



The Messenger

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Show Us the Way . . . A Labyrinth Reflection

As we took our son's hands, we looked down as I, Tanya, whispered, "Do you want to talk to God as you walk with Mommy and Daddy?"

"Yeah!" our almost two year old eagerly responded. As we held his tiny hands and watched our feet step onto the labyrinth mat together, I knew we were standing on holy ground — ground where many had walked before as they prayed and listened, expecting to meet the holy in this spiritual practice and experience.

Ryan had never experienced a labyrinth before and he quietly took everything in himself — the black lines on the mat creating patterns which he scanned looking to see the way in and out, the candles flanking one side of the mat, few lit as it was still fairly early that Sunday, and the low light in the room, only the streaks of light from the windows of the gym coming in. He felt it was serene — definitely a place to find solace in a world where solace is often hard to find.

Although I have walked many labyrinths — this was the first experience of us walking and participating in this spiritual practice as a family. As we took another step, I whispered: "I wonder, what are you grateful for?" After we took a breath and gave Luke room to think, Ryan took a moment to share and I did too, modeling the different possibilities for our son who was eagerly watching and waiting. We took another step and then one more. In these moments I felt gratitude for the opportunity to invite our active and energetic kiddo into a kinesthetic spiritual practice that welcomed his desire to move and walk as he talked and we prayed.

Then almost as quickly as we had begun, Luke sat down (not even 3 feet into the path). Upon coaxing he decided to lay down, letting go of our hands as he rolled away, *Well, I thought, this is another way to experience this spiritual practice for sure.* While my initial instinct was to pick him up and carry him off, I remembered that we all show up to this process differently and in it we are changed. Slowly we leaned down and asked, "Are you done talking to God?" "Yeah," he replied as he got off and ran in a different direction. Ryan and I smiled as we took in this gift that provides a way to learn and grow together.

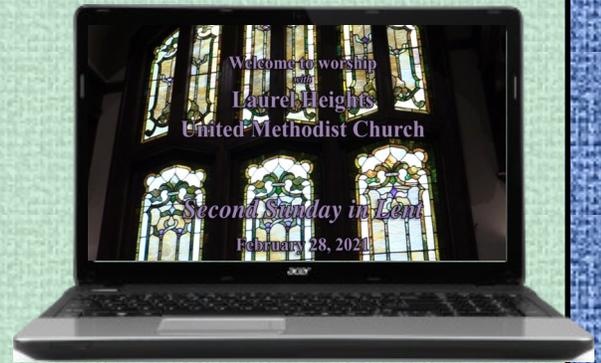
We are all walking a journey — some days we have the energy to walk the entire path several times as we process, discern, and wait for an answer or new possibility. Other days we, like Luke, are ready to be done once we begin. The beauty for us came in the invitation and opportunity to connect to God and each other, to practice slowing down and talking to God. We are grateful we get to experience this process together.

Campen Family

The Laurel Heights labyrinth is for all ages. Available by reservation on Sundays from 8 am to 10 am and 4 pm to 6 pm during the season of Lent, it can be accessed through the 2nd floor Youth Center Entrance located on the west/east side of the building off the Belknap/Mistletoe parking lot. Greeters will be at those doors to show you the way to the labyrinth. Call the church office at 210-733-7156 or click on the link below to make a reservation:
<https://www.signupgenius.com/go/8050c49afad23a64-walk>

Worship Watch Party

Hosted by
Laura Healy



We are sharing the online worship service together on zoom. Join us this Sunday morning at 11 am by clicking on the link below.

To join Zoom Worship Watch Party, click here:

<https://zoom.us/j/93061803014?pwd=ZkpTeHFpMEJ2L294SFBSYjFjWkpOQT09>

Any questions, please call the church office at 210-733-7156.

You are invited to

Stepping Stone

SUNDAY, MARCH 21ST

9:00-9:30AM

227 W. WOODLAWN AVE.



Laurel Heights Children's Ministry

STEPPING STONE FOR FAMILIES

Join us as we step back into community with a stepping stone gathering. This will be an in-person gathering of families with young children, Sunday, March 21st from 9 - 9:30 am!

The children will gather in the gym to walk the labyrinth and hear a Godly Play story while the adults gather in the Fellowship Hall for conversation and prayer with Pastor Paul.

If you are not quite ready for this type of gathering, we've reserved two hours that same afternoon from 2-4pm for families who might like to come in individually and walk the labyrinth and hear the story. Contact Laura Healy to reserve a time.

Show us the way . . .

**Walk the Labyrinth Sundays during Lent
March 14 through March 28
8-10 AM & 4-6 PM by reservation**

**The Laurel Heights United Methodist Church Gym (2nd Floor)
227 W. Woodlawn Ave.
San Antonio, TX 78212**

**Make your reservation today 210-733-7156 or
Click on the link below to make your reservation:**

<https://www.signupgenius.com/go/8050c49afad23a64-walk>



Lord, in your mercy, hear our PRAYER

You can offer a prayer of gratitude
or concern by emailing prayers@mylhumc.org,
through [Facebook Messenger](#),
or calling the church office
(210) 733-7156.





Thursday, March 25 – SUPER ADULT DAY

We'll say farewell to March as it goes out like a lamb. Another outdoor meeting. Wish for a Texas Spring Day* and meet on the Woodlawn Parking Lot. *Texas Spring: Hot – Warm – Cold – Rain – Snow – who knows? As the saying goes "if you don't like the weather in Texas, wait a minute."

BINGO returns at 10:30!!

Bring a flat surface (cutting board) to lay your cards on. Bring the usual White Elephants; however, there'll be no stealing this time in view of the need for social distancing.



Lunch is served at 11 o'clock with our traditional Lenten Menu:

Fruit Salad Macaroni and Cheese Souffle
Baguette Lemon Bar
Cost \$6.00

This being Spiritual Wellness Month, Dr. Mark Doty will speak on Spiritual Health. Everyone will receive a Palm Branch to wave next Sunday (Palm Sunday) and a smile to place over your mask in observance of International Month of Mirth. Let us know if you'd like to share your favorite joke – (clean).

Call Susan at 210-872-8031 to make your reservation.



cam
christian
assistance
ministry

Our Mission of the Month for March is Christian Assistance Ministry

CAM has been one of our ongoing missions ever since it was founded by nine downtown churches in 1977, including Laurel Heights. With one location downtown on McCullough and a northwest location on DeZavala, CAM's mission is "to share the love of Christ by providing immediate assistance and encouragement to people in crisis." This year they have been called on doubly to do that as families cope with the pandemic and more recently suffered through one of the most devastating freezes in Texas history. CAM's work is nothing short of inspiring, and our congregation continues to play an important role.

This year, in addition to our financial gifts, we are supporting their Soles 4 Souls shoe drive.

We will be accepting donations of new or gently used casual or athletic shoes for men, women and children (please, no dress shoes or heels) **through Sunday, March 28th.**

Baskets will be placed just inside the Woodlawn entrance to collect donations.



Easter Lily Order Form

I/We wish to make a donation of \$15 to help purchase an Easter lily plant to decorate and beautify the sanctuary.

This gift is given by: _____

In Memory of: _____

In Honor of: _____



Payments accepted online or by check. To purchase online, go to www.onrealm.org/LaurelHeightsUn/give/now

Use the Fund dropdown box to select "Easter Lilies" and write your dedication in the memo line.

To purchase by check, make your check made payable to Laurel Heights UMC and write "Lily" in the memo line.

Mail this form together with your check to LHUMC, Attn: Bookkeeper, 227 W. Woodlawn, SATX, 78212.



Please submit by March 30.



Wednesday Prayer Gathering

March 10

from 6:30-7:00 p.m.

Though scattered, we are gathered in prayer in the name
of the One from whose love nothing can separate us.



*A time to
to pray for one another
and the world...*

Click on this link: <https://www.zoom.us/j/130214408>

OR

Call (346) 248-7799, and when prompted,
enter the Meeting ID: 130 214 408

Giving to Laurel Heights

Online Gifts: Please visit our website,

<https://www.laurelheights.org/give/>



Text to Give:

Please text "LHUMC" to 73256.

Checks: Please mail to

LHUMC, Attn: Bookkeeper 227 W. Woodlawn, SATX, 78212.



Happy Birthday!

March 12—March 18

3/15
Molly Walden

3/17
Camilo Dennis
Natasha Garza

3/8
Warren Kramer

JOYS AND CONCERNS

Healing: Tony Arredondo, Josh Benninger (*Susan Holloway*), Betty Benson, Whit Birdsong (*Kitty Grantham*), Judy Davis, Marvin Gregory (*Carrie Clemens*), Jim and Brandon Lloyd (*Jeanette Morton*), Lucien Manchester, Shelley McMullen, May O’Neal, Paula (*Aubrey Reichman*) Bob and Cheri Riddle, Doug Semmes.

God’s Presence: for our country, parents, teachers and students both face to face and remote, those affected by the COVID-19 virus and their families, as well as for the caregivers and researchers working to treat those affected and combat the spread of the disease; homebound members, the incarcerated, and women and men in our military.



What’s the bravest sermon our pastor ever preached?

Come and listen in on a conversation as our Pastor in Residence, Rev. Wyndee Holbrook, interviews Rev. Paul L. Escamilla, Senior Pastor at Laurel Heights UMC. Learn about God’s work in Paul’s life before he was even born and insights from his journey leading to this Lenten season.

Listen across our podcast platforms, or on our website by following this link:

<https://www.laurelheights.org/sermons/come-and-see/>



Contact Us

To reach the office staff by phone, please call (210) 733-7156.

For an appointment with Yvonne Garcia, RN, our Wesley Nurse, please call (210) 272-7921.



www.LaurelHeights.org

