

## This week at Belmont UMC

SUNDAY, MARCH 29

8:15am Service of worship, Facebook live  
10:30am Service of worship, Facebook live  
6:00pm United Methodist Youth, via Zoom

WEDNESDAY, APRIL 1

10:00am *Simplifying the Soul* study, via Zoom  
12:00pm The Great Thanksgiving, Facebook live  
5:00pm Chapel Choir, via Zoom  
6:00pm Youth discussion, via Zoom

FRIDAY, APRIL 3

10:00am Parent and Child Music, via Zoom

SUNDAY, APRIL 5

8:15am Service of worship, Facebook live  
10:30am Service of worship, Facebook live  
6:00pm United Methodist Youth, via Zoom

### Remote sacred space *Continued from page 1*

shells and rocks that have meaning for you? Walk through your home and gather those simple objects that now or through the years have drawn you into spiritual reflection. Then add a candle and your Bible or prayer book. You might use a cloth napkin to spread out and define this designated area.

When you are opening or closing your day with a breath prayer or seeking solace with a Psalm or scripture passage, use your designated space as you would a sanctuary, entering and expecting to pause, pray, and ponder. Prior to joining virtually for worship, arrive at your sacred space, light your candle, and spend time meditating to prepare, just as you would in the sanctuary. We will be back in our sanctuary one day, but for now, just as Abraham did, let's build an altar where we are camping.

### Stations of the Cross *Continued from page 1*

lives.

This virtual prayer walk provides an opportunity for you to pause, ponder, and pray while you reflect on Christ's journey and your own journey during this time of isolation and suffering.

You can view the stations at [belmontumc.org/stations-of-the-cross](http://belmontumc.org/stations-of-the-cross).

## Upcoming worship services

**Palm Sunday**  
**April 5, 2020**

Paul Purdue preaching 8:15 a.m. and 10:30 a.m. worship services.

8:15 a.m. - Facebook live  
10:30 a.m. - Facebook live

### Practicing our faith

Our spiritual practices help tether us to God and to one another. During this time when there is so much stress and anxiety, the spiritual practice of a *Daily Examen* can be helpful. Consider ending your day asking yourself these questions: What was the hardest thing I did today? What did I do that I've never done before? What was something beautiful that I saw, read or heard? What am I grateful for? On Mondays at 10:00 a.m. Heather will share a few places where she is finding joy and inspiration on Belmont UMC's Facebook page.

### Time to sew?

by Anna Cramer

Medical workers nationwide are scrambling for personal protective equipment (PPE) to quell the spread of the novel coronavirus. If you can sew, you can help! Vanderbilt is looking for volunteers to sew scrub caps for medical workers. They have many volunteers sewing face mask covers, but there is also a huge need for scrub caps. Instructions and an easy pattern are available on our website. Once completed, please contact Anna Cramer ([anna.johnson.cramer@gmail.com](mailto:anna.johnson.cramer@gmail.com)) for instructions on where to drop off or to have them picked up from your home.



## Belmont United Methodist Church NEWS for March 29, 2020

### Joys and concerns

**Christian sympathy is extended to**  
Mike Cronic in the death of his son,  
Clay Cronic.

#### Memorials

DOT ANN BARRICK

##### Donors:

Kathryn & Lester Smith  
Betty Jane & Larry Taylor  
Barbara Venrick  
Pat Ward  
H. G. Hill Realty

### Lenten offering

This year's Lenten offering will support Family Reconciliation Center, a unique ministry founded on the idea of the power of family in reconciling those touched by incarceration. The funds raised will be used to help defray the cost of providing free overnight lodging at the center.

Watch a video about Family Reconciliation Center or to learn more about how to give, go to [belmontumc.org/lenten-offering](http://belmontumc.org/lenten-offering).

## ALL are welcome here.

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.



### Remote sacred space

by Mary Beth Franklyn, Worship Committee Chair

Worshiping at home, as we attempt to keep ourselves and others safe, is a new experience for us. Participating in the weekend and midweek worship services keeps us connected with our church family and gives us spiritual strength. To prepare for and support your times of worship during quarantine, you may want to create a sacred space or home altar to provide focus during worship and other times of prayer or de-

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### Stations of the Cross

As a spiritual exercise during the Lenten season and Holy Week, persons of the Christian faith often walk the path that Christ walked on the day of his crucifixion, also known as the Way of the Cross.

To depict the stations at Belmont UMC this year, a photography exhibit was created from contributions of Belmont members. This exhibit, planned to

be viewed from the exterior of the Community Center, is now available online so that all may make their virtual journey through the stations.

The Stations of the Cross experience has great significance for us this year as our world faces a pandemic forcing us into isolation, threatening our health, and changing our daily

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