



One of the questions people like to ask this time of year is “What are you giving up for Lent?” I read the following article from Fr. James Martin, SJ (Jesuit priest). It is a different way to look at Lent

What are you giving up for Lent? Well, instead of giving something up how about doing something positive. How about this: Be kind. And let me suggest. First: Give people the benefit of the doubt. After all, why not? Everyone is carrying around some sort of burden. Usually one that you don't even know about. So give them a break. Second: Honor the absent. When you're talking about people who aren't there be kind. Spiritually speaking, it's essential. It's part of charity. Practically speaking, it makes sense too. Why? Because you'll feel crummy about yourself afterwards. Because the person you're complaining to will probably see you as negative. Finally, because it will probably get back to them. More to the point, it's mean.

Finally: Don't be a jerk. There is no need to be. Just because you're having a rotten day doesn't mean you have to pass along your misery to someone else. It's important to share your struggles with friends. But being in a bad mood is no excuse for being unpleasant. If you feel you're moving into that territory, ask yourself a simple question, "Am I being a jerk?" If you're somehow unable to discern that, the look on other people's faces will tell you. So for Lent, some advice: Be nice!

#### Lent Season Services and Studies

##### Bible Studies

**Wednesday's, February 26th-April 1st, 11am-12pm** at Starbucks on Lomas and Washington, Pastor Kelly will lead a study on Lent in a Season of Change

**Thursday's, February 27th-April 2nd, 6-7pm** in the Youth Lounge— upper level, rooms 301-303, Pastor Greg will lead a study on *The Walk* by Adam Hamilton

##### Worship Services

**Palm Sunday: 4/5/20** 8:30am & 11:00am

**Maundy Thursday: 4/9/20** 7:30pm Sanctuary

**Good Friday: 4/10/20** 7:30pm Sanctuary

**Easter: 4/12/20** 8:30am & 11:00am Sanctuary

*An Easter Sunrise Meditation will be available at the Welcome Desk for you to take home.*

March 1, 2020

CENTRAL TO LIFE



## SERMON SERIES

### "HEART TO HEART TALKS"



### JOURNEYS OF PAUL CRUISE

Have you ever been interested in learning more about the teachings of Paul? Have you ever been interested in traveling to the places Paul wrote letters and traveled to such as Rome, Greece, and Turkey? If so, you are invited to join Rev. Kelly Brooks, Rev. Jim Hawk, and members from the NWTX Annual Conference on an Educational Opportunities Journeys of Paul Cruise taking place **September 7-19th, 2020**.

**THE DEADLINE TO REGISTER IS MARCH 1, 2020** (*Information is available at the Welcome Desk*)

#### THIRD SPACE MINISTRIES

*What is a 3rd Space? 3rd Space refers to places where people gather outside of their homes (1st space) and their workspace (2nd space). Examples of third places would be environments such as coffee shops, breweries, farmers markets, and parks.*

- **Starbucks Bible Study:** (Lomas and Washington) Wednesdays, 11-12pm
- **Brewery Study:** (High and Dry on Lomas and Adams) Wednesdays, 6pm-8pm.
- **Sabbath in The Suburbs:** (High and Dry) **4/26/20 at 12:30pm**
- **Shared Table:** Shared Table is a community initiative where you are asked to invite your neighbors into your home for a potluck meal on any day during the last week of the month.

**Do you have an idea for a 3rd Space Ministry?**

**Please Contact Pastor Kelly @ [kellyb@centraltolife.org](mailto:kellyb@centraltolife.org)**

#### CHILDREN AND YOUTH MINISTRIES

- Sunday School classes meet at 9:45am in rooms 105 (Elementary), 107 (ages 3 & 4), and 301/302 (Youth: 6th - 12th grade)
- Childcare for ages 0-8 is available during worship services and Sunday School – (Located on the Lower Level of the building.)
- Church 4 Kids takes place every Sunday in the Chapel during the second worship service. Children will be invited to join one of the clergy during the sermon time and will be returned to the sanctuary during the last hymn.
- Youth fellowship meets every Sunday from 12:30-2:30pm in the Youth Lounge / 3<sup>rd</sup> Floor

Contact Pastor Kelly @ [kellyb@centraltolife.org](mailto:kellyb@centraltolife.org), or Stacey Hawk @ [shawk@centraltolife.org](mailto:shawk@centraltolife.org) for more information

#### ADULT MINISTRIES

- **Sundays:** Sunday School classes meet at 9:45am. Choose from a variety of classes. See the Pew Packets located in the pew backs in the sanctuary, or visit with the Welcome Desk volunteers for more information.
- **Monday Bible Study:** 6:30pm, 3<sup>rd</sup> Floor
- **Clergy Conversations:** 4th Sunday of each month, 9:45-10:45am, Life Center
- **Next Clergy Conversations April 26th**
- **WOW: Wed's. 9:30-11:30am**, Conference Room

*Please contact Pastor Kelly @ [kellyb@centraltolife.org](mailto:kellyb@centraltolife.org) for more information.*

Join us for a lunchtime concert **March 15th at 12:15pm** featuring Higher Ground Bluegrass! \$10 per person - please sign up at the church office by March 8. Bring donations for Healthcare for the Homeless (socks, canned or bulk sized coffee, toiletries, feminine hygiene products, shampoo/conditioner, undergarments).

Contact Dr. Karen at [kmarrolli@centraltolife.org](mailto:kmarrolli@centraltolife.org) for further information.

Come learn about Stephen Ministry on **Saturday, March 7th @ Central United Methodist Church, 8:00 a.m. to 1:00 p.m.** The half-day workshop is designed both to enhance participants' caregiving skills and to help explore ways to expand caring ministries.

*Please contact Donna Faulhaber at 505-353-1197 for more information and to register.*

Donations of household items, men's and women's clothing, and miscellaneous items are currently being collected by the Thrift Shop. Please contact Trigg Lawson for more information [trigglawson@comcast.net](mailto:trigglawson@comcast.net)

**Summer 2020 Special Programming Offerings  
Coming Next Week!**



**Get connected!** Sign up for Central Connections, our weekly electronic newsletter, at [www.centraltolife.org](http://www.centraltolife.org) or send an email to Jesus Valdez at [jesusvaldez@centraltolife.org](mailto:jesusvaldez@centraltolife.org).  
201 University Blvd NE Albuquerque, NM 87106 (505) 243-7834 [www.centraltolife.org](http://www.centraltolife.org)  
Services broadcast on KAZQ TV-32—Sunday, 11 am & 7 pm

