



The Messenger

March 5, 2025
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Alleluia

I love Dark Chocolate Cherry Cashew Kind granola bars. After a recent week without my favorite sweet and salty snack, I once again ate one. As I bit into it, the flavors took me by surprise. The tangy cherries and cranberries united with the sweet chocolate and salty nuts in a delicious combination. I nearly exclaimed out loud, “I think this is the best bar I’ve ever eaten!” Objectively there is no way to know if this particular Dark Chocolate Cherry Cashew Kind granola bar was somehow better than the (many) others I have eaten. It was the absence of the flavors for a week that likely enhanced my experience that day. We are asked to make sacrifices during the season of Lent to enhance our preparation for Holy Week, culminating in Easter Sunday. One such sacrifice is the use of the word *Alleluia* in its various forms. While there is no formal rule that we should not utter *Alleluia* during the 40 days of Lent, it is a tradition that many denominations and churches follow. This *Burying the Alleluia* traces back to the ancient Church and because of that it’s not fully clear how or why this tradition started. Some claim it is because Lent is a penitential and reflective time, rather than a time of rejoicing (*Alleluia* means to praise God or rejoice in God). Others say it is so that when we use *Alleluia* on Easter it means more because it has been missing for weeks (like my Kind bar). You may come up with another reason why removing *Alleluia* from our vocabulary is significant to you during your contemplative Lent. In accordance with tradition, we will be singing the Doxology to the tune *Old Hundredth* to remove *Alleluia* from the 6 Sunday services of Lent. May your Lenten journey be a meaningful one and may your Easter Sunday *Alleluia*s be the best you’ve ever proclaimed!

Melanie Randall





ASH WEDNESDAY

MARCH 5

Ashes-to-Go
8:00 - 9:30am
Corner of
Belknap and
Mistletoe

Worship with
Imposition of
Ashes
6:00pm
Sanctuary

JOURNEY THROUGH THE SEASON OF LENT WITH THE SPIRITUAL DISCIPLINES

During our six week journey together we will discuss and practice some of the traditional spiritual disciplines. We will choose, as a group, which disciplines we will explore and then support each other and pray for each other as we practice them together. Our first gathering will focus on Prayer and the many, many ways to approach prayer in our daily lives.

We will meet on Tuesdays at 5:30 in the Parlor

Tuesday, March 11

Tuesday, March 18

Tuesday, March 25

Tuesday, April 1

Tuesday, April 8

Please contact Pastor Laura if you have any questions. lhealy@mylhumc.org



Church Calendar

Wednesday, March 5

8:00 a.m.—9:30 a.m. Ashes-to-Go

Corner of Belknap & Mistletoe

9:00 a.m. Exercise Class - Room 306

6:00 p.m. Worship with Imposition of Ashes

Sanctuary

Thursday, March 6

9:00 a.m. Church Mice

Friday, March 7

9:00 a.m. Exercise Class - Room 305

Saturday, March 8

9:00 a.m. Volunteer Saturday at Christian Assistance Ministry - 110 McCullough Ave.

Sunday, March 9

9:00 a.m. Worship Service- *Sanctuary*

9:30 a.m. Fellowship - *Fellowship Hall*

10:00 a.m. Sunday School

11:00 a.m. Worship Service - *Sanctuary*

Monday, March 10

9:00 a.m. Exercise Class - Room 305

10:00 a.m. Library & Records Comm. Mtg.

Tuesday, March 11

9:30 a.m. Staff Meeting

1:30 p.m. United Women in Faith Meeting - *Parlor*

5:30 p.m. Journey Through the Season of Lent with Pastor Laura - *Parlor*

Wednesday, March 12

9:00 a.m. Exercise Class - Room 305

7:00 p.m. Choir Rehearsal - *Choir Room*

Thursday, March 13

9:00 a.m. Church Mice

Friday, March 14

9:00 a.m. Exercise Class - Room 305

Sunday, March 16

9:00 a.m. Worship Service

9:30 a.m. Fellowship Time - *Fellowship Hall*

10:00 a.m. Sunday School

11:00 a.m. Worship Service



Join Us for Vacation Bible Camp: Road Trip!

We're excited to invite you to **Vacation Bible Camp: Road Trip** at **Laurel Heights United Methodist Church**! Join us for a fun-filled week of faith, fellowship, and adventure.

Dates: June 23 – June 27, 2025

Time: 9:00 AM – Noon

Location: Laurel Heights United Methodist Church

This is a wonderful opportunity for children to grow in their faith while having a blast! We welcome all, so feel free to share this with friends and family. If you have any questions, don't hesitate to reach out.

We can't wait to embark on this exciting journey together!



Child Registration:



Volunteer Registration:



Laurel Heights UMC Mission Committee

CHRISTIAN ASSISTANCE MINISTRY (CAM)

110 MCCULLOUGH, 78215

VOLUNTEER OPPORTUNITY

SAT. MARCH 8, 2025

9:00 A.M. - 12:00 P.M.

Park between CAM & Grace Lutheran Church

Volunteers will gather at warehouse

For more information, please contact the church at 210-733-7156.

Scan the QR to volunteer



Prayer Requests

JOYS AND CONCERNS

Healing

Lucien Manchester

Richard Parrigan

Gracie Huron

Juan Arturo Gonzalez

Jay Sconyers

Bert Clayton

Norman Roe

Elizabeth Diaz

Kay Craig

Cliff Henry

For those who mourn

William Taylor on the death of his father.



HAPPY Birthday

3/1
Nancy Haney

3/6
Javier Alvarez

3/7
Marvin Huth

3/9
Penny Souder

3/10
Hunter Lee

3/11
Ellen Evans
Allen Myers
Michael Valerio

*Are we missing
your name
on the birthday list?*

*Please notify the
church office
at 210-733-7156
so we can update our
records.*

*We don't want to miss
anyone!*



Follow Us On Social Media



<https://www.facebook.com/LaurelHeightsUMC>

Sanctuary Offering

Online Giving
Please visit our website:
<http://www.laurelheights.org/give/>

MANY WAYS TO GIVE AT LAUREL HEIGHTS UMC

Text to give:
"LHUMC" 73256

Or use our QR code

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

Church Office Hours

Monday - Friday 9am-4pm



Laurel Heights Staff

210-733-7156

Rev. Lisa Straus, Senior Pastor

Rev. Laura Healy, Associate Pastor

Laura Marty, Music Director

Dr. Melanie Randall, Assoc. Dir. of Music & Organist

Angie Taylor, Dir. of Young Family Ministries

Heather Weidenbach, Administrative Manager

Hannah Ortiz, Director of Communications

Debbie Cormier, Administrative Assistant (PT)

Susan Holloway, Super Adults Director

Yvonne Garcia, Wesley Nurse

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