



THE CIRCUIT RIDER



From the Desk of Pastor



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Jonnie Faye Ball



March 9, 2025

Once upon a time, the people called methodists were organized into small-group gatherings they called classes and bands. We might have also called them accountability groups if they were organized today, because their purpose was less focused on study and more focused on helping each other live holy lives. Each meeting would start with a simple question posed to each person:

How is it with your soul?

It would require a depth of trust in our neighbors to answer that question honestly. It is a little difficult to imagine a context in which that would even be possible, but on a rare occasion, I've found that sort of community.

It is an important question, though, even if it's one we don't dig into in a public setting. I think it's helpful for us to ask that of ourselves. I'd suggest that it would be a helpful entry into the season of Lent and the practice of contrition and sacrifice that it entails.

Lent prepares us, of course, for a genuine, more meaningful encounter with the passion, death, and resurrection of Jesus. It prepares us for Easter in a way that transcends pastel eggs and marshmallow Peeps. It offers us an opportunity to recognize our need for redemption that is only possible when we take on the suffering of Christ and of our neighbor, when we take up our cross, die to ourselves, and open ourselves to new and full life.

Lent won't gift us with that sort of transformation if all we commit ourselves to is giving up chocolate, though. So I propose that, in order to find a practice or two that will offer a meaningful experience of this season of preparation, we begin by asking, How is it with my soul?

Look deep within. Find those places in yourself that need addressing. Be honest. Where do you need transformation? And what can you do - what practice can you take on or sacrifice can you make - to prompt that transformation?

How is it with your soul?

May we each, and may we all, experience Lent in a deep and redemptive way this year. And may that be a catalyst that brings God's realm into glorious reality.

Peace,
Brandon



Happy Anniversary

John & Mary Copeland

Welcome in Christ JoAnn Beets who joined our Church Family at SSUMC Feb 2, 2025



1-March	Jackie Stephan
3-March	Anthony Maples
17-March	Suavannah Bush
17-March	Eddie Hewitt
22-March	Andy Spiva
23-March	Ann Yarber
23-March	Dawn Brummett
	Denise Wade
30-March	John Tinsley
31-March	Scott Hewitt



The UWF spring banquet will be Wednesday May 14. Our speaker will be Sam Venable, former columnist for the Knoxville News Sentinel and author. Save the date, we will follow with cost, location and catering information.



March Lectionary Scriptures

Sunday, March 2, 2025
 Exod. 34:29-35
 Psalm 99 or UMH 819
 2 Cor. 3:12-4:2
 Luke 9:28-36 (37-43)

March 9, 2025
 Deut. 26:1-11
 Psalm 92:1-2, 9-16 or UMH 810
 Rom. 10:8b-13
 Luke 4:1-13

March 16, 2025
 Gen. 15:1-12, 17-18
 Psalm 27 or UMH 758
 Phil. 3:17-4:1
 Luke 3:31-35

March 23, 2025
 Isa. 55:1-9
 Psalm 63:1-8 or UMH 788
 1 Cor. 10:1-13
 Luke 13:1

March 30, 2025
 Josh. 5:9-12
 Psalm 32 or UMH 766
 2 Cor. 5:16-21
 Luke 15:1-3, 11b-32

Food Pantry

March 27, 2025;
Liquid Dish Soap

Open 8:30 am to
12:00 pm



DONATION FOCUS





It's That Time of Year!

Advice from an Urgent Care! Everyone is sick right now so stay out of folks faces. RSV, Mycoplasma pneumonia, Flu A & B are going around. We're seeing so many people at urgent care, daily. It's so bad this year 😞

Treat symptomatically, these are all viruses, that can last UP TO 2-3weeks, especially that walking pneumonia, you can have a cough for months after. There's no antibiotic treatment. Over the counter Mucinex DM, loosens all the mucus and thins it out, increase fluids, heavy on the water intake ! use a humidifier if you have one. Take hot steamy showers, I recommend the vapor tablets, feels like heaven. Cough medicine for your cough (if you get rid of the mucus, you get rid of the cough) Tylenol/ibuprofen for your fever, pain, headaches, etc.. Also, sinus flushing (sinus suction for the littles) best thing you can do for the pressure headaches. If you have a nebulizer, use it every 4-6 hours. If you don't have the solution from the doctor, mix 2 cups of sterile water (bottled or boiled) with 1 tsp of salt, helps break up all that mucus in your lungs, chest, head !

I copy and pasted from a friend this is great advice!! Stay healthy!

One Call, Facebook, and email

WAYS WE CONNECT:

We offer weekly online worship opportunities thru Zoom and our YouTube Channel.

Subscribe to our YouTube Channel at <https://www.youtube.com/channel/UCX4CBg>

Giving by Mail: tithes and offerings may be mailed to PO Box 209 ,Clinton, TN



The Zoom account link for the bulletin is:

[Join our Cloud HD Video Meeting](#)

Your generosity and faithful giving are very appreciated. If you are not able to attend worship services to give your tithe and offerings, there are other ways you can send in gifts to your church.



Our thoughts and prayers are with Susie Wiley and family due to the loss of their loved one.

In Memory of Mike Wiley



United Women of Faith's 2024 Year in Review

For a small group of ladies, we were busy this past year! To fulfill our purpose, as defined by the UMW handbook as "United Methodist Women shall be a community of women whose purpose is to know God and to experience freedom as whole persons through Jesus Christ; to develop a creative, supportive fellowship; and to expand concepts of mission through participation in the global ministries of the church.

As members and friends of Sinking Springs United Methodist Church, Clinton and the surrounding areas, we have supported many meaningful giving opportunities. Exhaustive it isn't, but our list includes; school supplies at the beginning of the school year, Isaiah house, Briceville Food pantry, Wesley House Grannies and after school programs for students." Ice cream for all "initiative in three schools Briceville Elementary, Grand Oaks Elementary and Fairview Elementary – insuring all students have the opportunity to have Friday ice cream, regardless of ability to pay, We also supported Thanksgiving baskets and Angel tree gifting at Christmas.

SSUMC United Women in Faith (UWF), formerly known as United Methodist Women, have hosted a luncheon for the Wesley House Grannies, serving them at their seats in our fellowship room. We also provided gifts for them including personal items, paper goods and other incidentals they may not be able to afford. In addition to the Grannies, we provided after school snacks a couple of times this past year.

Our congregation was feted by two banquets in the spring and fall which included a meal and fellowship at local restaurants. In addition, the ladies meet monthly for lunch at local eateries to support our local economy while enjoying some social fellowship!

Our ladies have provided support for a student's field trip, completed fundraisers, luncheons for those who suffered the loss of a loved one, compiled love baskets for shut-in during holidays and cards encouraging them in times of isolation or need, made pledges to support the district mission and provided funding for missions defined by our church.

One of our biggest outpouring of support was to assist in hosting Camp In The Community at the Norris Commons. Our own Robin Tinsley coordinated the food offerings for the campers and provided housing for the 6 counselors. We feel like this was a great opportunity to serve our community and share our love of Jesus Christ.

As I begin my tenure at the helm of the UMF, I am eternally grateful for this wonderful group of ladies and our amazing church family! Special thanks for the officers that have served in this past term, Jonnie Faye Ball, president; Robin Tinsley, VP, Mary Ann Forrest, secretary and Kathy Ayre, Treasurer. Thanks also to those who volunteered to serve for the current term: Janet Brummett, Vice President and Kathy Ayres as Sec/Treasurer!

God bless us in this new year of service!



News of what's happening in UWF can be found digitally at: <https://www.uwfaith.org/news/latest-news/>.

ALL ACCESS MEMBERSHIP

<https://uwfaith.org/get-involved/become-a-member/>

At the bottom of the page select your interest(s) and you will also receive the valuable brief but impactful **UWF E-News**, sent on the first Thursday of every month with updates, links to resources, and inspiration



**UNITED WOMEN OF FAITH
2025 CALENDAR**

Mar 4 - UMF meeting 3pm
11 - UMF lunch social ?
5 pm Painting with Twist
16 - Fellowship meal

April 1 - UMF meeting
8 - UMF lunch social
20 - Easter Sunday

May 6 - UMF meeting/
13 - UMF Lunch social
18 - Fellowship Meal

June 3 - UMF meeting
15 - Father's Day / Fellowship Meal?
17 - UMF lunch social /
Administrative Council Meeting

July NO UWF MEETING
20 - Fellowship Meal

Aug 5 - UMF meeting
12 - UMF lunch social
17 - Fellowship Meal

Sept 2 - UMF meeting
9 - UMF lunch social
16 - Administrative Council meeting
21 - Fellowship Meal

Oct 7 - UMF meeting
14 - UMF lunch social
19 - Fellowship meal

Nov 4 - UMF meeting / ELECTION DAY
11 - UMF lunch social / VETERANS' DAY
16 - Fellowship / Thanksgiving Meal
27 - Thanksgiving Day

Dec 2 - UMF meeting
9 - UMF lunch social
16 - Administrative Council meeting

**Fall Banquet TBA, Dates subject to change.



SINKING SPRINGS UNITED METHODIST CHURCH

Office Email: norrsumc@norrisunitedmethodist.org

Website: Sinkingspringsumc.com

Office Phone: (865) 494-9407

Office Hours: Mon-Tues-Thurs-Fri 9 am-1 pm

Sunday Worship 9:30 am

*Contact the church office for the link

