THE HERALD



Gregory Memorial Presbyterian Church 6300 Courthouse Road ~ P.O. Box 182 Prince George, VA 23875 Ph.: (804) 732-1081 office@gregorymemorial.org www.gregorymemorial.org

MARCH, 2025 THE HERALD Volume 13 * Issue 3

To the Saints and Friends of Gregory Memorial:



THE LENTEN SACRIFICE: A 3-STEP PLAN TO SAVE YOUR LIFE (AND WE'RE NOT TALKING CALORIES AND CHOLESTEROL HERE!)

A SHORT VERSION OF THE LONG HISTORY OF LENT.

Beginning about 6 weeks before Easter, Lent is a time traditionally set aside for fasting, prayer, and reflection in preparation to celebrate the resurrection of Jesus Christ. It is one of the most enduring seasons in the Christian liturgical calendar with some elements dating to perhaps earlier than the $2^{\rm ND}$ Century. Lenten traditions and practices have since evolved over time. Yet, in spite of a turbulent church history, the rise of kingdoms, and the decline of empires, the essence of Lent remains unchanged from its earliest history: **Basically, Lent = Self-sacrifice.**

SO, WHAT'S THE PURPOSE OF LENTEN SACRIFICE?

Christians traditionally give up something for Lent as a symbolic act of sacrifice, mirroring Jesus' 40 days of fasting in the desert before his crucifixion. Deliberately giving up something, denying oneself a pleasure or luxury, serves as a way to focus ourselves on spiritual growth and reflect on our dependence on God through self-discipline and commitment.. Giving up (or picking up) something during Lent can enrich our faith practice, cultivate our sense of needing a savior, and to show our families what God has accomplished for us in his death and resurrection. We draw attention to Christ's sacrifice as we change our pace and make intentional changes in our lives.

LENTEN SACRIFICE: HOW IT CAN SAVE YOUR LIFE.

Here's a quick tutorial ("1-1-1 Plan") on how to sacrifice.

> STEP 1: GIVE UP 1 THING. Giving up something for Lent has been in our tradition for centuries. While it's tempting to give up chocolate, lose a few pounds, and call it a "good Lent," it's not quite what the Church has in mind. Not that your health isn't important but the Lenten sacrifice plays a more significant role in the process.

- > STEP 2: PICK UP 1 THING. Lent is not just about fasting and sacrifice; it's also about action. The next step is to add 1 habit that enhances your relationship with God. The objective isn't to create another commitment that drains your energy. Pick 1 that fills you with the energy of the Holy Spirit, re-charging you for the rest of the week.
- ➤ STEP 3: FOCUS ON 1 SIN. The last and most important step is to pick 1 sin that is actively working in your life and give it a name. Are you always: Angry? Selfish? Greedy? Do you turn to certain behaviors to fill a void inside? When you give sin a name, it becomes real. You know where it lives, and you can kick it out the door. It's only when we come face to face with it that we can begin to take our Christian discipleship seriously. *This is the heart of Lent turning back to Christ.*

RECLAIMING OUR LENTEN SACRIFICES. All 3 steps contribute to the bigger mission of "turning back to Christ." Our Lenten sacrifice gives us opportunity to exercise our freedom and will power, build spiritual resiliency and old-fashioned discipline. But what does Lenten sacrifice *REALLY* do for us? It gives us a taste of Christ's sacrifice, a reminder to pray more, or a sense of gratitude; however, more practically, it simply creates a habit of discipline. And discipline is a like a muscle: The more we use it, more resilient we become.

If we cannot say "no" to that hunk of chocolate cheesecake, then how can we expect to say "no" to some of life's most destructive and seductive temptations?

THE HERALD, newsletter of Gregory Memorial Presbyterian Church. edited by Nancy Adams, Church Administrator.

Compiled from article "A Short Version of the Long History of Lent" by Christopher Hunt, https://www.todaysdevotional.com/features/lent-a-season-for-sacrifice-repentance-and-prayer.

WORSHIP INFORMATION FOR MARCH, 2025

Sunday, 2 March, 2025

"Transfiguration of the Lord" – Liturgical Color: White Service by: Rev. Dr. Katherine C. Jackson

Sunday, 9 March, 2025

"1ST Sunday in Lent" – Liturgical Color: Liturgical Color: Purple Service by: Rev. Marvin Daniel

Sunday, 16 March, 2025

"2ND Sunday in Lent" – Liturgical Color: Purple Service by: Rev. Marvin Daniel

Sunday, 23 March, 2025

"3RD Sunday in Lent" – Liturgical Color: Purple Service by: Rev. Marvin Daniel

Thursday, 27 March, 2025

Lenten Service & Luncheon at Gregory Memorial PC – 12 Noon Service by: Rev. Dr. Katherine C. Jackson

Sunday, 30 March, 2025

"4TH Sunday in Lent" – Liturgical Color: Purple Service by: 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.

First-responders, firefighters, search &rescue personnel, world-wide All persons and their pets affected by wildfires in California Families of victims of air disasters on 1/29/2025, 2/10/2025 Our deployed U.S. service personnel & their families

Families, persons, communities affected by weather disasters & gun violence

All families affected by war & civil unrest in the Middle East People & Sovereign Country of Ukraine' those working for peace Those 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 & Clara Smith

Eddie Frankenstein

Etta Holc

Jerry & Ruby Hasky (health issues)

Larry Brown of Chesterfield, Larry Johnson's friend (health issue)

Emily Henry, Mary Holc's sister (health issue)

Paula McDaniel, Pam Elder's sister (health issue)

Renee' Renier, Diana Flaherty's long-time friend (health issue) Moneka Suprenant, Susan Shockley's & Sandy Eickmeyer's

friend (health issue)

Mary Kay & Mike Schroeter (health issues)

Dr. Joseph Hillier of Matoaca, Lykins family friend (health issue)

Alex Courtney of Florence, SC, business associate of Dianna L.

Flaherty, Mary Lykins' daughter

Dennis Allen (health issue)

Corey Whelan, Pat Hunter's grandson (health issue)

Judy Recher (health issue)

Shirley MacNeill (health issues)

Sean Godwin, Bill & Cheryl Godwin's grandson (health issue)

Charlie Perkins (health issue)

Evelyn Foster

Michael Evans, former son-in-law of Nancy & A. W. Adams and son of Bobby & Sandra Tipton and Ray Evans

Frank ("Butch") Reiter, Jr. (health issue)

Marcus O'Neill, husband of Wayne Powers' niece, Ashley

(health issue)

ANNOUNCEMENTS

Shrove Tuesday Pancake Supper at Gregory
Memorial – March 4 at 6 p.m. We're having a Pancake
Supper at Gregory Memorial in the Fellowship Hall. Feel
free to bring a friend or 2! All are welcome!

Ash Wednesday Service—March 5 at 7 p.m. Gregory Memorial's congregation is invited to the Ash Wednesday service that will be held by Rosewood Presbyterian Church [5500 Oaklawn Boulevard, Prince George. Rev. Charles Philips, officiating.

Scouting Has A New Name! Effective Saturday, Feb. 8, 2025 (anniversary of founding of Boy Scouting in the U.S.A.) Boy Scouts of America has undergone an official name change. The new name of the organization is "Scouting America" (abbrev. "SA") and reflects the inclusion of female Scouts within its ranks. The organization, "Girl Scouts of America", is not included in this change, as it is a distinctly separate organization.

Eagle Scout Spaghetti Dinner Fundraiser: Mon., March 10, 4-8 p.m. at PG VFD Co. 1 – Tickets are \$12/adult & \$6/child. Call (804) 931-5260 for tickets (Andrew or Paul Costello). Tickets by advance sale.

Bus Trip to Lancaster, PA – Tues. thru Wed., June 24-25; sponsored by Woodlawn PC to Sight & Sound Theater production of "Noah"; Call GMPC office for details (804) 732-1081. Tickets include transportation, show, lodging and breakfast. Does not include travel meals and dinner.

Church Trivia: Lenten Service & Lunch. The Lenten service and lunch is an hour in length at noontime and consists of prayer, music, confession, scripture, and reflection, followed by a lunch. Lenten lunch is similar to Lenten Supper practiced in Catholic churches to celebrate their mission and provide meals for those in need. It is an opportunity to recognize individuals and organizations for their commitment to the poor. Lenten lunches are simple meals of only soup, or vegetables, fruits, lentils, beans, seeds, nuts and sometimes fish. Gregory Memorial has participated in Lenten lunches for several years and is excited about participating again after a 4-year absence. Watch for April's CHURCH TRIVIA: "EASTER LILIES"!

2025 LENTEN ECUMENICAL PRAYER & LUNCHEON

Thursdays MARCH 13 - APRIL 10

Come join us in
Lenten Prayer and Fellowship!
Prayer begins at 12 noon with
a simple lunch to follow at 12:30 p.m.

All are welcome!

March 13 - 12 noon

Church of the Sacred Heart

9300 Community Lane, South Prince George VA

March 20 - 12 noon

Gary's UMC

13501 Sunnybrook Road, Prince George

<u>March 27 - 12 noon</u>

Gregory Memorial Presbyterian

6300 Courthouse Road, Prince George

April 3 - 12 noon

Newville UMC

9014 Hines Road, Disputanta

April 10 - 12 noon

Bethlehem Congregational

10501 Pole Run Road, Disputanta

HOLY COMMUNION SCHEDULE FOR 2025

February 2, 2025	June 1, 2025	October 5, 2025
April 6, 2025	August 3, 2025	December 7, 2025

MONTH OF:	CHIMES	ACOLYTE	
March	Donald Hunter	Sandy Hunter	

ANNOUNCERS & READERS* (*if requested by Pastor)

March 2	March 2 March 9 March 16		March 23	March 30	
Patsy Johnson	Sandy Hunter	Larry Johnson	Susan Shockley	Rose Scott	

BE INSPIRED

LET US CONSIDER THE HUMBLE PANCAKE: Symbol of Shrove Tuesday ("Fat Tuesday", "Mardi Gras")



Behold the humble pancake, elegant in its simplicity, yet so meaningful to so many.

Hard to believe, isn't it? That pancakes are celebratory, a festive food considered by many to be "a symbol for life," perhaps because "the breadpancake made of unleavened flour and water was the staff of life" (or a dietary staple) in numerous ancient civilizations, the New York Times wrote in 1990. For ancient Pagans, the warm and circular nature of pancakes embodied the sun that they worshipped.

Prior to the arrival of Christianity, what later came to be called "Shrove Tuesday" began as a Pagan celebration rooted in the belief that a strain in seasonal shifts was caused due to the coming of Spring at this time of the year, and opened with a feast of pancakes. Later, a more spiritual name for this day became "Shrove Tuesday," because after being summoned to church by the ringing of the shriving bell on Shrove Tuesday, folks went to confession to get "shriven"— meaning to confess one's sins. And before beginning Lent, all edible temptations needed to be removed.

Shrove Tuesday is also called "Fat Tuesday" mainly because it is the last day to use up all the meat, eggs, butter, and other animal fats in the house that you are not allowed to eat during the Lenten fast. It's the last chance for a little indulgence before 40 days of fasting, and also an opportunity to use up food that couldn't be eaten during Lent. The French name *Mardi* Gras which literally translates to "Fat Tuesday", comes from the custom of festive days celebrated in France on Shrove Tuesday (the Tuesday before Ash

Wednesday) to mark the close of "Shrovetide", the pre-Lenten season.

Wondering how pancakes are "celebratory"?

It's simple: The last day of the Mardi Gras festival season was celebrated on the Tuesday preceding Ash Wednesday. And using all the fats in the home before Lent in preparation for fasting and abstinence that begins after Ash Wednesday was easily accomplished by cooking up a tasty meal of pancakes and all of the "fixins"!

At Gregory Memorial, we will celebrate this close of the pre-Lenten season on Tuesday, March 4, with our own Shrove Tuesday Pancake Supper. An Ash Wednesday service will be celebrated at our sister church, Rosewood Presbyterian Church [5500 Oaklawn Boulevard, Prince George]. We are excited to announce that the rotation of Lenten Luncheons, hosted by our community churches will resume again for 2025. Beginning with a brief service at 11:30 a.m. on Thursdays, March 13 through April 10, a simple soup-and-sandwich lunch will be offered to worshipers. Details on Pancake Tuesday and Lenten Luncheons are on Page 3 of this Newsletter.

Lent is the season of the church year that follows the Epiphany Season. It's a time for Christians to be reminded of Jesus Christ's sacrifice and his withdrawal into the desert for 40 days of deprivation before his death and resurrection. It is a time we set aside each year to remember the love of God that is poured out through Christ Jesus on the cross in His death; and His defeat of death, sin and the role of Satan in Christ's death and His resurrection that brings Eternal Life to you!

Source: www.smithsonianmag.com "A Brief History of Pancakes"; www.nytimes.com article "Fare of the Country-A Sweet Dutch Treat", May 6,1990; https://www.christianity.com "Shrove Tuesday-History & Meaning of Pancakes Explained", "History of Shrove Tuesday', "Traditions of Shrove Tuesday-Why Pancakes", by editorial staff, updated Jan. 2025.

MARCH, 2025						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						8p PG AA (Fellowship Hall, Kitchen)
2 "Transfiguration of the Lord"	3 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	4 Shrove Tuesday	5 Ash Wednesday	6 Ga Clean church	7	8
9:30a Sunday School	1p Worship Cmte	6p Pancake	7p Ash Wednesday	ba Clean church		8p PG AA
11a Worship service		Supper (GMPC Fellowship Hall) Invite a friend or 2!	service at Rosewood PC [5500 Oaklawn	6-8p SA Cub Pack 910 (Fellowship		(Fellowship Hall, Kitchen)
Service by: Rev. Dr. K. C. Jackson			Blvd, Prince George]	Hall)		
9 1st Sunday in Lent	10	11	12	13	14	15
9:30a Sunday School 11a Worship service	5:30-9p SA Crater OA (Fellowship	1p Circle meeting (@ GMPC)		6a Clean church 12p Lenten service @		8p PG AA (Fellowship
Service by: Rev. Marvin Daniel	Hall, kitchen) 7p Finance Cmte			Church of Sacred Heart [9300 Community Lane Disputanta} followed by lunch at 12:30p		Hall, Kitchen)
				2p News articles due		
				7-9p GSA Tr 5000 (Fellowship Hal)		
16 2 nd Sunday in Lent	17 St. Patrick's Day	18	19	20	21	22
9:30a Sunday School	Juy			6a Clean church		
11a Worship service Service by: Rev. Marvin Daniel . 12p Stated Session				12p Lenten service @ Gary's UMC [13501 Sunnybrook Rd Prince George] followed by lunch at 12:30p		8p PG AA (Fellowship Hall, Kitchen)
Meeting				2p Newsletter out		
Moderator: TBA				6-8p SA Cub Pack 910 (Fellowship Hall)		
				7p Faith Cmte (@GMPC)		
23 3 rd Sunday in Lent	24	25	26	27 6a Clean church	28	29
9:30a Sunday School 11a Worship service ➤ 5 Cents-a-Meal Offering			5:30-9p SA Tr 900 Qtrly. mtg (Fellowship Hall, Kitchen)	12p Lenten service @ Gregory Mem. PC [6300 Courthouse Rd., Prince George]	2p Cmte reports due	8p PG AA (Fellowship Hall, Kitchen)
Service by: Rev. Marvin Daniel				followed by lunch at 12:30p		
30 4 th Sunday in Lent						
9:30a Sunday School						
11a Worship service ➤ Local Emergency Aid Offering						
Service by: Rev. Marvin Daniel						

Gregory Memorial Presbyterian Church 6300 Courthouse Road ~ PO Box 182 Prince George, VA 23875-0182

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MARCH 2025 NEWSLETTER





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