROM OUR MUCC FACEBOOK PAGE

presented by the 'Not In Our Name' Campaign

Stories From the Border ***March 12***

6:00 pm refreshments

6:30 pm presentation

Are children still in cages? Yes.

It's a disturbing question, isn't it? And the simple answer to the question is "yes, they are."

Proverbs 31:8-9 calls us to be a "voice for the voiceless," and to "speak up for those who cannot speak for themselves.

"The "Not In Our Name" campaign is thrilled to announce that immigration activist and attorney Linda Zuba, just back from working with immigrants at the border, will share her first-hand account of what is actually going on right now and what we can attempt to do.

This event is free and open to the public. Donations received will support the "Not In Our Name" campaign to provide funds to organizations that are helping to reunite separated families.

More About "Stories From the Border" & Linda Zuba

The presentation begins with stories of why children, women and men are fleeing for their lives and what happens to them once they ask for help and protection at the U.S. - Mexico border. You will hear how you can assist asylum seekers who need help. The presentation concludes with a joy-based movement practice combining dance and gentle yoga with inspiring music. (You are welcome to observe or participate.)

Linda has volunteered with the Dilley Pro Bono Project, providing legal services to immigrants at the South Texas Family Residential Center in Dilley, Texas. The center is designed to hold as many as 2,400 women and children as they work their way through the immigration system.

Linda currently volunteers with Border Angels in Tijuana, a non-profit organization that advocates for human rights, humane immigration reform, and social justice. This work is done in an attempt to reduce the number of fatalities along the US-Mexico border by educating and assisting the communities on both sides of the border. Linda also works with Al Otro Lado, a legal advocacy center in Tijuana.



SUNDAY FUNDAY!

4 - 6 PM, MARCH 15

This is our monthly cross+generational event for learning our most important faith stories. It is held on the third Sunday of the month from 4:00-6:00. We begin with Biblical storytelling, continue with hands-on learning, music, discussions, arts & crafts, and enjoy a free simple dinner.

Our goal is to experience God together in meaningful ways. Sunday Funday is a great way for children, teens, and adults to engage with the Bible.

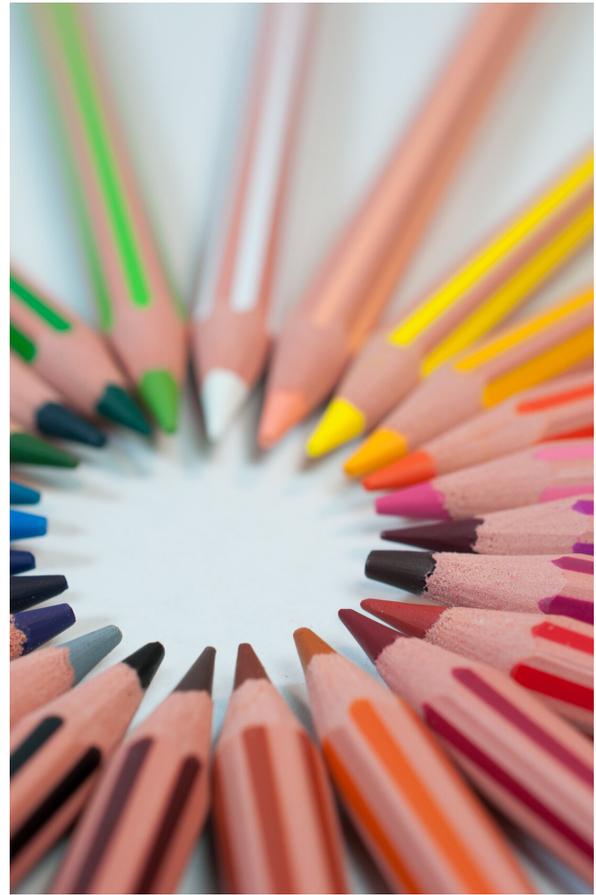


Photo by Agence Olloweb on Unsplash

McFarland Community Garden Potluck

NOON, SUNDAY MARCH 22

We love sharing our church land with the McFarland Community Garden and supporting them in their mission and love for the earth. You are invited Sunday, March 22 at noon, to the Community Garden Potluck. This is a great time to enjoy a good meal, connect with friends, and be with fellow McFarland neighbors. No need to bring a dish! But if you would like to or if you have questions, please contact Melissa at office@mcfarlanducc.org or 608-838-9322

To learn more about the McFarland Community Garden, visit:

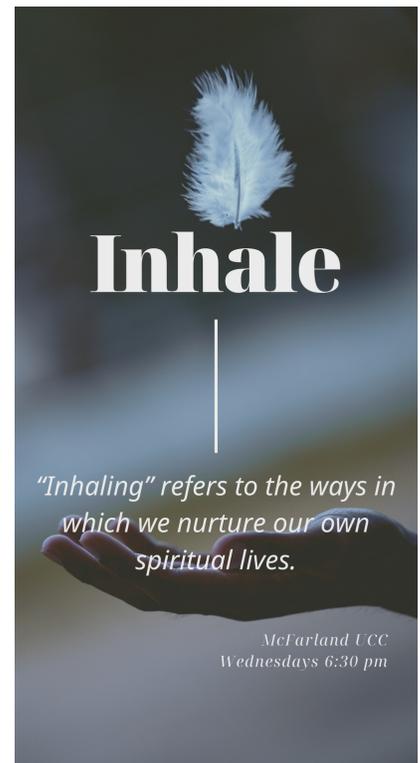
<http://mcfarlandcommunitygarden.com/>



WEEKLY INHALE

*Begins March 4, 6:30 - 7:30 pm
continues every wednesday*

Starting Wednesday, March 4th (and every Wednesday from now on from 6:30-7:30 p.m.) Pastor Bryan will begin this new program. If you're in church regularly you've probably heard Bryan referring to the "inhaling and exhaling" aspects of our faith journey. "Inhaling" refers to the ways in which we nurture our own spiritual lives. "Exhaling" refers to our "outward" journeys--the ways in which we treat others, do justice, and live out our faith in the world. So "Midweek Inhale" will be a weekly opportunity for those interested to learn and experience a wide variety of ways to nurture our personal connection to the Divine. This will be very informal and it really doesn't matter how many people show up. It's not about numbers. It's about going deeper for those who are ready to in this way.



There may be some practices that will be covered over several weeks, but almost all sessions will stand alone and the evening will be devoted to learning and experiencing one particular practice. Pastor Bryan is going to share quite a few different spiritual practices over time that have been meaningful and helpful to him in his own life. We will soon publish—both on our website and on a "Midweek Inhale" Facebook page—a weekly schedule of the particular practices so that you can take a look at what's coming up each week and decide whether or not that week's focus will be of interest to you. We'll feel our way into this together, and Bryan is hoping that this program will also draw a number of people who might not already be a part of our Sunday morning community.

This week, we'll start with a very simple and well known practice called "guided meditation." This simply means being led in a meditation in which you will use your imagination to enter a biblical story and have a conversation in your imagination with Jesus. This can be extremely powerful, healing, and even life-changing. We'll end promptly by 7:30 each week.

Again, we'll let you know once the full schedule is available. It will include some practices you've probably heard of, such as meditation, journaling, and Centering Prayer. But there will also be some more "woo woo" and outside the box practices that Pastor Bryan has come to love such as Qigong, Tai Chi, Sound yoga, chanting, kirtan, gong wash, chakra toning, shamanic journeying, drum circles, ballroom dance as spiritual metaphor, and more. So get ready, pick and choose, and join us when something intrigues you!



SAVE THE DATES!

EASTER AT MUCC

Below you'll find quick descriptions. More details of each event will be coming soon at: mcfarlanducc.org/upcoming-events, as well as in the Pulse weekly newsletter and Facebook.



Photo by Brooke Lark on Unsplash

PALM SUNDAY - APR 5

During worship we will celebrate Jesus' entry into Jerusalem as we prepare for Holy Week.

MAUNDY THURSDAY - APR 9

Traditionally on this evening we host a potluck meal, share in communion, and engage in a simple worship service. This is to remember the Last Supper.

GOOD FRIDAY - APR 10

The Good Friday service will simply be an opportunity to be in Silence and Solidarity with Christ on the Cross, a responsive reading, Scripture, an extinguishing of the Light, and departure in silence.

EASTER SUNDAY! - APR 12

Prepare for a morning of celebration! As with Holy Week more details will be coming, but we are excited for Easter Breakfast, morning worship, and Easter eggs!

Earth Day Celebration

SUNDAY, APRIL 19 DURING 10 AM WORSHIP

Planning is already underway for this special service. We want to help save our planet, honor the earth, and care for creation.

McFarland FREE Sale for Families!

SET-UP WEEK, APRIL 19 - 23

SALE OPEN, APRIL 24 & 25

*We are excited to once again open our doors and partner with the McFarland FREE Sale for Families. This semi-annual event offers baby items, clothes, maternity wear, home goods, teen clothing, and more all for FREE! Nothing is priced and if you are able, there are donation jars at the front where you can give to the charity of your choice. Stay tuned for more information but check out the facebook event in the meantime [**CLICK HERE**](#)*





CONNECT WITH US

CHURCH STAFF

Pastor Bryan Sirchio

pastorb@mcfarlanducc.org
608-291-4457

Diane Smeaton, *Worship*
Keyboards

Melissa Mendl, *Office Admin*

office@mcfarlanducc.org
608-838-9322
Office Hours: T/W/TH/F 9-1pm

Tom Ludwig, *Choir Director*

Gail Freedman, *Kitchen*
Coordinator

Requests for supplies can be made on the whiteboard by the freezer

Amanda Swenson, *Custodian*

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SaLT

(Servant & Leadership Team)
salt@mcfarlanducc.org

FINANCIAL

SECRETARIES

finsec@mcfarlanducc.org

Hélène Benink, *Moderator*

moderator@mcfarlanducc.org

Sue Haeffner & Ann Ross

Colleen Krattiger, *Vice*
Moderator

SUNDAY MORNING

MINISTRY LEADERS

Joan Jacobsen, *Treasurer*

treasurer@mcfarlanducc.org

Jason Chapman, *Tech*
Support

Anne Gerke, *Clerk*

clerk@mcfarlanducc.org

Martha Olsen, *Kitchen*

Lavon Geasland, Ann Ross,

Cindy Wendorf, *SaLT Members*

Joan Jacobsen, *Ushers*

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Other Helpful Email Addresses You Might Like to Have

N.I.O.N. *nion@mcfarlanducc.org*

Eco-Justice Task Force *ecojustice@mcfarlanducc.org*



IT'S ALL ON THE WEB!

CALENDAR with QUICK UP TO DATE EVENT INFO

mcfarlanducc.org/calendar

EVENT DETAILS

(easy to share with friends)

mcfarlanducc.org/upcoming-events

ONLINE DIRECTORY

(password protected to respect privacy of those who offered their personal information. Call or email Melissa in the office for the login password)

Mcfarlanducc.org/directory

FORMS

(Church Building Use, Ministry Idea, etc)

Mcfarlanducc.org/forms

ALL CURRENT SIGNUPS

Mcfarlanducc.org/signups

Whoever you are, wherever you are on life's journey, you are welcome here.

General Fund Summary Feb 2019 - Jan 2020

(Funds for general operating expenses)

Month	Revenue	Expenses	Variance
Feb-19	12,988	9,861	3,127
Mar-19	15,852	15,089	763
Apr-19	11,843	10,161	1,681
May-19	17,994	14,281	3,713
Jun-19	16,638	11,275	5,363
Jul-19	13,513	15,921	(2,409)
Aug-19	12,438	7,516	4,922
Sep-19	15,065	13,613	1,451
Oct-19	14,889	16,320	(1,431)
Nov-19	14,404	10,896	3,508
Dec-19	17,458	15,375	2,084
Jan-20	12,853	12,029	824
Total	175,933	152,337	23,596

2020 Budget	\$174,273
Average Monthly Revenue Needed to Meet Budget	\$14,523
Actual Average Monthly Revenue Feb 2019-Jan 2020	\$14,661

