

# Welcome!



## Here's what's happening in our community

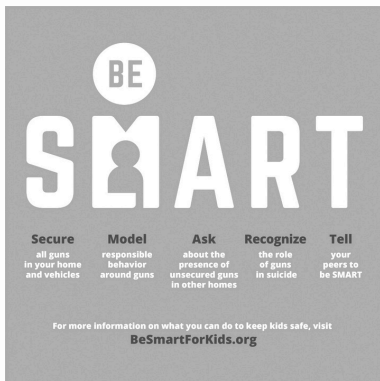
### Our new website has launched!

[belmontumc.org](http://belmontumc.org)

We're thrilled to announce that Belmont UMC's new and improved website is now live! The updated site offers easier navigation and a fresh, inviting design to better serve both our church family and visitors. As this is a work in progress, we will continue making improvements along the way. If you have any questions or feedback, please reach out to Angie Slade ([aslade@belmontumc.org](mailto:aslade@belmontumc.org)).

### Be SMART program this Wednesday

Wednesday, March 19, 6:00pm in room 124



Firearms are the leading cause of death among children in the U.S. and Tennessee. Secure firearm storage is a proven and effective way to prevent these tragedies. This Wednesday, March 19, Dr. Alanna Truss from Be SMART — a program developed by the Everytown for Gun Safety Support Fund — will lead a discussion about gun safety. Learn more at [belmontumc.org/be-smart](http://belmontumc.org/be-smart).

### Lenten small group study

Every Wednesday, 6:00pm in room 120

This Wednesday, March 16, and every Wednesday during Lent, gather with us in room 120 (library) at 6:00pm to reflect on the week's devotion from the Everything in Between devotional guide. Copies are available in the foyer.

For questions, contact Heather Harriss. We look forward to journeying through Lent with you!

### Parent and Child Music

Saturday, March 22, 10:00am-12:00pm in room 213

Make plans to join Christy Perkey and Amy Cooper for Parent and Child Music this Saturday, March 22! We'll meet in room 213 from 10:00-11:00am for a fun, musical time with young children and the parents, friends, nannies, and grandparents who love them. At Parent and Child Music, we sing fun songs and songs of faith appropriate for infants through preschoolers. We also play musical instruments, dance, use scarves, have puppets, and read stories. Belmonsters and folks from the community are welcome!

## This week

### MONDAY, MARCH 17

6:00pm Finance Committee, Zoom

### TUESDAY, MARCH 18

6:00pm Staff Parish Relations Committee, Zoom

### WEDNESDAY, MARCH 19

10:00am Lectio Divina, Zoom  
5:00pm Wednesday Night at Belmont community meal, Community Center  
6:00pm Be SMART, 124  
6:00pm Lenten small group study, 120  
7:00pm Sanctuary Choir rehearsal, choir room

### THURSDAY, MARCH 20

8:00am Centering prayer, prayer room  
1:00pm Celebration Ringers rehearsal, 226

### SATURDAY, MARCH 22

10:00am Parent and Child Music, 213

### SUNDAY, MARCH 23

8:10am Chapel worship  
8:45am Children's Chimes  
9:15am Sunday School  
10:30am Sanctuary worship  
11:30am Fellowship in the Foyer  
1:30pm Carillon Ringers rehearsal  
3:30pm Wesley Ringers rehearsal  
4:30pm Open Door Singers rehearsal  
5:30pm United Methodist Youth

## Healthy ways of coping with depression: Practical strategies for emotional well-being

**Wednesday, March 26 6:00pm in room 124**

Susanna Sutherland, PhD, MS, MEd, an Assistant Professor of Physical Medicine and Rehabilitation at Vanderbilt University Medical Center, will be here on Wednesday, March 26, at 6:00pm to speak about healthy ways of coping with depression. Learn more at [belmontumc.org/susanna-sutherland](http://belmontumc.org/susanna-sutherland).

## Save the date for our annual Easter egg hunt!

**Saturday, April 5, 10:00am at Belmont UMC**

Belmont UMC is excited to host our annual Easter egg hunt for children, infant - 4th grade! This rain-or-shine, family-friendly event will take place on Saturday, April 5, at 10:00am, offering a fun and festive way to celebrate the joy of Easter. Children will hunt for Easter eggs, win exciting prizes, and even enjoy a special visit from the Easter Bunny!

This free event is open to all children in 4th grade and younger. Families are invited to join the celebration and create lasting memories together.

Belmont Community, we need your help to make this event a success! Volunteers are needed to fill Easter eggs and to set up and clean up on April 5. Go to [belmontumc.org/easter-egg-hunt](http://belmontumc.org/easter-egg-hunt) to learn more and sign up.

## ENCORE Lunch and Learn coming in April

**Sunday, April 6, 11:30am in Parker Hall**

Mark your calendar for the next ENCORE Lunch and Learn on Sunday, April 6, in Parker Hall, following the 10:30am worship service!

Rachel Solava from the Greater Nashville Regional Council will be our guest speaker, sharing information about the services her agency offers for older adults, individuals with disabilities of all ages, their families, and caregivers.

For more information or to make your lunch reservation, go to [belmontumc.org/lunch-and-learn](http://belmontumc.org/lunch-and-learn).

# Save the date!

### WEDNESDAY, MARCH 26

6:00pm Healthy ways of coping with depression

### SATURDAY, APRIL 5

10:00am Easter Egg Hunt  
2:30pm Hymn Sing at Mary Queen of Angels

### SUNDAY, APRIL 6

11:30am ENCORE Lunch and Learn

### SATURDAY, APRIL 12

10:00am Adventure mini retreat, prayer room

### THURSDAY, APRIL 17

7:00pm Maundy Thursday worship

### FRIDAY, APRIL 18

7:00pm Good Friday worship

### SUNDAY, APRIL 20

8:10am and 10:30am Easter worship

## Joys and concerns

### *Christian sympathy is extended to*

Marge and Paul Davis in the death of her mother Edith McCormick.

We are a community of Christ-followers growing in love of God and neighbor.

We believe every person is of sacred worth and created in God's image. We commit to Jesus' example of inclusive love, care, and intentional hospitality with persons of every race, ethnicity, age, sexual orientation, gender identity, marital status, faith story, physical or mental ability, economic status, or political perspective. We respect our diversity of opinion and expressions of faith. Therefore, as God loves us, so let us love and serve in the name of Christ.



**RECONCILING MINISTRIES NETWORK**

### **We would love to connect with you!**

Please take a moment to fill out a visitor's card in the pew or sign the attendance register at the end of your row.

### **Contact Us**

615-383-0832 / [contactus@belmontumc.org](mailto:contactus@belmontumc.org)  
[belmontumc.org](http://belmontumc.org)