



THE SPIRE

FROM PASTOR LUANA

Dear Church Family,

When I was a child my mother always made Easter Baskets for me and my siblings. We would wake up to beautiful wicker baskets that were wrapped in colorful cellophane. The basket would include chocolate candy and jellybeans, and one special gift. I remember the baskets with such joy! They were so beautiful, and it was always so exciting to find them on Easter morning, knowing it was our mother who put them out while we slept.

I have tried to recreate that childhood tradition with my own child. Instead of cellophane I use bright colored tulle or organza to wrap the basket in, and I ordered purple canning jars to put different colored candies in. And, like my mother, I always make sure to provide one special gift. I try to make it special, and it has indeed become a family tradition.

But I have found myself asking an important question: *what does any of this have to do with Jesus' triumph over death?*

I realized that for me, there are two completely different

Easters. There is the pretty-pastel-gift-basket-Easter with bunnies and hidden eggs, a whopping 2.5 billion in candy sales, and an ironic tradition of eating lamb. Then, there is another Easter. And Easter of new life, of triumph over death, of resurrection and of redemption. And these two *Easters* have very little to do with each other, other than esoteric and obscure connections.

The first Easter morning was at a cemetery, and the surprise was an empty tomb. The bright colors were found in the rising sun. The wrappings were simple bands of cloth that no longer held a body. And the special gift? Christ's triumph over death. And today Easter arrives whether there is candy or not, whether in modest gatherings or with brass and 1000 lilies. Christ rises from death and bids us welcome, again.

Due to the Pandemic, for the second year we will not meet in our sanctuary for Easter. But, we will gather in person, outside, rain or shine. It might not be how you have traditionally celebrated Easter, but ironically, very similar to the experiences of those first disciples long ago. In this edition of the Spire you will find detailed information on our plans for Holy Week and Easter morning. I do so hope that we all embrace this opportunity to experience Easter in a new way, through which I have no doubt God can work miracles.

Blessings,

Pastor Luana



Staying Safe During Covid: Getting Enough Restful Sleep

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



Welcome to Daylight Savings Time! By mid-March, the sun was rising by 6AM and setting at 6PM. With the change to Daylight Savings Time, we put our clocks forward an hour, meaning, the sun will now rise at 7AM not 6AM and set at 7PM not 6PM. How does this affect our ability to get enough sleep at night?

Whatever your usual bedtime is, it is now an hour later. When you try to go to bed at your usual time, your body will not be ready to go to sleep for at least an hour! It helps if you gradually try to help your body adjust to the new schedule by going to bed at the later hour, then go to bed 10-15 minutes earlier each night until your body clock has made its adjustment to the new times. It will take nearly a week to adjust to this new time!

In the meantime, be gentle and kind, as your body makes these adjustments slowly. We sleep best if we keep

regular bedtimes and the same wake up times every day.

For many of us, as we get older, we are awakened to go to the bathroom several times each night. It is often difficult to get back to sleep after some of these awakenings. Jack and I find that melatonin helps us sleep. This is the body's natural way to get us to sleep. If you get some bright sunshine early in the morning with a brisk walk, it will help to reset your body's internal awake-sleep cycle so that you are ready to go to bed 12 hours later.

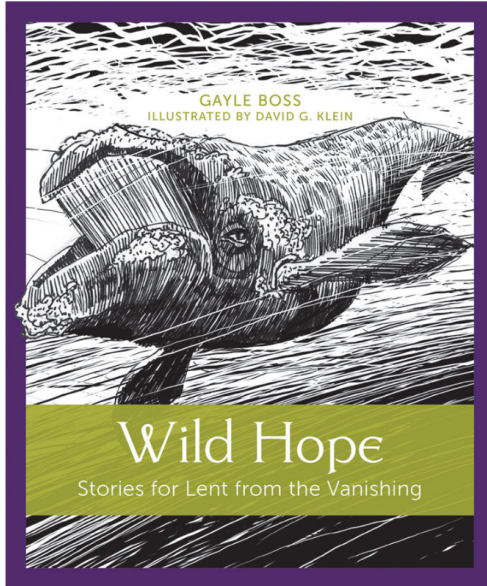
Many factors affect sleep. Caffeine and medications with stimulants will keep you awake at night. Caffeine is in coffee, tea, sodas, and chocolate. If you have trouble sleeping, avoid caffeine. Stress will also keep us awake. Try to find ways to relax in the evening, at least 1-2 hours prior to bedtime. Reading helps some people relax though a very exciting novel can keep me reading well past my usual bedtime! Others like to listen to relaxing music prior to bedtime.

Exercise during the day helps us sleep but it is not a good idea prior to bedtime. The sleep environment needs to be dark and quiet. Exposure to artificial light from TV, cell phones, or computers will keep you awake, especially when it is dark outside and time to get ready for bed.

What we eat and drink - and when! affects our sleep. Digestions occurs for 3-4 hours after eating. It is best to eat dinner at least 3 hours prior to bedtime to allow digestion to occur. Otherwise, indigestion is possible and likely. Protein helps to promote sleep so a glass of milk and cookies prior to bedtime will help promote sleep. We need at least 8 glasses of water daily to maintain circulatory function. When you are dehydrated, you will feel tired, listless, and not have the energy to do things. If you have problems getting up at night to go to the bathroom, try getting all your fluid intake in before 6PM so that your body has time to absorb and excrete any excess fluid before bedtime.

One common technique to get us to sleep is to count sheep. I would suggest counting your blessings and saying your prayers before bedtime. We can place ourselves in God's arms before we go to sleep which calms our nerves and quiets our minds. Sweet Dreams!

NEW INTERGENERATIONAL STUDY BEGINS SUNDAY, APRIL 11 AT 9 AM



Youth and adults are invited to participate in this 6 week study on the lessons we can learn from the tragedy of losing more species than any other time in history due to human population growth and climate change.

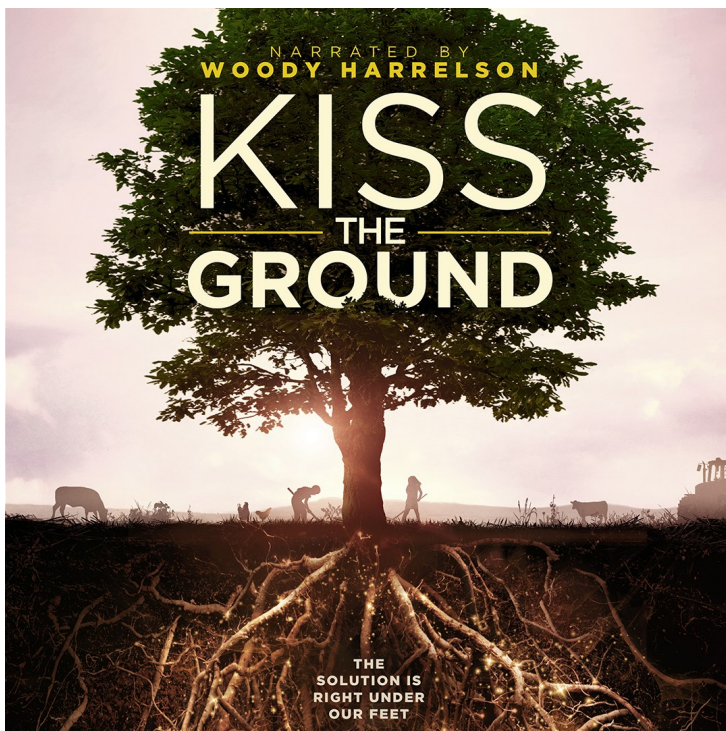
Based on Gayle Boss' book the study and discussion will focus on the spiritual basis of God's creation and the call of God to be better stewards of creation. The study is profoundly moving and at the same time practical. Facilitated by Mary Ann Scharf.

Program starts at 9 am on Sunday, April 11th on Zoom.

<https://us02web.zoom.us/j/8037019139>

Meeting ID: 803 701 9139

MUMC MOVIE NIGHT SATURDAY MARCH 20 AT 7PM



You are invited to watch the critically acclaimed documentary, *Kiss the Ground*, and then join a lively and informative discussion on **Saturday, March 20th at 7:00 pm**. Narrated by 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 20th and then join the discussion! We'll meet on Zoom here:

<https://us02web.zoom.us/j/8037019139>

LOOKING FOR A FUN NIGHT “OUT” FROM YOUR COUCH?

Roxbury High School recently performed “Godspell” for their Spring Musical.

They will be streaming the event on March 26 (7pm), March 27 (7pm), and March 28 (2pm).

This cast learned and rehearsed this show VIRTUALLY and put it together into an amazing live performance. Given the year that we have had this is a show to watch.

Tickets for the live stream can be purchased at:

<https://www.showtix4u.com/events/19714>



PLEASE PICK UP YOUR OFFERING ENVELOPES



Over the next 2 weeks please stop by the church and pick up your 2021 church offering envelopes. You will find them in the hallway as you enter the church from the parking lot. If you don't see your envelopes please let Regina know so we can get a box to you.

Thank you for your continuing generous support for our church's mission.



**VIRTUAL CHOIR
FOR EASTER**

UMH# 302
CHRIST THE LORD
IS RISEN TODAY

Easy Virtual Choir Link & Music in the Spire Email

CONNECTING IN
WORSHIP & FELLOWSHIP

ONLINE WORSHIP & ZOOM COFFEE HOUR

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**. 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 Adult Sunday School on Zoom
- ⇒ Pre-recorded worship
- ⇒ Link to Zoom Coffee Hour



HOLY WEEK & EASTER

PALM SUNDAY | SUNDAY, MARCH 27

Pre-recorded worship featuring our Virtual Choir,
Adult Sunday School, Coffee Hour

MAUNDY THURSDAY | THURSDAY, APRIL 1

5:30pm Zoom Gathering

GOOD FRIDAY | FRIDAY, APRIL 2

Livestream of *Via Crucis del Migrante* from the
Sanctuary (recording also available on the website)

EASTER SUNDAY | SUNDAY, APRIL 4

In-person worship in the back parking lot:

7:00 AM *Sunrise Service*

10:15 AM *Easter Service*

Sanctuary open for prayer 8am-2pm

Full pre-recorded Easter service online

MAUNDY THURSDAY

Join us around the virtual supper table for Maundy Thursday. Starting at 5:30 on Zoom, we will eat and enjoy each other's company and fellowship. At 6:30 we will have a short Communion service. You are welcome for some or all, whatever your schedule allows. Zoom link will be sent by email on Maundy Thursday.

GOOD FRIDAY

Good Friday is often the most difficult service of the year, when we dwell on the physical suffering of Jesus. Our service will also create space to dwell on the suffering of migrants from Central America. In the format of a *Via Crucis* or *Stations of the Cross* service, it will be a time of meditation and reflection, with hymns, string quartet, and silence. Please join us for this darkest service, which will only make Easter morning all the brighter and clearer.

EASTER SUNDAY

Join us on Easter morning to celebrate the resurrection of Jesus Christ and the forgiveness of sins! Using the Memorial Garden in the back parking lot as a chancel area, we will gather in-person to celebrate on Easter morning for an early sunrise service and again at our usual time of 10:15. Masks and social distancing are mandatory. You can bring fold out chairs, stand, or sit in your vehicles for these 45 minute communion services. Watch for details to follow about Easter lilies, an inclement weather plan, and how to get your Easter goodie bag which will include a sweet treat from Cupcakes by Crista!

The Sanctuary will be open for prayer from 8AM-2PM.

Full pre-recorded Easter service online

PRAY WITHOUT CEASING...

PRAYERS OF JOY & CONCERN

- For **Kevin & Ruth P.** as they prepare to move back to England.
- For **Kristi M.** who is recovering from shoulder surgery.
- For **Sally**, Teresa M.'s sister-in-law who will be undergoing surgery after receiving a cancer diagnosis.
- For **Bishop John Schol** who has taken emergency leave.
- For **Brenda H.** on her thru-hike of the Appalachian Trail.
- For **Nancy W.** who is recovering from lung surgery.
- For the students of DeSales University after a fatal car crash involving students.
- For all who are sick with and recovering from the COVID-19 virus.
- 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.
- For **Jack** who continues to have diagnostic testing.
- For **Lou C.** for kidney health
- For **Kevin** as he continues to recover from his latest spinal procedure
- For **Les and Arden** as Les fights an infection in his leg.
- 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 lcookscott@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



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