

Light of Grace

A monthly publication of:

GRACE UNITED METHODIST CHURCH
1120 17th street South, Moorhead, MN 56560-5752

Office Phone: (218) 233-1857 Office Hours: Monday-Friday, 9:00 AM-1:00 PM

Church E-Mail Address: graceunitedmethodist@gmail.com

Church Website: www.graceumcmoorhead.org

Pastor: Taylor Johnson

Pastor's E-mail Address: graceunitedmethodistpastor@gmail.com

Parsonage Phone: (218) 422-6586

Vol. 37, No. 3

March 1, 2026

Sunday Worship: 10:00 AM
Children's Sunday School 10:15 AM

Greetings:

What is fasting anyways?

Back in my high school years we would participate in an event called 30 Hour Famine. Its primary objective was to raise awareness of child starvation throughout the world, encouraging students to fund-raise through their church for aid efforts. Students would begin fasting on a Friday morning to simulate the famine, go all day through school without eating, spend the night at the church doing various activities, then break the fast sometime the next day after the 30 hours were up. Our youth group would go and serve morning breakfast at a shelter to really let the hunger pangs start to make their presence known. Imagine the moaning and groaning of 10 high school boys cooking bacon after not having eaten for 20 hours. Back then I used to think that was fasting. Or perhaps it was throughout Lent, giving something up for 40 days. There were years I gave up Netflix (only to watch Hulu), or gave up fast food (meanwhile making a big show of it).

Those weren't fasts either.

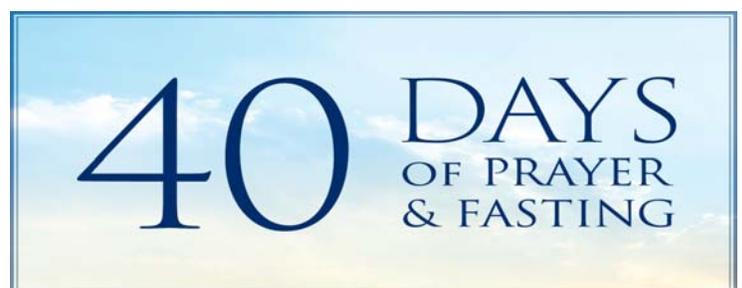
Within the Methodist tradition, fasting has been considered an important practice when adhering to the third General Rule, attending upon the ordinance of God. The spiritual discipline has often been accompanied with Lent, remembering Jesus' time in the wilderness for 40 days and nights, with no food. John Wesley was a consistent participant in fasting, like all clergy in the Church of England, he fasted from Thursday evening until breaking the fast with Communion on Sunday morning. Typically, fasting is refraining from food, and offering penitence and confession, and accompanied with a deep sense of prayer. Nowadays, fasting can also look like refraining from electronics, shopping, or social media. So wait, why wasn't what I did those many years ago considered a fast? I gave up something, and I

certainly felt bad about it or at least felt empty from it. Wasn't that good enough to be considered a fast? Jesus says in Matthew 6, "whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting." Remember the moaning and groaning? We certainly had received our reward. As I recall, most of us didn't even make it until lunch on Friday without making sure the whole grade knew what we were doing. Fasting isn't about putting on a performance, or trying to prove to anyone how good you are at it. This practice calls us to empty ourselves, not be elevated, to be mindful of what we over consume, not to take shortcuts around it.

This Lent, I want to invite you to practice fasting from not only what you over consume, but what consumes you. For some it may be daily time away from your phone or computer and reading or praying instead, perhaps it is abstaining from food for a time period to rely on God's word. If you'd like you can join me in fasting on Wednesdays until we gather for supper and worship in the evening. Whatever your fast, may we take the posture that Jesus encourages, "so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you." That when we grow in our love of God, it may lead us to grow in our love for others as well!

Blessings to all of you as we journey together.

Pastor Taylor





PRAYER LIST AT Care Facilities

Pat Walter (Elim)
 Don Walter (Pioneer House)
 Will Wehrman (Eventide-Fargo)
 Shirley Mohr (Serenity)



DONUTS

Homemade Buttermilk Donuts are being made on March 4th, and 18th for \$10.00 a dozen. To place an order for donuts call the office, 233-1857, use the sign up sheet on the table in the Connection Center, or google forms.

WEDNESDAYS IN LENT

Soup and sandwich supper on Wednesday night is served beginning at 5:00 pm. All meals are 'pay as you are blessed', and open for all! Starting at 6:00 pm is a 30 minute worship service with song, prayer, and meditation.



PRAYER LIST hospitalized or home

L. Gibson L. Possehl
 W. Walseth D. Larson
 J. Blomeke J. Heinrich
 K. Heinrich



March Birthdays

- 2—J. Beck
D. Johnson
- 3—H. Pemble
- 5—W. Walseth
- 8—B. Fraundorfer
- 9—M. Grow
- 11—D. Larson
D. Johnson
- 15—L. Burkhardt
- 17—K. Johnson
- 18—N. Schindler
- 21—L. Simmons
- 22—D. Walseth
B. Eisen
- 24—T. Fraundorfer
- 25—S. Grow
- 28—B. Fangsrud
- 31—R. Abel



PALMS, PANCAKES AND PICTURES

Invite your friends and family to join us on Palm Sunday, March 29th, for worship at 10:00 am followed by a pancake breakfast, an Easter-themed photo booth, and activities for the kiddos.



"From Wilderness to Glory"

- March 1 - "Jesus Among the Crowds" - Luke 8:40-56
- March 8- "Jesus In Prayer" - Matthew 26:36-46
- March 15—"Jesus Among Friends" - John 15:9-17
- March 22—Jesus Among Enemies" - Mark 3:1-6
- March 29— "Jesus In The City" - Luke 19:28-40
- Friday, April 3—"Jesus On The Cross"
- April 5— "Jesus In Glory" - Matthew 28:1-10

WORSHIP AT GRACE

10:00 A.M.

WORSHIP SERVICES are livestreamed on Facebook and on the website: graceumcmoorhead.org

Offerings may be mailed to Grace UMC, 1120 17th Street South, Moorhead, MN 56560

Online giving available through Givelify! Go to graceumcmoorhead.org/give and click the button to make your one time or recurring gift or use the QR Code.



DO UNTO OTHERS

Del Larson, CLM

Pastor Taylor has done a great job of reminding us of the three simple rules Methodists believe, as shared first by John Wesley in the 1730s: ***Do No Harm, Do Good, Always Love God.***

It has taken us a while to fully memorize these rules and keep them locked in our minds and our hearts. As a retired teacher, I'm going to give you a quiz on what you may have missed over this past decade, and also play doctor by helping you with your vision and attitude. First, I want to clarify that I once did sign-off as

a doctor when I was visiting relatives in Aberdeen. Some college students were on a scavenger hunt looking for a doctor's signature. I do have a B.S. degree in education, but I was probably thinking of a different degree when I signed doctor of B.S. which brings me to the lesson on lying and ***Doing No***

Harm. How many times have we come up with an excuse because we didn't want to do something, or be with someone, or just wanted to watch the game?

Question #1: What would God say to you about this situation at the Pearly Gates?

We can't help everyone, but who do we help? Most of the time, I get a God whisper that says check them out. Some may refuse help, some might need just a little help, or some, like a mom with a toddler, may just need a smile and a blessing in a difficult time to get them through the grocery store. ***Question #2:*** When we get those God whispers and don't respond, are we doing harm?

Do Good. This is very easy, and I'm fairly certain that you know this one very well. Every day there are opportunities to do good. Opening a door; smiling and saying something kind; grabbing a couple of shopping carts as you walk into the store; reaching for something higher up; helping in a food drive, or fundraiser, and volunteering to serve. Yes, you can also help someone along the road, or call 911. You could give out fast food gift cards to those on the street. Allow someone to turn in front of you. I was shopping at Walmart and found 2 women shopping. The toddler in the cart got up and was standing on the seat. I calmly told them to grab the kid. I thought that was what we were looking for on Do Good. As I started to breathe again and walking away, that's when I realized that I forgot to add the part of sharing doing good and sharing it with pastor. You might want to do it anonymously, as more might share. Also, don't forget to ask Bonnie Christofferson what she has been collecting for decades.. God is asking us to find more ways to do good. We need to start looking for ways to love God by helping others every day. As I age, it is becoming harder to help, but I do what I can. As our Lenten book ***From Wilderness to Glory*** says: "Let us be the light in this dark world." We must stop

the evil serpent from taking over the world. ***Question #3:*** When is the last time you helped four people in one week? Remember it should be daily.

The last part is to ***Always Love God.*** This should be very easy, because if we always love God, then we are doing good and not harming anything. I believe that we can't have a halfway connection with God. There were a few times in my life when something horrible happened to our family. One was losing my teaching job, because of cutbacks, and moving to Milbank to

manage a hardware store. Little did I know that was exactly what I needed to become a better teacher when I was invited back to Moorhead. When our adult children struggled in life, we were not only sad, but brokenhearted, that God had failed us. Yet again, God showed us that His way is the best way. There is no way that you are getting into heaven unless you believe that

God sent His son into the world to die for our sins, and then rise from the dead to enter heaven, and to come back for us. If you say yes to loving God, then you also have covered the Do No Harm, and Do Good, because you are already showing your love. If you love God, you will avoid harm and look for those that need help.

God is not asking us to help everyone we see. However, we should not judge them because they are on a street corner, or look like they are carrying a sleeping bag and old suitcase. Yes, there are those who only look for handouts, but ***if God brings you to it, He will bring you through it.*** Trust those God whispers and taps. Don't ignore them. Look for ways you can help others. Feel the joy of being a little more like Christ. The good feelings you have are like butterflies in your stomach.

"You shall therefore love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength." Mark 12:30-31

MAUNDY THURSDAY/GOOD FRIDAY



At the conclusion of our Lenten journey, we will have a Good Friday service on April 3 at 6:00pm. We will remember the Last Supper with Holy Communion, and

reflect upon the sacrifice of Christ for us all. While schedules get busy, consider making plans for this important moment in the life of the church.

Date	Psalm	OT	Epistle	Gospel
Mar 1	am: 56, 57, 58, pm: 64, 65	Jere 1:11-19	Rom 1:1-15	John 4:27-42
Mar 2	am: 61, 62, pm: 68	Jere 2:1-13	Rom 1:16-25	John 4:43-54
Mar 3	am: 72, pm: 119:73-96	Jere 3:6-18	Rom 1:28-2:11	John 5:1-18
Mar 4	am: 70, 71, pm: 74	Jere 4:9-10, 19-28	Rom 2:12-24	John 5:19-29
Mar 5	am: 69, pm: 73	Jere 5:1-9	Rom 2:25-3:18	John 5:30-47
Mar 6	am: 75, 76, pm: 23, 27	Jere 5:20-31	Rom 3:19-31	John 7:1-13
Mar 7	am: 93, 96, pm: 34	Jere 6:9-15	1 Cor 6:12-20	Mark 5:1-20
Mar 8	am: 80, pm: 77, 79	Jere 7:1-15	Rom 4:1-12	John 7:14-36
Mar 9	am: 78:1-39, pm: 78:40-72	Jere 7:21-34	Rom 4:13-25	John 7:37-52
Mar 10	am: 119:97-120, pm: 81, 82	Jere 8:18-9:6	Rom 5:1-11	John 8:12-20
Mar 11	am: 42, 43, pm: 85, 86	Jere 10:11-24	Rom 5:12-21	John 8:21-32
Mar 12	am: 88, pm: 91, 92	Jere 11:1-8, 14-20	Rom 6:1-11	John 8:33-47
Mar 13	am: 87, 90, pm: 136	Jere 13:1-11	Rom 6:12-23	John 8:47-59
Mar 14	am: 66, 67, pm: 19, 46	Jere 14:1-9, 17-22	Gal 4:21-5:1	Mark 8:11-21
Mar 15	am: 89:1-18, pm: 89:19-52	Jere 16:10-21	Rom 7:1-12	John 6:1-15
Mar 16	am: 97, 99, 100, pm: 94, 95	Jere 17:19-27	Rom 7:13-25	John 6:16-27
Mar 17	am: 101, 109, pm: 119:121-144	Jere 18:1-11	Rom 8:1-11	John 6:27-40
Mar 18	am: 69, pm: 73	Jere 22:13-23	Rom 8:12-27	John 6:41-51
Mar 19	am: 107:1-32, pm: 107:33-43	Jere 23:1-8	Rom 8:28-39	John 6:52-59
Mar 20	am: 102, 108, pm: 33	Jere 23:9-15	Rom 9:1-18	John 6:60-71
Mar 21	am: 118, pm: 145	Jere 23:16-32	1 Cor 9:19-27	Mark 8:31-9:1
Mar 22	am: 31, pm: 35	Jere 24:1-10	Rom 9:19-33	John 9:1-17
Mar 23	am:121-123, pm: 124- 126	Jere 25:8-17	Rom 10:1-13	John 9:18-41
Mar 24	am:119:145-176,pm: 128-130	Jere 25:30-38	Rom 10:14-21	John 10:1-18
Mar 25	am: 131, 132, 133,pm: 140, 142	Jere 26:1-16	Rom 11:1-12	John 10:19-42
Mar 26	am: 22,pm: 141, 143	Jere 29:1, 4-13	Rom 11:13-24	John 11:1-27
Mar 27	am: 137, 144,pm: 42, 43	Jere 31:27-34	Rom 11:25-36	John 11:28-44
Mar 28	am: 24, 29, pm: 103	Zech 9:9-12, 12:9-13:9	1 Tim 6:12-16	Matt 21:12-17
Mar 29	am: 51, pm: 69:1-23	Jer 12:1-16	Phil 3:1-14	John 12:9-19
Mar 30	am: 6, pm: 94	Jer 15:10-21	Phil 3:15-21	John 12:20-26
Mar 31	am: 55, pm: 74	Jer 17:5-10, 14-17	Phil 4:1-13	John 12:27-36

Grace United Methodist

March 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:00 am Worship w/Communion 10:15 am Children's Sunday School	2 1:00 pm Quilting	3 7:00 pm AA	4 6:00 am Donut Making 5:00 pm Soup Supper 6:00 pm Lent Service 6:30 pm Choir 7:00 pm Youth Group 8:15 pm NA— Lounge	5 9:00 am Bulletin Deadline 10:00 am The Connection 5:30 pm Thrivent webinar -Lounge 7:00 pm NA— Connection Center	6	7 11:00 am Dharma Recovery— NA 12:00 pm Never Alone-NA
8 DAYLIGHT SAVING TIME BEGINS 10:00 am Worship w/Communion 10:15 am Children's Sunday School	9 1:00 pm Quilting	10 7:00 pm AA	11 5:00 pm Soup Supper 6:00 pm Lent Service 6:30 pm Choir 7:00 pm Youth Group 8:15 pm NA— Lounge	12 9:00 am Bulletin Deadline 10:00 am The Connection 7:00 pm NA— Connection Center	13	14 11:00 am Dharma Recovery— NA 12:00 pm Never Alone-NA
15 10:00 am Worship w/Communion 10:15 am Children's Sunday School	16 1:00 pm Quilting 6:30 pm Leadership Team	17 7:00 pm AA	18 6:00 am Donut Making 5:00 pm Soup Supper 6:00 pm Lent Service 6:30 pm Choir 7:00 pm Youth Group 8:15 pm NA— Lounge	19 9:00 am Bulletin Deadline 10:00 am The Connection 7:00 pm NA— Connection Center	20	21 11:00 am Dharma Recovery— NA 12:00 pm Never Alone-NA 2:00 pm Chili Cook-off
22 10:00 am Worship w/Communion 10:15 am Children's Sunday School	23 1:00 pm Quilting	24 7:00 pm AA	25 5:00 pm Soup Supper 6:00 pm Lent Service 6:30 pm Choir 7:00 pm Youth Group 8:15 pm NA— Lounge	26 9:00 am Bulletin Deadline 10:00 am The Connection 7:00 pm NA— Connection Center	27	28 11:00 am Dharma Recovery— NA 12:00 pm Never Alone-NA
29 Palm Sunday 10:00 am Worship w/Communion 10:15 am Children's Sunday School 11:00 am Pancake Breakfast	30 1:00 pm Quilting	31 7:00 pm AA				

THRIVING IN YOUR GOLDEN YEARS



Our resource and financial stewardship are an important element of our faith journey. Grace is hosting a live webinar from Thrivent for retirees, whether retirement is down the road, just around the corner, or well underway.

This event will be open for anyone on Thursday, March 5th. Supper will be served at 5:30pm, then a conversation before the webinar begins at 6:30pm. Topics that will be discussed include managing retirement income, estate planning essentials, retirement assets and accounts, as well as tax-efficient investing. No registration is required, but an RSVP is requested for supper numbers, and can be made with T Grow at todd.grow@thrivent.com.

LEADERSHIP TEAM HIGHLIGHTS



Your Grace Leadership Team met on Monday, February 16 to plan and implement ministry opportunities that align with our vision, and steward the resources of the church. Here are some of the highlights from the meeting.

- We are beginning the year off well financially. Our projected expenses for the upcoming year average out to \$17,900 a month. Staff and Leadership Team will continue to keep spending to a minimum while encouraging continued generosity and fundraising opportunities.
- As part of our mission of being the church of the neighborhood, we are going to work with REC to address the needs of food insecurity in our neighborhood. Over the next few months, we are going to discuss plans for a permanent food pantry on our property, similar to the one at the UCC.
- We're working to address issues with our monthly food distribution, including what to do with leftovers if there are any, and why we haven't been receiving food boxes for distribution days.

Our next meeting will take place on Monday, March 16 at 6:30pm. If you have anything you'd like to make sure is on the agenda, please contact our Chair of Mission and Vision, Phyllis Murray at murrayrap@aol.com.

GRACE DOING GOOD



Following up on our sermon series, "Three Simple Rules", we are going to highlight the good being done in our congregation as a way to encourage one another!

~There has been a group of folks going to serve lunch at Micah's Mission over the last several weeks. A big shoutout to J. Graning for organizing and recruiting people to step up and serve!



~A. Roberts and a group of faithful volunteers help served during a celebration of life service that Grace hosted in February. You stepped up and offered hospitality in a powerful way to those who were grieving.

Continue to do good and pass along the love of God. If you see someone from our congregation doing good, send Pastor Taylor an email so we can celebrate together!

THE CONNECTION

Each Thursday at 10am, we've been gathering for a time of connection through conversation, coffee/cocoa/tea, and the occasional game of cribbage! Come along and bring your books, crafts, games, or a listening ear and an open

