

*To the Saints and Friends of Gregory Memorial:*

## THE MESSAGE OF LENT

The death and resurrection of Jesus is the big storyline of the Bible. It's no surprise, then, that a majority of Christians celebrate it every year on Easter Sunday. Some even start getting ready for Easter 40 days in advance

The 6 weeks leading up to Easter are known as "Lent." Lent is believed to have started in the 4<sup>th</sup> Century AD, when those seeking baptism on Easter spent 40 days fasting and praying to prepare for their commitment. Today, people who choose to practice Lent do so by giving up a kind of food, an activity or a bad habit. Other ways to observe Lent are attending special church services, committing to pray more or giving to others.

### ➤ **Why 40 Days?**

It is written in the Bible, Moses (Exodus 34:28), Elijah (1 Kings 19:8-9) and Jesus (Matthew 4:1-2) that all of them went through intense fasting experiences for 40 days and 40 nights. By the time those experiences ended, they were ready for the next challenge they had to face. Following their example and adopting that pattern made sense to early Christians.

### ➤ **What Are the Key Days During Lent?**

**Ash Wednesday** is the first day of Lent. You may have noticed people with a smudged, black cross on their foreheads. Those are ashes from the Ash Wednesday service. The ashes symbolize our grief for the things we've done wrong and the resulting division of us, as an imperfect people, from a perfect God.

**Maundy Thursday** is the day before Good Friday. It commemorates the night before Jesus died, when He shared the Passover meal with His closest friends and followers.

**Good Friday** is the day Christians remember Jesus' death. The "Good" reflects how Jesus' death was a sacrifice on our behalf so that we can receive God's forgiveness for our wrongs, or sins.

**Easter Sunday** is the joyful celebration of Jesus rising from the dead to give us the opportunity of eternal life. While people still die, Jesus has made the way for people to have a relationship with God in this life and to spend eternity with Him in heaven.

### ➤ **What Happens During Lent and Why?**

The three main things people focus on during Lent are prayer, fasting (abstaining from something to reduce distractions and focus more on God) and giving (charity).

**Prayer** during Lent focuses on our need for God's forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.

**Fasting** (or giving something up) is a very common practice during Lent. The idea is that giving up something that's a regular part of life, like eating dessert or scrolling through Facebook, can be a reminder of Jesus' sacrifice.

**Giving money or doing something good for others** is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate money they would normally use to buy something, like their morning coffee.

It's important to understand that doing these things can never make us earn or deserve Jesus' sacrifice or a relationship with God. As human beings, we are flawed and will never be good enough for a perfect God. Only Jesus has the power to rescue us from ourselves.

Jesus sacrificed Himself on Good Friday to bear the punishment for all our wrongdoings and to offer us forgiveness. He was raised from the dead on Easter Sunday to give us an opportunity to have a relationship with our God for eternity.

Spending our time during Lent in praying, fasting and giving can make Jesus' sacrifice on Good Friday and His resurrection on Easter even more meaningful.

**Remember His Sacrifice.**

***"For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life." John 3:16***

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*Source:* <https://www.cru.org/us/en/train-and-grow/life-and-relationships/holidays/lent/lent-how-to-slow-down-and-make-room-for-jesus;what-is-lent-all-about-and-why-is-it-important.html>

To share an article in THE HERALD, please email it to: office@gregorymemorial.org or drop it in the church office mailbox.

**WORSHIP INFORMATION FOR FEBRUARY, 2024**

**Sunday, 4 February, 2024**

**“Holy Communion”**

“4<sup>th</sup> Sunday after Epiphany” – Liturgical Color: Green  
 Guest Preacher: Rev. Dr. Katherine C. Jackson

**Sunday, 11 February, 2024**

**“Scout Sunday”**

“Transfiguration of the Lord” – Liturgical Color: White  
 Worship Services: Scout Troop 900

**Sunday, 18 February, 2024**

“1<sup>st</sup> Sunday in Lent” – Liturgical Color: Green  
 Guest Preacher: Rev. Marvin Daniel

**Sunday, 25 February, 2024**

“2<sup>nd</sup> Sunday in Lent” – Liturgical Color: Green  
 Guest Preacher: Rev. Marvin Daniel



**OUR PRAYER IN TIMES OF JOY AND CONCERN...**One of our great joys and responsibilities to each other and to God here at Gregory Memorial is the regular practice of praying for each other and our community. Please let the church office know if any updates to this list are needed.

<p>First-responders, world-wide                  Our deployed U.S. service personnel &amp; their families                  Families, persons, communities affected by weather disasters &amp; gun violence                  Those affected by the October 2023 Israeli-Hamas War in Gaza                  People &amp; Sovereign Country of Ukraine; Russian citizens conscripted into war                  Those in our community suffering from illness/loss/grief/hardship                  Amy Townson, Josh Ingram’s sister                  Becky Scott Smith                  Russell Heiser, Ingrid Phoenix’s grandson (health issues)                  Butch Meade, Glenda Mayhew’s brother                  Verne &amp; Clara Smith                  Eddie Frankenstein                  Etta Holc                  Jerry &amp; Ruby Hasky (health issues)                  Lee Harsh, Valerie Harsh's brother-in-law (health issue)                  Dana Etheridge, Wayne Powers' cousin (health issue)                  Larry Brown of Chesterfield, Larry Johnson's friend (health issue)                  Billy Hudson, friend of Dianna L. Flaherty, Mary Lykins' daughter                  Emily Henry, Mary Holc’s sister (health issue)</p>	<p>Renee' Renier, Diana Flaherty's long-time friend (health issue)                  Charlie Perkins (health issue)                  Paula McDaniel, Pam Elder's sister (health issue)                  Grace Cibula (recovering at home; health issues)                  Moneka Suprenant, Susan Shockley’s &amp; Sandy Eickmeyer’s friend (brain injury)                  John Carl Allen (recovering, orthopedic surgery)                  Mary Kay &amp; Mike Schroeter (health issues)                  Dr. Joseph Hillier of Matoaca (dentist, ret.), Lykins family friend (recovering from fall)                  Alex Courtney of Florence, SC, business associate of Dianna L. Flaherty, Mary Lykins' daughter (injured, vehicle accident)                  Peggy &amp; Dennis Allen (health issues; Peggy: Petersburg Home for Ladies, Rm #18)                  Corey Whelan, Pat Hunter’s grandson (on-going health issue)                  Judy Recher (health issue)                  Shirley MacNeill (health issues; recovering at home)                  Family/friends of Clinton B. (“CB”) Faison, attorney in Surry County, long-time friend of David &amp; Patsy Johnson (d.1/8)                  Family/friends of Reese Etheridge, Wayne Powers’ uncle (d. 1/7)</p>
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*Lenten prayer: “God, may Your light guide my day, and your spirit bring me peace. Amen.”*

## ANNOUNCEMENTS



**IT'S MOVIE NIGHT!** Having a hard time finding something fun to do on a winter's evening? The Faith Committee has just the solution.

Come out for dinner and a movie!!! On Wednesday evening, February 21, 2024, you will be treated to a piping hot bowl of delicious soup accompanied with ham rolls. Decadent chocolate desserts will be served in honor of Valentine's Day. Our featured movie for the evening will be "Sampson." Not only will you be treated to a wonderful dinner and an exciting movie, but best of all it's **FREE!!!!**

Dinner begins at 6 p.m. Movie begins at 6:30 p.m.  
**Bring your sweetheart and invite some friends to join in this fun-filled evening!!!**

### **IN THE NEWS!**

Wish you really knew what was happening in Israel? Well, here's your chance.

Rev. Marvin Daniel has just returned from a 5-day peace-keeping mission to Israel. He will be speaking about his experiences on this very interesting journey during the Sunday School hour on February 18, 2024. This is an opportunity you don't want to miss!

Sunday school is every Sunday from 9:30 a.m. to 10:30 a.m. in the Parlor upstairs. All are welcome!!

**STATED SESSION MEETING** – 12 p.m. (est.) after worship service on Sunday, Feb. 18; Rev. Marvin Daniel, Moderator.

## HOLY COMMUNION SCHEDULE FOR 2024

February 4, 2024 April 7, 2024	June 9, 2024 August 4, 2024	October 13, 2024 December 1, 2024
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## ANNOUNCERS FOR SUNDAY WORSHIP SERVICES

<b>February 4</b> Patsy Johnson	<b>February 11</b> Scout Troop 900	<b>February 18</b> Sandy Hunter	<b>February 25</b> Larry Johnson
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*Lenten prayer: "God, may my sacrifice of today of [state your Lenten sacrifice] remind me of my dependence on You for all the blessings I enjoy."*

## MY FUNNY VALENTINE

### **When was the first Valentine's Day celebrated?**

The pagan lover's holiday has its beginnings in the 4th Century B.C. in Rome as a lottery. The Romans held an annual lottery wherein young men would draw a young woman's name from a box. The couple would be assigned to each other the entire year for entertainment and pleasure. This celebration, traditionally held on February 15, also included banquets, dancing and foot races that were run in the nude. (Oh, those Romans!)

Around A.D. 496, early church fathers sought an end to the pagan practice, but knew better than to upset the citizens by removing the lottery completely. Instead, they had teenagers pull the names of saints from the box. The teen was supposed to spend the year emulating that saint's life as much as possible, which was probably not as much fun as naked marathons. St. Valentine was chosen as the patron saint of the new event, and young Roman men resorted to courting females by sending handwritten notes delivered on February 14.

### **Oh, To Be 6 Again...**

A man was sitting on the edge of the bed, observing his wife, looking at herself in the mirror. Since her birthday was not far off he asked what she'd like to have for her Birthday. "I'd like to be 6 again", she replied sadly, still looking in the mirror.

On the morning of her Birthday, he arose early, made her a nice big bowl of Lucky Charms, and then took her to Six Flags theme park. What a day! He put her on every ride in the park; the Death Slide, the Wall of Fear, the Screaming Monster Roller Coaster, everything there was. Five hours later they staggered out of the theme park. Her head was reeling and her stomach felt upside down.

He then took her to a McDonald's where he ordered her a Happy Meal with extra fries and a chocolate shake. Then it was off to a movie, popcorn, a soda pop, and her favorite candy, M&M's. What a fabulous adventure!

Finally she wobbled home with her husband and collapsed into bed exhausted. He leaned over his wife with a big smile and lovingly asked, "Well, Dear, what was it like being 6 again?"

Her eyes slowly opened and her expression suddenly changed. "Being 6? I meant my dress size, you lunatic!"

### **Kids on Love, Romance and Marriage....**

#### ■ HOW DO YOU DECIDE WHO TO MARRY?

"You got to find somebody who likes the same stuff. Like if you like sports, she should like it that you like sports, and she should keep the chips and dip coming." Alan, age 10

"No person really decides before they grow up who they're going to marry. God decides it all way before, and you get to find out later who you're stuck with." Kirsten, age 10

#### ■ HOW CAN A STRANGER TELL IF TWO PEOPLE ARE MARRIED?

"Married people usually look happy to talk to other people." Eddie, age 6

"You might have to guess, based on whether they seem to be yelling at the same kids." Derrick, age 8

#### ■ WHAT DO MOST PEOPLE DO ON A DATE?

"Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough." Lynnette, age 8

"On the first date, they just tell each other lies, and that usually gets them interested enough to go for a second date." Martin, age 10

#### ■ WHEN IS IT OK TO KISS SOMEONE?

"When they're rich." Pam, age 7

"The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do." Howard, age 8

#### ■ IS IT BETTER TO BE SINGLE OR MARRIED?

"It's better for girls to be single, but not for boys. Boys need someone to clean up after them." Anita, age 9

"Single is better, for the simple reason that I wouldn't want to change no diapers. Of course, if I did get married, I'd just phone my mother and have her come over for some coffee and diaper-changing." Kirsten, age 10

#### ■ HOW WOULD THE WORLD BE DIFFERENT IF PEOPLE DIDN'T GET MARRIED?

"There sure would be a lot of kids to explain, wouldn't there?" Kevin, age 8

#### ■ HOW WOULD YOU MAKE A MARRIAGE WORK?

"If you want to last with your man, you should wear a lot of sexy clothes, especially underwear that is red and maybe has a few diamonds on it." Lori, age 8

"Tell your wife that she looks pretty, even if she looks like a truck." Ricky, age 10

happy  
Valentine's  
day

**FEBRUARY, 2024**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>No meetings for:</i></p> <ul style="list-style-type: none"> <li>• <i>Facilities Cmte</i></li> <li>• <i>Faith Cmte</i></li> <li>• <i>Worship Cmte</i></li> </ul> <p><i>Order Easter Lilies Feb. 18-Mar. 10</i></p>				<p><b>1</b> <b>6a</b> Clean Church</p> <p><b>6p</b> BSA Cub Pack 910 (Fellowship Hall multiple rooms)</p>	<b>2</b>	<b>3</b>
<p><b>4</b> "5<sup>th</sup> Sunday after Epiphany"</p> <p><b>9:30a</b> Sunday School</p> <p><b>11a</b> Worship service</p> <p>Guest preacher: Rev. Dr. Katherine C. Jackson</p>	<b>5</b>	<b>6</b>	<b>7</b>	<p><b>8</b></p> <p><b>6a</b> Clean Church</p>	<p><b>9</b></p> <p><b>12p-9p</b> Staging for event on 2/10</p>	<p><b>10</b></p> <p><b>12p-6p</b> BSA Cub Pack 910 "Celebration of Scouting Birthday" (Fellowship Hall multiple rooms)</p>
<p><b>11</b> "Transfiguration of the Lord"</p> <p>"Scout Sunday"</p> <p><b>9:30a</b> Sunday School</p> <p><b>11a</b> Worship service</p> <p>Guest preacher: Scout, BSA Tr. 900</p> <p><b>12p</b> Scouts' Appreciation Reception for Congregation in Fellowship Hall</p>	<p><b>12</b></p> <p><b>6p</b> BSA Crater Order of Arrow (Fellowship Hall multiple rooms)</p>	<p><b>13</b> Shrove Tuesday</p> <p><b>1p</b> Circle (Location: Evelyn Foster's)</p> <p><b>7p</b> Finance Cmte</p>	<p><b>14</b> Ash Wednesday <i>Begin Lent</i></p> <p><b>St. Valentine's Day</b></p>	<p><b>15</b></p> <p><b>6a</b> Clean Church</p> <p><b>2p</b> Newsletter articles due</p> <p><b>6p</b> BSA Cub Pack 910 (Fellowship Hall multiple rooms)</p>	<b>16</b>	<b>17</b>
<p><b>18</b> "1<sup>st</sup> Sunday in Lent"</p> <p><b>9:30a</b> Sunday School</p> <p><b>11a</b> Worship service</p> <p>Guest preacher: Rev. Marvin Daniel</p> <p><b>12p</b> Session Meeting Moderator: Rev. Marvin Daniel</p> <p><i>Order Easter Lilies</i></p>	<p><b>19</b> Washington's Birthday</p>	<p><b>20</b></p> <p><b>6p</b> GSA Tr. 5000 (Fellowship Hall multiple rooms)</p>	<p><b>21</b></p> <p><b>2p</b> Mail Annual Reports to Presbytery</p> <p><b>6p</b> <b>Movie Night</b> Dinner in Fellowship Hall followed by...</p> <p><b>6:30p</b> Movie "Sampson"</p>	<p><b>22</b></p> <p><b>6a</b> Clean Church</p> <p><b>2p</b> Newsletter out</p>	<b>23</b>	<b>24</b>
<p><b>25</b> "2<sup>nd</sup> Sunday in Lent"</p> <p><b>9:30a</b> Sunday School</p> <p><b>11a</b> Worship service ➤ <i>5 Cents Meal Offering</i></p> <p>Guest preacher: Rev. Marvin Daniel</p> <p><i>Order Easter Lilies</i></p>	<b>26</b>	<b>27</b>	<b>28</b>	<p><b>29</b></p> <p><b>2p</b> Committee reports due</p>		

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## ***FEBRUARY 2024 NEWSLETTER***



**COME AND JOIN US!**  
Sunday School 9:30 A.M.  
Worship 11:00 A.M.

We're on: [Facebook.com/gmpcva](https://www.facebook.com/gmpcva)