

# THE SPIRE

## FROM PASTOR LUANA

Every year on Palm Sunday I watch, or listen to, Jesus Christ Superstar. While I greatly enjoy sacred music, it was this 1970s rock opera that first told me the story of Jesus Christ. I've performed in the show twice: once singing in the chorus and once as Mary Magdalene. While there are obvious deviations from scripture (like the wide spread urban legend that Mary was a prostitute) it tells the story with passion and intensity. I love it!

This Sunday's scripture passage always reminds me of JC Superstar. The section is often called the Cleansing of the Temple, and in the rock opera the scene has a song called "The Temple." I \*might\* break out into this song in the sermon on Sunday. You'll have to watch and see!

For those of us not raised in the church, it was an amazing tool of evangelism because it shared the story of Jesus so that others may know him. The music was amazing and engaging and exciting. Thinking about JC Superstar made me wonder: Where and how did you first hear the story of Jesus? Were you raised in the church and have known the story as early as you can remember? Did you learn from a musical? Or a class? Or did someone share with you about their experience? These questions led to another important question: How do you tell the story now? And to whom?

In 2018 there was a production of Jesus Christ Superstar performed LIVE on NBC, with big names cast members John Legend, Sara Bareilles, and Alice Cooper. (I just bought the DVD!) It broadcast first on Easter, and has repeated on Easter since then. I was so excited to watch it! But I was even more excited to share it with my family! (I personally think it is more of a Holy Week story, but it works on Easter too because it ends with a hint of the resurrection!!)

This time of year is PERFECT for telling the story to someone who might not have heard it from a perspective of grace, but have only heard it through judgement. And if words come hard to you, remember there is a rock opera that you can tell people about!



*"Overturn" by Rev. Lisle Gwynn Garrity  
A Sanctified Art LLC | [sanctifiedart.org](http://sanctifiedart.org)*

*Pastor Luana*

# Staying Safe During Covid: Wear Your Mask Properly



by Mary Ann Scharf, RN Ed.D. Faculty Emeritus,  
College of Nursing, Seton Hall University

In this past year, we have experienced social isolation due to COVID-19 lockdowns and restrictions prohibiting family gatherings, in person worship, shopping and traveling. Social isolation leads to anxiety, depression, and suicidal thoughts for some people. How can we maintain our mental and emotional well being during the COVID-19 pandemic?

One contributing factor to depression are the dark days of winter. One factor is Seasonal Affective Disorder, SAD, due to shorter days and longer nights. In December, the sun does not rise until 7 AM and sets shortly after 4PM. These very long nights (15 hours) and shorter days (9 hours) can be depressing and adversely affect

our sleep habits. After the Winter Solstice, on December 21, we gain one minute of daylight each morning and an additional minute in the evening. By early March, the sun rises at 6 AM and sets at 5:30 PM. We have gained over two hours of daylight. It is important to take advantage of early morning daylight. Go for a walk in the early morning. The bright sunlight helps to reset our internal biological clocks and determines when our bodies will begin to produce melatonin which helps us sleep naturally. Exercise is recommended in the morning or early afternoon and should be avoided late at night as it can adversely affect our sleep habits. We need quiet time and minimal activity at night to prepare us for a good night's sleep. It helps to avoid exposure to cell phones, TVs, and computers prior to sleep as the artificial light will keep us awake.

Social contact is important to maintain mental and emotional health. During the COVID pandemic, we need to avoid people to be safe from infection. However, we need to talk with friends and family daily to avoid depression and anxiety. Especially, if you live alone, stay in touch with friends and family by calling someone each day. Use Facetime or Zoom to see their faces, or at least hear their voices on the telephone. Drop a card or letter to someone to let them know you are thinking of them or praying for them. Bring a meal or flowers to someone who is sick, in mourning for a lost loved one, or alone and lonely. If you are living with someone, spend special time together each day eating meals, praying together, or watching a special program on Netflix. Be sure to share how you feel with someone close to you.

If you are feeling sad, lonely, or depressed, tell someone. If you need professional help, here are some resources: Call *NJ Mental Health Cares* at 1 866 202-Help (4357) or use email address: [help@mentalhealthcares.org](mailto:help@mentalhealthcares.org). You can text *NJHOPE* to 51864 7 days a week 8AM to 8PM. If you are having suicidal thoughts, call *New Jersey Suicide Prevention Hopeline* at 1 855-NJHopeline (1 855 654-6735) or the *National Suicide Prevention Hotline* at 1 800 273-8255. If you are struggling with addiction, call *ReachNJ* 1 844-ReachNJ.



# RUMMAGE SALE

**Morristown United Methodist Church**

**50 South Park Place Morristown NJ**



SAT. April 24th: 9AM-2PM

TUES. April 27th: 10AM-2PM/5PM-8PM

THUR. April 29th: 10AM-2PM/5PM-8PM

SAT. May 1st: 9AM-2PM

## **OUR COVID GUIDELINES:**

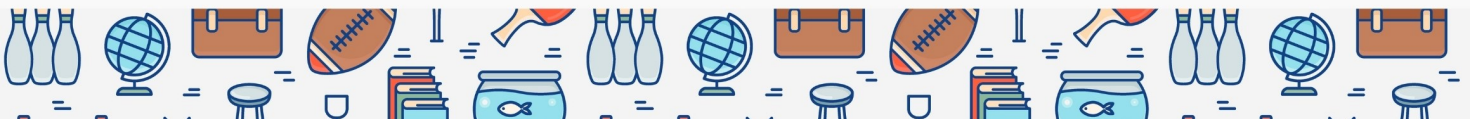
### **Safety is our TOP Priority!**

- Masks Required at ALL times (covering Mouth & Nose)
- We will also be conducting: Temperature Checks & Tracing Contact Information upon check in.
- Limit of 50 customers allowed in sale space at all times.
- Social Distancing will be required.
- Hand Sanitizing Stations will be provided, & PPE available upon Request!



Call: 973-538-2132      E-mail: rummagemumc@gmail.com  
or visit us at [www.morristownumc.org](http://www.morristownumc.org) for more info

**All Proceeds Benefit Our Appalachia Service Project Mission Trip**



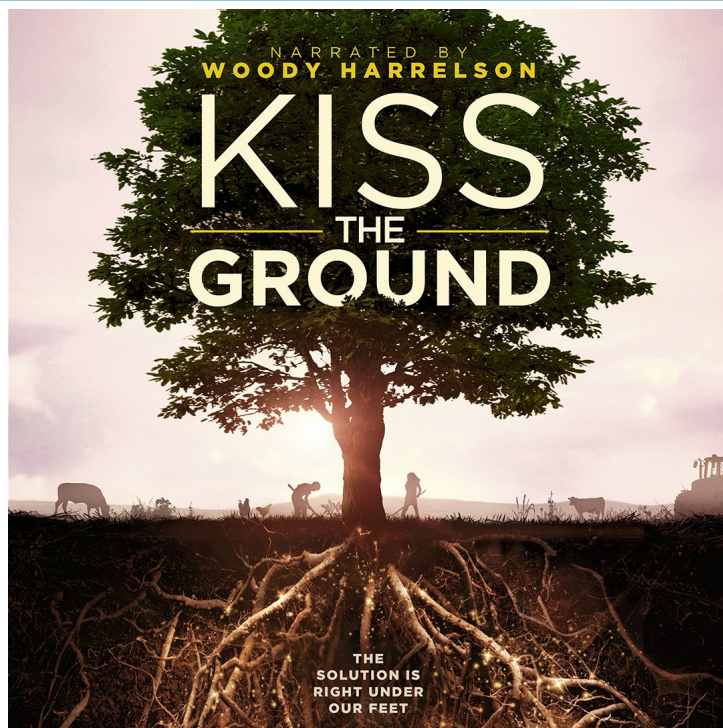


# MUMC MOVIE NIGHT

You are invited to watch the critically acclaimed documentary, **Kiss the Ground**, and then join a lively and informative discussion on **Saturday, March 20<sup>th</sup>** at 7:00 pm.

Narrated and featuring Woody Harrelson, **Kiss the Ground** is an inspiring and groundbreaking film about the first viable solution to our climate crisis. It received an 86% Rotten Tomatoes' rating and a 4.9 of 5 rating from viewers. The movie can be found on Netflix and Vimeo. Here's a link to the trailer. [Kiss the Ground Film Trailer \(2020\) - YouTube](#).

Please watch the movie **before** Saturday, March 20<sup>th</sup> and then join the discussion! **A separate link will be sent soon.**



## ONLINE WORSHIP & ZOOM COFFEE HOUR

### CONNECTING IN WORSHIP & FELLOWSHIP

Each Sunday we provide relevant and reassuring online worship experiences for you! Our full pre-recorded worship service can be found on our website at

<https://morristownumc.org/english-service/>

Our worship service is also broadcast on the Public Access channel of the Altice/Optimum Local Cable, channel 21 at **3:00 p.m. on Sundays**.

This Sunday we will also have Communion, via Zoom. We encourage you to prepare a special, sacred space, gather elements to use, and logon to Zoom at 8:45am to celebrate together.

Look for an email on Sunday morning with:

- ⇒ The Worship Guide including all hymns and prayers, as well as questions for reflection and prayer suggestions
- ⇒ Link to Communion on Zoom
- ⇒ Link to Adult Sunday School on Zoom
- ⇒ Pre-recorded worship
- ⇒ Link to Zoom Coffee Hour

## PRAY WITHOUT CEASING...

# PRAYERS OF JOY & CONCERN

- For the people of Morristown United Methodist Church, that we will be lights of Christ's love and grace to all we encounter.
- For all those who work for peace and justice in our world, that they may see good results of their work.
- That God may give us the grace to show kindness in caring for one another as we remain challenged by COVID-19.
- For all who are sick with and recovering from the COVID-19 virus, including **David M.**, **Joy S.**, a friend of Jeannie H., **Pat**, brother of Phyllis, **Jennifer T.**, an Ocean Grove Choir member who is a lung transplant survivor, in the ICU.
- For those facing a new diagnosis of illness, navigating treatment options, testing and surgeries
- For **David**, who was an interim pastor at MUMC, has been diagnosed with Alzheimer's Disease. David and spouse Maxine, who served as Dean at Drew Theological School, now live in Florida.
- For **Jack** who continues to have diagnostic testing for pain and abnormal blood test results
- For **Lou C.** for kidney health
- For **Hector**, Fabian's grandfather, recovering from open heart surgery
- For the **Deleg Family** whose apartment building was damaged by fire
- For **Kevin** as he continues to recover from his latest spinal procedure
- For **Les and Arden** as Les continues to recover
- For **Chris**, a dear friend of Kristi M's, as she cares for her mother who is suffering from identity loss due to Alzheimer's Disease

*Please email prayer requests and updates to Pastor Luana at [lcCookscott@MorristownUMC.org](mailto:lcCookscott@MorristownUMC.org) or text 570-832-0542. If you would like to add a name to the printed, published prayer list, please call the church office at 973-538-2132 or email our Office Manager, Regina at [RHeater@MorristownUMC.org](mailto:RHeater@MorristownUMC.org)*

## A NOTE ABOUT YOUTH MINISTRY

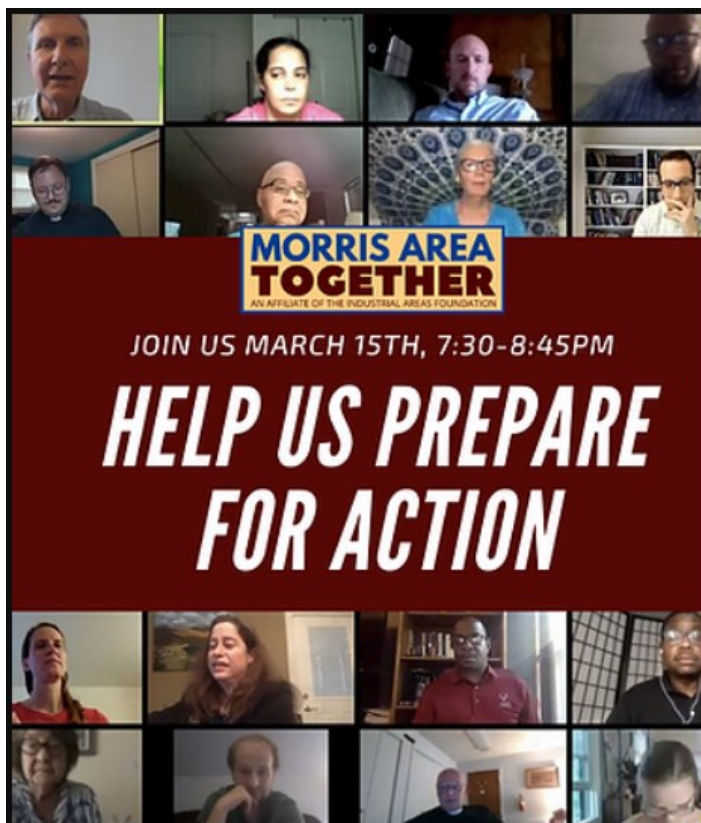
The Staff-Parish Relations Committee would like to thank *Fabian Burgos* for his work with our youth outreach programs since the fall of 2019. Fabian helped to lead our Youth Soccer and the Drumming Ministries. Fabian has chosen to pursue ministry settings outside of the church and will no longer be serving as our Youth and Young Adult Minister. Please hold Fabian close in heart and mind through prayer as he continues his discernment process to see where and how God is calling him into ministry. And, please keep the SPRC in your prayers as they discern church leadership and ministry goals.

## HELP NEEDED

A member of our church has supported a child through World Vision for several years but has recently experienced some financial issues preventing them from continuing the sponsorship. They would like to find someone who could “adopt” the sponsorship. Here are the details:

Denyse is 8 years old and lives in Rwanda. She is an only child who attends school, enjoys playing handball and helps at home by gathering firewood. The cost of the sponsorship is \$40 per month, which supports Denyse and her community with training in nutrition and disease prevention and access to water for washing. World Vision also provides agriculture training for farmers and build schools and trains teachers. You can learn more about the mission of World Vision on their website, <https://www.worldvision.org/>. If this is something you can assist with, please email Pastor Luana at [LCookScott@MorristownUMC.org](mailto:LCookScott@MorristownUMC.org).

## MORRIS AREA TOGETHER



**MORRIS AREA TOGETHER**  
AN AFFILIATE OF THE INDUSTRIAL AREAS FOUNDATION

JOIN US MARCH 15TH, 7:30-8:45PM

**HELP US PREPARE  
FOR ACTION**

Pastor Luana has been working with a group of clergy and non-profit leaders from the Morris area to form a new action group. They are now looking for church members who share the same passion for building up community programs and increase collaborative efforts. Want to become more involved in growing community in Morristown and the surrounding area? On Monday, March 15th at 7:30pm, join leaders from across Morris County as we prepare to launch Morris Area Together. We'll hear updates and proposals from teams working on issues like housing, mental health & substance use, and criminal justice. And then we will turn to preparing for a broad, public launch in the late spring. Please consider joining us. We're hoping to have a team of 4-10 people from our congregation attend. Learn more and register at <http://www.njtogether.org/morris2021>



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