



The Witness

March 2010

Red Bank United Methodist Church

redbankumc.org



*Your Word have I
treasured in my heart...*

Psalm 119:11

Pastor Jeff

Luke 19:1-10

¹ Jesus entered Jericho and was passing through. ² A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy. ³ He wanted to see who Jesus was, but being a short man he could not, because of the crowd. ⁴ So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way. ⁵ When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today." ⁶ So he came down at once and welcomed him gladly.

⁷ All the people saw this and began to mutter, "He has gone to be the guest of a 'sinner.'"

⁸ But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." ⁹ Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. ¹⁰ For the Son of Man came to seek and to save what was lost."

Zacchaeus was the tax collector of Jericho which is one of the oldest continually-inhabited cities in the world. Most of the tax collectors became very wealthy by exploiting the poor and abusing their power. The tax collectors would covenant with the Roman Emperor for the amount of taxes they would pay for their area. They would then tax the people, pay Rome their share, and keep the rest. They put financial burdens on the people that were too much for them to handle. Because they abused their power and position, they were not the most popular people in the community.

One day Zacchaeus hears that Jesus is in town. He wanted to see Jesus but because of his short stature, he was not able to see over the crowd that formed around Jesus. He decided to climb up in a Sycamore tree to get a bird's eye view. When Jesus saw him, he told him to come down; he was going to his house. After being in the presence of Jesus for a short time, his life was changed. He said, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount." What a transformation! He goes from cheating and stealing the people to making restitution for what he had done. Jesus can change and transform lives. If God could change the hard heart of a crook like Zacchaeus, God can change anyone. We must never underestimate the transforming power of Jesus.

Daylight Saving Time begins Sunday, March 14.

Clocks 'spring forward' one hour.



**Check out the website at
redbankumc.org**

A Healthier You!

Psalm 139:14

"I praise you because I am fearfully and wonderfully made....I know that full well"

Know that you are a physical miracle from God (Psalm 139:11); therefore, empower yourself with healthier behaviors!

Sleep hygiene is the promotion of regular sleep. Centers for Disease Control and Prevention (CDC) for adults and adolescents are as follows:

Adults:

1. Go to bed at the same time each night and rise at the same time each morning.
2. Your bedroom should be quiet, dark and relaxing with the room neither too hot nor too cold.
3. Your bed should be comfortable and used only for sleeping. Remove all TVs, computers and other "gadgets" from your bedroom.
4. Physical activity may help promote sleep; however, not within a few hours of bedtime.
5. Avoid heavy or large meals before bedtime.

Adolescent/Young Adults:

- Avoid caffeinated drinks after lunch.
- Avoid bright light in the evening.
- Avoid arousing activities around bedtime (studying, texting, getting into prolonged conversations). A side note: studying is progressive and not to be procrastinated!!
- Bright lights upon waking in the morning.
- When sleeping on weekends, it should not be more than 2-3 hours past your usual wake time, to avoid disrupting your circadian rhythm governing sleepiness and wakefulness.
- Lastly, avoid an "all-nighter" study session.



We are a caring family seeking God's direction through prayer to reach the lost and grow through Christ, for Christ and in Christ.

Rev. Jeff Lambert, Pastor
(Home 842-1151, Cell 653-7982)
David Brackett, Program Director
Linda Towers, Administrative Assistant
Marti Redden, Children's Director
Ken Powell, Music Director
Adolph Canales, Sexton
Greta Satterwhite, Preschool director

Celebrate

...I will celebrate before the Lord. 2 Samuel 6:22b

Celebrate and welcome Ken Powell to RBUMC. Ken is our new Music Director. He will be directing the 8:40 Men's Chorus, 11:00 Chancel Choir, and the Sunday evening Praise and Worship service. Ken plays the organ and piano. Our worship service will look a little different because Ken will be leading worship from the organ and piano. Ken brings a lot of skills and possibilities to the music ministry of our church.

He is a graduate of Moody Bible Institute in Chicago, IL, with a degree in Music Composition. He has also taken some graduate courses in music and theology.

Ken lives in Dayton with his wife, Sally, and their two sons, Joshua (12) and Clayton (7).

Ken's first Sunday with us will be March 7. We will have a reception for Ken and his family after the 11:00 worship service on March 14.



Kid's Korner

Thanks to all Rotation Sunday School Teachers for their talents and all the challenges they have had in teaching rotation these past years. I also want to thank you for volunteering on the same schedule to help with our new Sunday School.

Our new Sunday School will begin March 7 with our same Celebration Time at 9:45. At 10:00 children will go to their new classes. K-2 will be in the Story Room with Carron Trainor and 3-5 will be in the game/singing room with Skipper Fairbanks. We welcome Skipper back to teaching after recovering from surgery and we are excited about our new classes as I hope everyone is.

Have you seen our new acolytes in action? We have trained several new ones. Welcome to the acolyte team, Scott Donahue, Cameron Pritchard, Johnny Scott, and Lindsey Barmoy. They will do a great job for us. They will join Patrick, Bethany, Sam and Ben who also do a great job.

April 3 at 11:30 is our Easter Egg Hunt. We will serve lunch at our hunt this year. Bring eggs to



hide and bring a friend to make it even more fun!

Youth in March

- 1 5:30 Dinner at church
- 6:30 Spring Renewal
- 2 5:30 Dinner at church
- 6:30 Spring Renewal
- 3 5:30 Dinner at church
- 6:30 The Wall Program—Spring Renewal
- 7 9:45 Cornerstone Sunday School—Richie
- 4:45 Support Team
- 6:00 Covered dish dinner
- 6:00 Foundation Bible Study
- 7:00 Evening Worship
- 10 5:30 Dinner at church
- 6:30 The Wall Program
- 12-14 Spring Retreat—Ignite the Fire—Camp Lookout
- 14 9:45 Cornerstone Sunday School—Julie Smith
- No Youth Activities due to retreat
- 17 5:30 Dinner at church
- 6:30 The Wall Program
- 21 9:45 Cornerstone Sunday School—Jane/Keith Smith
- 4:45 Mentor Meeting
- 5:15 Rock Café—Shaw-Murray Class
- 5:30 Open Gym, Dance, Puppets
- 6:00 Bridge Service Project-Balloon Giveaway
- 7:00 Evening Worship
- 24 5:30 Dinner at church
- 6:00 Dance & Puppet Rehearsals & Open Gym
- 6:30 The Wall Program—Next Time I Fall in Love
- 28 9:45 Cornerstone Sunday School—Watkins
- 4:45 Leadership Team
- 5:15 Rock Café—Lambert/Lee
- 5:30 Open Gym
- 6:00 Foundation Bible Study
- 7:00 Evening Worship
- 31 5:30 Dinner at church
- 6:00 Dance & Puppet Rehearsals & Open Gym
- 6:30 The Wall Program—Next Time I Fall in Love

Activities and Opportunities

Anyone needing assistance with odd jobs around the house or with yard work, please contact David and he will get you in contact with individuals who need this type work to earn extra cash.

The Young-at-Heart will be going to Wally's Restaurant and to the Zoo on Tuesday, March 9. Anyone interested is welcome to join them. Contact Maxine McKenzie or Nancy Watkins for more information and reservations.

Thursday, March 11, 7 p.m. Fellowship Hall—Joe Jumper will lead a class in flower arranging.

Senior Adult Sunday will be April 11, the theme of which is "Fellowship with God." Our senior adults will be recognized, will be singing, giving testimonies, and leading us in worship.

Volunteers are needed in the gym with the youth on Wednesday nights from 6—6:30.

Prayer for youth on Wednesday nights—5:30 until 7:30.

Call the church office if you would be interested in a telephone that is classified as 'high frequency for the hearing impaired.' The best part is that it has large, easy-to-read buttons. Please call ahead of time so the phone will be available in the office.

"Grumpy Old Men"

The sermon series on the first six Minor Prophets, "Grumpy Old Men" is continuing. The Minor Prophets were amazing Men of God whose message is timeless. Join us for these as last two sermons as we discover what these "Grumpy Old Men" have to teach us.

March 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>6:30 Men's Bible Study 2:30 Safe House 5:30 Dinner 6:30 Rev. Jason Roe</p> <p>SPRING RENEWAL</p>	<p>2</p> <p>2:30 Safe House 5:30 Dinner 6:30 Rev. Jeff Lambert</p> <p>SPRING RENWAL</p>	<p>3</p> <p>2:30 Safe House 5:30 Dinner 6:30 Rev. Alfred Johnson</p> <p>SPRING RENEWAL</p>	<p>4</p> <p>10:00 Morning Bible Study 6:45 A.A. Meeting</p>	<p>5</p>	<p>6</p> <p>8:00 United Methodist Men Breakfast and Program</p>
<p>7</p> <p>9:45 Confirmation Class 6:00 Covered Dish Dinner 7:00 Dr. Jerry Russell SPRING RENEWAL</p>	<p>8</p> <p>6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Bible Study</p>	<p>9</p> <p>Young-at-Heart trip – everyone welcome 2:30 Safe House 7:00 Stanfield Small Group 7:30 Evangelism</p>	<p>10</p> <p>2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs/Studies 7:30 Choir Practice</p>	<p>11</p> <p>10:00 Morning Bible Study 6:45 A.A. Meeting</p>	<p>12</p> <p>Youth Retreat</p>	<p>13</p> <p style="text-align: center;">Set your clocks forward one hour at bedtime</p> <p>through Sunday</p>
<p>14</p> <p style="text-align: center;">Noon Reception for Ken Powell</p>	<p>15</p> <p>6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Bible Study</p>	<p>16</p> <p>2:30 Safe House 7:00 Stanfield Small Group</p>	<p>17</p> <p>2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs/Studies 7:30 Choir Practice</p>	<p>18</p> <p>10:00 Morning Bible Study 6:45 A.A. Meeting</p>	<p>19</p>	<p>20</p>
<p>21</p> <p>9:45 Confirmation Class Noon Evangelism Lunch</p>	<p>22</p> <p>6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Bible Study</p>	<p>23</p> <p>2:30 Safe House 7:00 Stanfield Small Group</p>	<p>24</p> <p>2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs/Studies 7:30 Choir Practice</p>	<p>25</p> <p>10:00 Morning Bible Study 10:30 Young-at-Heart Lunch and Program 6:45 A.A. Meeting</p>	<p>26</p>	<p>27</p>
<p>28</p> <p>9:45 Confirmation Class Palm Sunday</p>	<p>29</p> <p>6:30 Men's Bible Study 2:30 Safe House 6:30 Coley Small Group 7:00 Bethel Bible Study</p>	<p>30</p> <p>2:30 Safe House 7:00 Stanfield Small Group</p>	<p>31</p> <p>2:30 Safe House 3:30 Children's Program 5:30 Dinner 6:30 Programs/Studies 7:30 Choir Practice</p>			