

Hamilton Park United Methodist Church

February 17, 2023



News at the Park



Sunday Worship Celebration @ 10:00 am

GRAB AND GO

Sunday & Wednesday
11:00am until all meals are served



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www.theparkumc.org

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2. Choose "Serve Through Giving"
3. Choose "Donate Today"
4. Enter your donation amount



BMCR Begin Black History Month With Eyes On The Future

Clergy, laity gather to celebrate (history), embrace (Wesleyan heritage) and affirm (witness and mission in the North Texas Conference)

February is Black History Month, the month set aside to pay homage to and celebrate the contributions of African Americans to our civilization, despite racism. Carter G. Woodson, known as the Father of Black History, wrote: "Those who have no records of what their forebears have accomplished lose the inspiration which comes from the teaching and history."

On Saturday, Feb. 4, African American clergy and laity from across North Texas gathered at the historic St. Paul UMC (founded in 1873, just 10 years after the Emancipation Proclamation) to affirm our future in the North Texas Conference and in The United Methodist Church. We acknowledged this season of disaffiliation and reminded ourselves of the sin of the church in 1844, separating

over the issue of slavery, and the sin of 1939, when the Methodist Church North and the Methodist Church South reunited to create the unholy, sinful, segregated Central Jurisdiction for Black Methodists. But our gathering was not meant to discuss disaffiliation, but rather to claim our Wesleyan heritage and move us forward, bringing our voice, power and passion to the renewal and vitality of our churches

This present time of disaffiliation has been a distraction from our witness and mission. In our midst, we heard powerful and prophetic voices from clergy, laity and the academy that reminded us of the Black Methodists for Church Renewal's theme: "Our time under God is now."

During this season we've also seen the murder of Tyre Nichols (a Black man savagely beaten to death by five Black policemen in Memphis) and the decline of United Methodism and particularly Black United Methodism. The discussion of disaffiliation is largely irrelevant compared to the task of renewing our Black Churches and reconnecting with the community and the academy.

We are grateful for a month set aside to celebrate the many untold achievements of African Americans to the world. Choosing to celebrate our glorious history, the day was one to claim our voice, embrace our Wesleyan heritage and affirm our witness and mission in the North Texas Conference and in The United Methodist Church. Our time under God is

FEBRUARY EVENTS

Finance Meeting	20th
Imposition of Ashes	22nd
Black History Presentation	26th
Church Council via Zoom	27th
Mature Adults Meeting	28th

IMPOSITION OF ASHES
WEDNESDAY, FEBRUARY 22ND
12 NOON - 2:00 PM
IN THE PRAYER ROOM



ASH WEDNESDAY MESSAGE VIA
FACEBOOK & YOUTUBE
ALL DAY FEBRUARY 22ND
LINK AVAILABLE VIA WWW.THEPARKUMC.ORG

ASH WEDNESDAY

Women of The Park!

Join us each Sunday Morning in the Library at 9 am for Sunday School. We are currently studying 'Nameless Women of the Bible'. All are welcome!

Men of The Park!

Join us each Sunday Morning at 9 am for Sunday School in Rm 111. We study the Word of God each week from our Echoes Sunday School Book. All are welcome!

STAY CONNECTED:

- Senior Bible Study - Wednesday @ 10:00 am in the church library.
- Wednesday Night - Faith & Family
- Thursday Prayer 4:00pm-5:00pm - Beverly Galimore (605-475-3200 / Code: 168 199)
- Worship Service - 10:00 am (in person, Facebook or Website)
- Sunday School - 9:00 am - 9:45 am In Person



Kathy Turner
Reed family
David & Linda Tyson
Lavan Alexander
Roger & Shirley Bouyer

Shirley Pleasant
Harry McCalla
Sheila & Percy Dyson
Wilbur & Minnie Wright
The Williams family

Chelsea Govan
Mallory Polk
Barbra Knight
Saundre & Ron Henderson
The Slatter family

C H U R C H C O U N C I L R E P O R T S A R E D U E

Until further notice, all ministry chairs are asked to send their reports to the following email address: Ruth.robinson2869@icloud.com by the deadline of Wednesday, February 23, 2023. Thank you for your attention to this notice. For any additional information, contact me at +12142122869. Faithfully,
Ruth Robinson, Council Chair

“This past weekend, 16 Youth and Chaperones attended Mid Winter Retreat at Bridgeport. We enjoyed worship, music, dance, food, games and laughter with 160 friends from the North Texas Conference.”



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+12532050468,,88398204070#,,,,*088956# US

Friday Morning Lenten Prayer Call beginning Feb 24th @ 7AM

H O W T O P R E P A R E F O R T H E D A N I E L F A S T

The Daniel Fast is a unique type of fast because you can eat, unlike a liquid fast where only water or juices are consumed. But just because you can have food doesn't mean the Daniel Fast is easy.

Fasting, in any form, is difficult because you're doing battle physically and spiritually. However, there are steps you can take to strengthen you for the fight. Following are ways you can prepare your heart, mind, and body for your 21-day Daniel Fast journey.



Spiritual Preparation

1. Pray

Begin praying for your Daniel Fast even before it begins. Ask the Lord to reveal any unconfessed sin, unforgiveness, or rebellion. When God reveals it to you (and he will), confess your sin quickly and repent. Take time to get your heart ready for what God wants to do in and through you on the fast.

2. Read verses on fasting.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on people fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chron. 20:1-4, Ezra 8:21-23, Neh. 1:1-4, Est. 4:15-17, and Matt. 4:1-11).

3. Buy a journal or use a notebook.

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through his Word.

4. Write down prayer requests.

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible, and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.

5. Find a prayer partner.

It's important to have a trusted friend or family member who can be your prayer partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it's certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

Physical Preparation

1. Ease into the fast.

Start cutting back on restricted foods about a week before the fast begins. Reduce your intake of caffeine, meat, dairy, sugar, and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects. Trust me, the temptation to eat everything you can't have on the fast will be strong, but splurging will only make the transition much more difficult. Also, it's a good idea to increase your water consumption before your fast begins.

2. Plan your meals for the first week.

The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines. If you want help with this process, you can find three weeks of meal plans in my book, [The Ultimate Guide to the Daniel Fast](#). Take advantage of the fact that some of the meal planning for your fast has already been done for you!

3. Make a grocery list for the first week.

Putting a list together before you go to the grocery store will make your shopping much more efficient. Again, I provide a grocery shopping list for each meal plan in my book, [The Ultimate Guide to the Daniel Fast](#).

4. Get your kitchen ready.

Make sure you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this three-week adventure. When preparing recipes, having the tools you need will make everything much easier. Check out my blog post, ["5 Kitchen Gadgets to Make Your Daniel Fast Easier,"](#) for help in this area.

5. Prepare food ahead of time.

Look at the first week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient. For example, if you're making [Taco Soup](#) for dinner on Sunday, go ahead and prepare the [Taco Seasoning](#) on Saturday, so it's ready to go.

6. Cook and freeze meals.

Every time I do the Daniel Fast, I carve out a few hours the weekend before the fast begins and make a few meals, such as [Baked Oatmeal](#), [Black Bean Chili Bake](#), and [Tuscan Soup](#). Then I freeze half of each recipe. That way I have food when I don't have time to cook or need a quick go-to meal. You'll really appreciate this step when you reach the third week of your fast.

Proper preparation is the key to making your fast successful. My book, [The Ultimate Guide to the Daniel Fast](#), provides the resources you need. It includes 21 daily devotions, 100+ Daniel Fast recipes, grocery shopping lists, meal plans, and more. You can find [The Ultimate Guide to the Daniel Fast](#) in bookstores or [online](#).

When you do your part in getting ready, God will do the rest!

We will begin our Fast April 3rd-8th 2023

EVENTS

LAY SERVANT TRAINING



Good evening Lay Servants! How is it with your soul?

The North Texas Conference has added "on-line" courses to their in-person class inventory. <https://ntcumc.org/lay-servant-ministries/online-courses>

Please sign up for your re-certifications classes. The Metro District is still planning their next set of in-person classes.

Dwight V. Harry, Certified Lay Minister Assigned to HPUMC

PLEASE DONATE

HELPING HANDS



MEET OUR PRAYER & FASTING AMBASSADORS



Sheila Dickerson, Beverly Galimore, Cathy Parker, Eleanor Browne, Rev. Archie Browne, Deaconess Dee Dee Spivey

Our Fast will begin on April 3rd - April 8th

LITHE DANCE MINISTRY

Wanting to explore your talents for dance ?

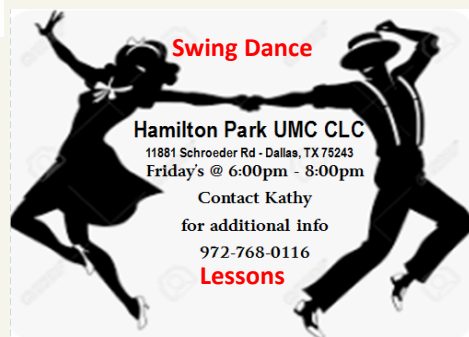
Want to grow in your connection with God and your body ?

Want to fellowship and grow in faith ?

Then please JOIN US!

Anyone who desires to dance is welcome!

Chelsea Govan:
(214)-517-7571
chelseagovanthirteen@gmail.com



Mature Adults Meeting Tuesday, Feb 28th @ 10:00 am



Join Zoom Meeting
[https://us02web.zoom.us/j/81892929235?](https://us02web.zoom.us/j/81892929235?pwd=eS9tTVpmMGp0RlNlYUlleEhPam9sUT09)
[pwd=eS9tTVpmMGp0RlNlYUlleEhPam9sUT09](https://us02web.zoom.us/j/81892929235?pwd=eS9tTVpmMGp0RlNlYUlleEhPam9sUT09)
Meeting ID: 818 9292 9235
Passcode: 697277
One tap mobile
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+12532050468,,81892929235#,,,,*697277# US

Meeting ID: 876 9332 2018
Passcode: 667709

Church Council Zoom Link
Monday, Feb 27th @ 7pm

SUNDAY → Installation Service for Bishop Saenz: All clergy and laity are invited to attend the Installation Service for Bishop Saenz at 4 p.m. Feb. 19 at University Park UMC. The event will be live streamed.

Dear Members,
A volunteer opportunity is available to members interested in being a member of the response team at Hamilton Park UMC during worship services. We are in the process of re-establishing The Medical Response Team. CPR, AED and First-aid training will be provided. Thank you to the members who have volunteered to continue or to share their services and skills. Interested members please contact Dianne Pratt for additional information regarding this volunteer opportunity at 214-280-6391



NURSES NEEDED