

Central United Methodist Church



Lectionary readings for Transfiguration Sunday

March 2, 2025

[Exodus 34:29-35](#) [Psalm 99](#)

[2 Corinthians 3:12-4:2](#) [Luke 9:28-36 \(37-43\)](#)



As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. 30 Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. 31 They spoke about his departure, which he was about to bring to fulfillment at Jerusalem. Luke 9:29-31

Just before this passage, Jesus revealed to his disciples that he would be murdered in Jerusalem. Yet, before his death, on the mountaintop, Jesus' true nature is revealed in dazzling brightness for the three apostles: Peter, James, and John. Peter asks if they can stay there basking in the radiance and splendor.

There is a sense that this mountaintop is the opposite of the Valley we know of from the phrase "Yea, though I walk through the Valley of the Shadow of Death," in the 23rd Psalm.

Neither Valley nor Mountaintop is our permanent address.

Jesus leads us through highs and lows. And while execution at the hands of powerful men awaits Jesus, the disciples catch a brief glimpse of Moses and Elijah, even the voice of God from a cloud. It's as if they are shown this reality so that their faith will remain strong in their upcoming trials and sufferings. They have the wisdom that life is eternal.

Each of them will face oppressors who brandish the threat of violence and death. Having witnessed the Transfiguration of Jesus, they know that this life is not all there is. They can face death threats with the certainty that they will come back into the life God has prepared for us all.

I hope you will take advantage of using the year's Lenten Devotional "Coming Back to Life." A link to the digital copy is available in this newsletter. Also, we will have print copies for you on Sunday. The devotions and activities help us to see new life

returning this spring. And like the disciples remember that death is not the last word on our eternal journey.

Trust Jesus' Blessings!

Pastor Biel

Upcoming Events

Ash Wednesday

March 5, 2025
6:00 PM - 8:00 PM

Palm Sunday

April 13, 2025

10:30 AM Service
"Notes of Rest" led by Julian Davis Reid

Maundy Thursday

April 17, 2025
6:00 PM

Service Good Friday

April 18, 2025
6:00 PM

Service Easter Sunday

April 20, 2025
10:30 AM Service

Coming Back to Life



In spring, after a long winter's nap, an amazing thing happens: the world comes back to life!

This devotional is full of ideas and activities that can help us wake up, too, preparing our hearts, minds, and communities for Easter's great celebration.

Each week, biblical texts and creation's wonders inspire practices you can try yourself, with your family or friends, or with your congregation.

So, grab your favorite Bible and some candles (tealights work nicely!), and over the next 40 days, week by week, we'll look for treasures that can help bring us back to hope, back to love, back to life!

The scriptural passages in this devotional correspond to Year C in the Revised Common Lectionary – but since their themes are universal, this devotional can be used fruitfully during any Lenten season.

Large Print- [Click Here](#)

Booklet - [Click Here](#)

centralchurch@skokiecentralumc.org.com

Bible Study



Join us for Bible Study from **9 am to 9:45 am** - Sunday morning via Zoom.

If you would like to be on the Zoom list for the Bible Study Class, please email the church office by clicking on this link:

centralchurch@skokiecentralumc.org

Worship Service

Join us on **March 2, 2025 - Transfiguration Sunday** - in the Sanctuary for our in-person service. We celebrate the **Lord's communion every Sunday and we invite all to take part regardless of membership.**

The Worship service will also be available on **Zoom at 10:30 am.**

Donate



We appreciate all the financial support that has been received to support the church and missions. You can now give your financial support to Central in many ways.

CASH and CHECKS— Cash and check donations can be placed in the offering box at our church services. Checks can be mailed to the church.

VENMO – Using the VENMO app, pay by credit card. Enter Central Church's Venmo email: centralchurchgiving@gmail.com.

ONE TIME DONATIONS OR SET UP RECURRING DONATIONS BY CREDIT CARD OR BANK TRANSFER USING THESE OPTIONS:

ONLINE GIVING – go

to <https://onrealm.org/skokiecentralumc/give/now> ;

or use the QR Code.

TEXT TO GIVE – Using our secure online giving platform, TEXT to 73256 and send the message GIVECHURCH. A response will appear with a link to our online giving web page.

Altar Flowers



Sunday, March 2, 2025

The altar flowers this Sunday... **Volunteer needed.**

Fellowship

The fellowship this Sunday is provided by Jo and Jas Faber.

The following allergies and dietary restrictions within our congregation are known of: **corn, dairy, gluten, meat and onions.**

Looking Ahead

Readers, Flowers & Fellowship, Oh My!

We are always looking for Volunteers. Please sign up, TODAY!

March 2, 2025

Reader: Barb Smith

Flowers: Volunteer Needed

Fellowship: Jas and Jo Faber

March 9 , 2025

Reader: Tina De Ocampo

Flowers: Volunteer Needed

Fellowship: Tina De Ocampo

March 16 , 2025

Reader: Mary Wadleigh

Flowers: Volunteer Needed

Fellowship: Volunteer Needed

March 23 , 2025

Reader: Pam Castaneda

Flowers: Volunteer Needed

Fellowship: Volunteer Needed

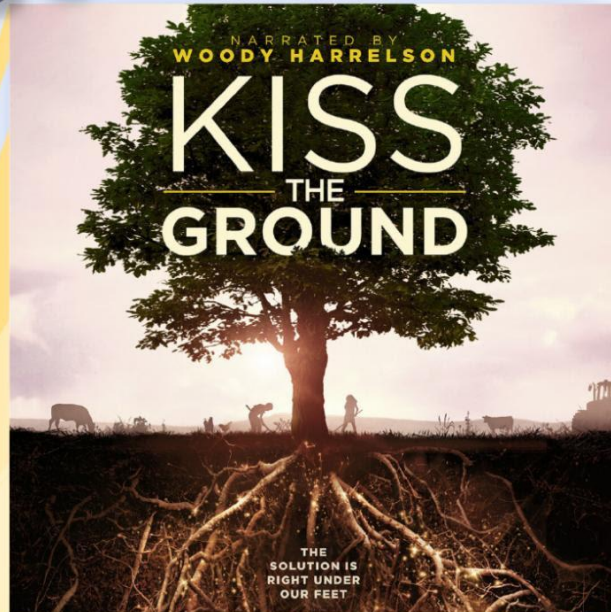
Kiss The Ground

  @mgccpresbyterian

Hosted by Women's Circle
Morton Grove Community Church Presents a
FILM SCREENING of...

Held in the Great Hall of the
LOG CABIN at
8237 Kenton Ave
Skokie, IL 60076

Questions: (847) 965-2982
mgcc@mgccpresbyterian.org
www.mgccpresbyterian.org



Sunday, March 2

11:30am

kissthegroundmovie.com



Refugee Assistance Drive

"You shall love the alien as yourself, for you were aliens in the land of Egypt." Leviticus 19:34

**LOVE YOUR
NEIGHBOR**

Refugee Assistance Drive

Local non-profit RefugeeOne has resettled 500 refugees to our area in just the past six months!

Help us welcome our new neighbors by donating one or several of the following items during each week in Lent:

Sunday, March 9th: baby wipes
Sunday, March 16th: toilet paper
Sunday, March 23rd: liquid laundry detergent
Sunday, March 30th: liquid dish soap
Sunday, April 6th: paper towels
Sunday, April 13th: all-purpose spray cleaner (no bleach)

*Hosted by mgcc's
Mission Team*

Bring the items to worship on Sundays at the Great Hall of the Log Cabin, or if you would like to coordinate a midweek drop-off, please contact Deanna at mgcc@mgccpresbyterian.org. We are sorry, we cannot accept items that are not listed.



Questions?.....

Please call the office at (847) 965-2982 or email mgcc@mgccpresbyterian.org

www.mgccpresbyterian.org

  @mgccpresbyterian

United Women In Faith



United
Women
in Faith

Northern Illinois Conference
Spiritual Growth Retreat
Coordinated by Deaconess Catherine Inserra
with support from the UWFaith NIC Leadership Team
Saturday, March 22, 2025

Sacred Breaths: Contemplating Mortality as an Act of Devotion

First United Methodist Church in Park Ridge
418 West Touhy Avenue
Park Ridge, Illinois 60068



Guest Speaker: Deaconess Martha Lundgren
Saturday, March 22, 2025

Time: 9 AM – 2 PM Doors open at 8:15 AM

The cost per person is \$15 all-inclusive.

A scholarship is available for youth between 14 – 21 years of age.
There is a limit of 120 attendees - Register early! Plan to carpool.
Refreshments and lunch will be included.

Please invite your friends, including young adult women, & youth, for this meaningful and timely experience during Lent. (you do not need to be Methodist)

There will be times of sharing, prayer, contemplation, conversation, movement, stillness, focused breathing, and music. Weather permitting, there is a garden to enjoy.

Martha Lundgren is a United Methodist deaconess who responded to a call to provide faithful care to dying persons. She is a spiritual care volunteer at Aperion Wesley Place and Chicago Methodist Senior Services Hartwell Place where she leads weekly prayer services for residents with dementia and practices the ministry of presence. She also volunteers with "Widows Supporting Widows", a women's health organization serving widows seeking to understand their experience and focus on growth. Martha is pictured here with the plaque at Wesley Place that honors Isabelle Reeve, first licensed deaconess and trained by Lucy Rider Meyer.

(Mural in Tucson, AZ. Photo credit Deaconess Martha Lundgren, June Neumann & web)

To register [click here](#).

Please [click here](#) for more details.

In this Insight Publication are various articles:

Our 2025 Leadership Team

Winter Mission Recap

Unit Survey

Spiritual Growth Retreat

Social Action

Reading Program

District News

Community, a story about a Marine's Gift

Kids Above All

National, a story about the book "Pushout, the Criminalization of Black Girls in School"

Assembly 2026, workshop proposals

Day of Giving

Songs Of Change



MORTON GROVE
COMMUNITY CHURCH

PRESENTS

SONGS OF CHANGE

LIVE AT THE LOG CABIN

ADAM GOTTLIEB
&

GRACE

April 6
12:30-1:30PM

8237 KENTON AVE
SKOKIE, IL 60076

Don't forget! We're doing a drive for
the refugees each week of Lent -
BRING YOUR PAPER TOWELS TO DONATE!



QUESTIONS?

CALL THE OFFICE AT (847) 965-2982
EMAIL MGCC@MGCCPRESBYTERIAN.ORG
WWW.MGCCPRESBYTERIAN.ORG
f i @mgccpresbyterian



PRESBYTERIAN CHURCH
(USA)

Tai-Chi Classes



Weekly on Tuesday

Log Cabin- 9 AM

Interested in learning Tai-Chi? Join our free class in the **Log Cabin, Tuesday mornings, 9:00 to 10:00 a.m.** Classes are taught by certified instructors, Jas and Jo Faber. This slow, meditative exercise is designed to improve energy, relaxation, balance and overall health.

If you're interested, please email the church office at: centralchurch@skokiecentralumc.org

Tuesday Morning Meditation



Weekly on Tuesday

Log Cabin & Online 10:30 AM

Join us as we gather to practice Lectio divina on the weekly lectionary readings.

Lectio divina is a contemplative practice with its Christian roots in the Benedictine tradition. It combines slow, conscious reading of a biblical or sacred text with contemplation and silent prayer. It is meant to promote communication with God and a deeper knowledge of Christ, in our lives today.

During Lectio Divina we put aside thoughts of studying the text. This is not the time to consider the historical or theological meanings of what we are reading. We read with a willingness to enter into text in

a felt sense. The purpose of this practice is to hear, in silence, the word of God, in this moment. What, through this reading, is God saying to me right now? What do I hear that helps me know what it means to walk the Christ path today?

Lectio Divina has traditionally been a communal practice; that is, one shared when in a group but it can be done when alone.

Mini Food Pantry

Thank you to everyone who brings food for our Mini Food Pantry. The Pantry needs filling every day. Please bring something on Sunday - even a couple of cans would be gratefully accepted.

Please do not bring any containers - empty jars, etc.

Below is a list of suggested items - because the Mini Food Pantry is outside, it's important to only contribute non-perishable items, such as:



- [Canned goods](#) with ring-pulls
- Hygiene products: toothpaste/toothbrush, deodorant, soap, menstrual products, etc.
- Tuna and crackers
- Spices; salt and pepper
- Cooking oil
- Sugar
- Tea and coffee
- Peanut Butter
- Kids' snacks
- Dish Soap
- Stove-top Stuffing
- Non-perishable foods
- Bottled water

Thank you for your support in helping others less fortunate.

If you have questions or suggestions, please email the church office at centralchurch@skokiecentralumc.org

Mindful Self-Compassion Workbook

8 weeks Zoom Online Study

Wednesday - 7 PM - 8:30 PM

Starting March 12 - April 30

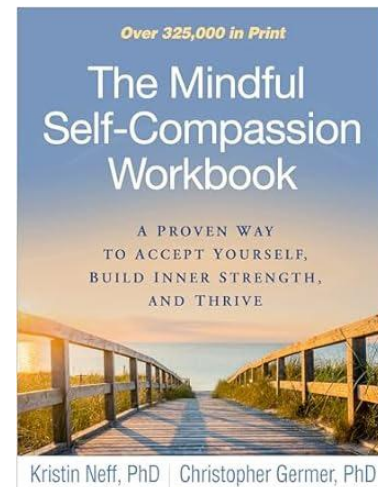
Are you kinder to others than you are to yourself? More than a thousand research studies show the benefits of being a supportive friend to yourself, especially in times of need.

This science-based workbook offers a step-by-step approach to breaking free of harsh self-judgments and impossible standards in order to cultivate emotional well-being. In a convenient large-size format, the book is based on the authors' groundbreaking eight-week Mindful Self-Compassion (MSC) program, which has helped tens of thousands of people worldwide. It is packed with guided meditations (with audio downloads); informal practices to do anytime, anywhere; exercises; and vivid stories of people using the techniques to address relationship stress, weight and body image issues, health concerns, anxiety, and other common problems. The seeds of self-compassion already lie within you--learn how you can uncover this powerful inner resource and transform your life.

Resources:

[Mindful Self-Compassion Workbook](#)

[Self-compassion-exercises](#)



If you have questions or suggestions, please email the church office at centralchurch@skokiecentralumc.org

Center for Action and Contemplation



Discover contemplative wisdom and practices that are easy to understand and apply to your everyday life.

Contemplation is the practice of being fully present—in heart, mind, and body—to what is in a way that deepens awareness, encourages oneness, and strengthens compassion. A committed daily contemplative practice doesn't have to be long or complex—it simply needs to allow deep listening to open your heart to love.

Discover ways to embody the contemplative life with this collection of practices that help us align actions and values, re-engage with our True Self, and show up in service to the world.

[Click here](#) to learn more.

Spiritual Gifts



Every child of God is filled with [the power of the Holy Spirit](#), specially gifted to play a unique and valued role in the body of Christ.

No one is without gift or purpose.

Spiritual gifts are not our talents or skills. They are the grace of God at work within us, empowering us to match our deep passions with the world's deep need. The gifts are given to individuals, but they are given to build and strengthen community and to meet the needs of those around us.

Begin the journey. Discover your gifts. Talk about your gifts with others. Strive together to understand your gifts and how you can use them to serve God, neighbor, and world. You have been gifted. You have been given a purpose.

[Click here](#) to take Spiritual Gift Assessment.

[Click here](#) to learn more.

Prayer of the Week

A Prayer to America

by *Cliff Garvey*

All good and gracious God,
you are the creator of heaven and earth,
head of the universe, and parent of all human hearts.

Help us understand,
once and for all, that all of our liberties,
all of our rights, and all of our riches belong to you.

They are only entrusted to us:
to be used well and to help us do what is right.

Help us understand,
once and for all, that all of our hopes,
all of our dreams, and all of our passions belong to you.

They are only entrusted to us:
to be lived well and tempered
by your gifts of reason and conscience.

Help us understand,
now and always, that we are only free,
we are only great, and we are only exceptional,

when we do what we are called to do,
not just what we want to do.

Help us understand,
now and always, that we are one people,
children of the same God, brothers and sisters,
neighbors and friends, beckoned to serve not ourselves,
but your good, the only good,
the common good.

Glory to the Father,
to the Son, and to the Holy Spirit;
as it was in the beginning,
is now, and will be forever.

Amen

[Central United Methodist Church](#)

Rev. Timothy Biel Jr., Pastor

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Skokie, Illinois 60076

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(847) 673-1311

[Send Us An
Email](#)



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