

FIRST MERIDIAN HEIGHTS PRESBYTERIAN CHURCH



FROM PASTOR BOB

The whole month of March is part of the season of Lent. March is also when a lot of folks go on spring break. Most people do not go to the desert for spring break—the beach maybe—but not the desert. Lent is a time when we follow Jesus into the desert as he discovers his ministry and relationship with God. Lent is also a time when we follow Jesus as he makes his way to Jerusalem, the Cross, and Resurrection. Lent invites us to travel a many-faceted spiritual journey of Christian discipleship. It is a journey from our false self to our true self, a journey from our solitary self to living with others, and a journey of our soul to God.

Two practices available to explore as you travel the Lenten journey this year are the Labyrinth and Praying in Color. The Labyrinth is a walking prayer and Praying in Color is an active, meditative, playful prayer practice.

The labyrinth is an ancient human symbol known to go back at least 3500 years. A labyrinth is not a maze; it is a path. It is a walking meditative journey. The labyrinth is a model or metaphor for life. The Christian life is often described as a pilgrimage. We travel life's journey with God promising to be with us, even though we rarely foresee the twists and turns we will encounter each day. The labyrinth replicates our spiritual journey. We enter and follow a path, not knowing where it will take us, but we know we will eventually arrive at the center. At the center we rest, pray, and listen. The journey is an inward-outward movement. We journey into the presence of God and journey out into the world.

When you walk the labyrinth, you choose your attitude. It can be serious, prayerful, or playful. You may want to ask God a question upon entering and then listen for God's answer. You may want to pray prayers of petition for yourself or others. You may want to simply experience God's love in the center. You may ask God what God wants to tell you. You may recite a

familiar prayer or song or reflect on a passage of scripture. You may walk the labyrinth to seek guidance about the future ministry of FMHPC.

Praying in color is an active, kinesthetic, meditative, playful prayer practice. If you cannot sit still long enough to get past the "Hello God" step; if your prayers feel more like a list to Santa Claus than a love letter to God; if you fumble for the right words to say and feel unable to pray; if your prayers feel too puny or self-centered or phony or somehow inadequate; if you promise to pray for others and then forget who they are; if you start praying and then realize you are thinking about paying the bills; if praying for others feels like checking off a "to-do" list; if you are sure everyone you know is better at praying than you are, then you need to try Praying in Color.

(continued on page 3)



A New Opportunity to Experience a Lenten Discipline

There are two more dates to explore new forms of prayer at FMH: March 7, 21, and 28, from 5 to 7 p.m. in the Community Room.

This Lent, think about what you might add to your life. What will help you be a better disciple? Adding to your prayer life on Wednesdays during Lent by walking the Labyrinth and praying in color is a great way to begin. The Labyrinth is one of the oldest contemplative and transformational tools known. It has been used for centuries as a form of prayer and spiritual growth. The Labyrinth is a model or metaphor for life. The Christian life is often described as a pilgrimage or journey. The labyrinth replicates our spiritual journey. We enter and follow a path, not knowing where it will take us, but knowing we will eventually arrive at the center. At the center we stop, rest, pray, and spend time in God’s presence. Then we journey back out along the path into the world. The labyrinth is a walking prayer.



Ecopalms for Palm Sunday

First Meridian Heights purchases Fair Trade palms from Ecopalms, which harvests them in the central Petén of Guatemala. Here’s why purchasing Fair Trade palms is a good thing:

- Gatherers receive a higher price for their Fair Trade palms, improving their income.
- Palms are sustainably harvested and managed, protecting the palms and the forests that provide them with needed shade.
- At least half of the farmers in the central Petén of Guatemala earn additional income from harvesting fronds, and more than a quarter of household heads support themselves exclusively by collecting fronds.

Mark your calendars! Breakfast will be served after worship on Easter Sunday in the Community Room.



Easter Lily Orders

The church office is currently taking orders for Easter lilies. Each plant is \$10. Plants will grace the alter on Easter Sunday, and you can take your plant(s) home after service. Plants left will be donated to shut-ins.

Please email the church office (fmhpc@live.com) with the number of lilies you would like and the dedication you want to appear on the back of the Easter Sunday bulletin, or add the information to the sheet on the small table outside the Sanctuary.

Payment for lilies can made by check (payable to FMHPC) or by cash. Please add your payment to the Sunday offering plate or drop it off to the office no later than March 18. Please clearly note on the check or on the envelope that it’s for Easter lilies.



March 11

March 17

St. Patrick's Day

March 20

Spring Begins

March 25

Palm Sunday

March 30

Good Friday

("From Pastor Bob," continued from page 1)

You do not have to have even enough artistic ability to draw a stick figure. Praying in color is both a process and a product. The process involves a re-entry into the childlike world of coloring and improvising. The product is a colorful design or drawing that is a visual reminder of the time spent in prayer and what you were praying about.

Try it out on Wednesdays this Lent: March 7, March 21, and March 28, from 5 to 7 p.m. You can come and go as you please. You do not have to arrive at 5 or stay until 7. Take a break this Lent. Relieve some stress. Pray for your family and friends. Pray for the world. Pray for FMHPC. Come and see. Try it out.

Think about it – Pray about it – Live it

Bob

Are you able to help with Sunday offertory collection? Any church member can serve (those church members under 12 can serve with a parent or guardian). Please click [here](#) to sign up, or contact the church office at (317) 283-1305.

Thank you!



Our next Equal Exchange/Fair Trade

order will be placed on March 19. Shopping through our church at Equal Exchange is convenient and makes a HUGE difference in the lives of families around the world.

View the complete product list [here](#) (shop.equalexchange.coop).

Please have your order to Alexis (alexis@fmhpc.org) in the church office no later than Sunday, March 18.

THANK YOU!

Please help a Boy Scout go to summer camp.

The Boy Scouts will be selling camp cards to help pay for summer camp fees. The discount cards only cost \$10, and each card has 18 discounts on it. The camp card sale will run from March 1 thru April 10. If you are interested in purchasing a camp card, please contact Ivan or Sandra Holder at (317) 217-0226.



Prepared. For Life.®

PWO World Day of Prayer

Please join us for World Day of Prayer at the Salvation Army on March 2, where the country and women of Suriname will be celebrated. Presented by Church Women United, the event begins at 10 a.m. Contact (317) 937-7008 or see the flyer below for additional details.

World Day of Prayer
March 2, 2018
10:00 am

Presented by Church Women United
 You are cordially invited to attend the annual World Day of Prayer Program to be held at:

The Salvation Army
4400 N. High School Road
Indianapolis, IN 46254

Celebrating the country and women of Suriname.
"God saw everything...and indeed, it was very good." Genesis 1:31

For more information, please contact Major Collette Webster – 317.937.7008.
 South American style refreshments following the service.

Thank You!

The women of the Presbyterian Women Organization thank our church friends who supported our SWEETHEART BAKE SALE. We appreciated the folks who made the goodies and everyone who purchased. Because of you, we can continue our pledges for sharing our funds to local and national outreach programs. We may be smaller from years past, but we are still MIGHTY! A special THANK YOU to Karen Licht and Janet Clark for going that extra mile. Friends, with your help we raised \$405! AWESOME!!

PWO luncheon

PWO's monthly luncheon is March 8, from 11 a.m. to 1 p.m. (with lunch at noon). We'll be sewing puppy pillows. Please RSVP to Carol Rader (crwestfield@comcast.net) if you will be attending.

Northwood Food Pantry Needs for March and April: canned pasta with meat (e.g. spaghetti O's, mini-raviolis) • bath soap (bars)

(For a list of all food pantry needs, visit fmhpc.org/serve.)

Our food pantry also needs volunteers! First Meridian Heights serves the Northwood Food Pantry on the second, fourth, and fifth (if there is one) Saturday of each month. Please click [here](#) to sign up for a shift, or contact the church office at (317) 283-1305. (And serving the food pantry is a great way for teenagers to get in their service hours!)

We thank you in advance for your time!

FMHPC on Social Media

Have you checked us out on social media lately? You'll find upcoming events, photos, thoughts from Pastor Bob, and more. Follow us on Facebook, Instagram, and Twitter to keep up to date on the vibrant life of our church. If you'd like to post content to FMHPC social media, please submit it to Muuka Muyumba at badlands75@gmail.com.



fmhpc.org



facebook.com/fmhpc



[@fmhpc](https://twitter.com/fmhpc)



instagram.com/fmhpcchurch
 (FirstMeridianHeightsPC)

Our church is officially launching Messy Church on Wednesday, March 14, at 5:30 p.m. You've probably heard mention of Messy Church, and you may have been part of our pilot version of Messy Church in December at our Gingerbread Houses & More event. However, you may still be wondering, "What is Messy Church?"



[Messy Church](#) is an international organization that started in the UK. It is no cost, no guilt, no cleanup—with lots of activities, food, fun, and most importantly, Christ's love. We'll host our Messy Church on the second Wednesday of each month in the Community Room, from 5:30 to 7 p.m.

Please spread the word about Messy Church. It's perfect for people of all ages and life stages.

If you know people who attended church as a child but haven't found a way to reconnect with their Christian faith as an adult, then Messy Church is right for them.

If you have friends or neighbors who are busy with kid's activities on the weekends, and Sunday mornings aren't an option to attend church, then invite them to Messy Church.

If your children are grown and have left the house, and you're looking for a way to connect with your local community or share your faith, then Messy Church is right for you!

Come celebrate with us on March 14 to experience what Messy Church is all about! If you have questions or would like to assist with the events, please contact Ginger Lippert at (317) 439-6868 or Ginger6111@yahoo.com. We look forward to getting messy with you at First Meridian Heights!



**Lifetouch will be at our church from
1 to 8 p.m. on the following dates:**

Tuesday, May 15 & Wednesday, May 16
Tuesday, June 12 & Wednesday, June 13



Lifetouch will take free photos for our new directory, while individual and family photos can be purchased. There is no obligation to buy. Look for ways that you can help these events run smoothly and how to sign up for a photo session in upcoming communications.

FROM SESSION

Session highlights from February 19 stated meeting:

- The elders voted to hold a special session meeting on Sunday, March 4, at 11:15 a.m. (Library) to further discuss the exterior restoration proposal submitted by the Buildings and Grounds Committee.
- On March 11, we will gather in the Community Room at 10 a.m. to worship, hear our future story, and have discussion and a meal together. The future story is a culminating element of the mission study undertaken by the church last year and was required by the committee on ministry prior to forming a pastor nominating committee (PNC).
- Our congregation has been approved by the presbytery to form a PNC to call our next installed head-of-staff pastor. Nominations for individuals wishing to serve on the PNC will be accepted through March 18 and can be submitted to anyone on the nominating committee: Mark Zwoyer, Leslie Crist, Katie England, Rebecca Zirnheld, Katie Marlowe, and Zhonda Shaw. Please prayerfully consider who could serve our congregation in this role.
- A very short congregational meeting will be held in the Sanctuary after worship on Sunday, March 25. The meeting is called for the purpose of electing the Pastoral Nominating Committee and receiving the 2018 budget.

Spiritual Formation and Christian Education Committee news:

- Members of the committee met for a second time on February 4 to discuss possible changes to Sunday school age divisions, involvement of members of the congregation in teaching, and an upcoming transition to the Seasons of the Spirit curriculum.
- Kay Holland will lead a Youth Protection Training on Sunday, March 18, after worship for all volunteers and staff who will serve as Sunday school teachers moving forward. A light lunch will be provided during this important, interactive training.
- Rev. McAulay is reaching out to potential confirmation participants and mentors. Please direct questions to him as we support our youth in learning more about our church, their faith, and our congregation.

BTNA FAITH COMMUNITY PRESENTS: 2018 MEAL AND SPEAKER SERIES

During the first half of 2018, the congregations of Butler Tarkington will be hosting free meals and speakers. The goal is to build community, create new relationships, and have meaningful conversations around race and reconciliation.

Every Sunday, our program will begin with a meal at 5 p.m. provided by the host congregation, with our speaker presentation and discussion beginning around 5:45 p.m. To inquire further or register for the series, please contact Matt Landry, mlandry@meridianstreet.org.

Sunday, February 25, Meridian Street United Methodist, 5500 N. Meridian St
Dr. Frank Thomas, Christian Theological Seminary; Black History Month
Author of *American Dream 2.0: A Christian Way Out of the Great Recession* and *How to Preach a Dangerous Sermon*

Sunday, March 25, North United Methodist, 3808 N. Meridian Street
Rev. Charles Harrison, Barnes United Methodist Church; Ten Point Coalition

Sunday, April 29, Fairview Presbyterian Church, 4609 N. Capitol Avenue
Dr. Leah Gunning Francis, Christian Theological Seminary
Author of *Ferguson and Faith* (books will be available for purchase)

Sunday, May 20, St. Paul's Episcopal Church, 6050 N. Meridian Street
Speaker TBA

Sunday, June 17, St. Thomas Aquinas Catholic Church, 4625 N. Kenwood Avenue
Clergy Panel Discussion - Fr. Michael Hoyt, St Thomas Aquinas Catholic Church;
Rev. Steve Conger, Meridian Street United Methodist; Rev. Ronnie Bell, North United
Methodist Church; Rev. Matt Landry, Meridian Street United Methodist Church



An Evening for Autism

As part of our mission to *serve, love and grow in the ever-widening circles of Christ's grace*, our church is supporting Independence Academy by having a table at the school's An Evening for Autism event on April 27, 2018. We will have ten spots at our table. If you would like to attend and represent First Meridian Heights at this event and form a deeper relationship with the Independence Academy community with whom we share our building, we would ask you to pay \$50 towards the purchase of your ticket. The church will pay the remaining portion of your ticket cost. If you are interested in one of our ten spots at the \$50 price, please email Ginger Lippert at Ginger6111@yahoo.com.

If you or a company you know would be interested in sponsoring a table or supporting the organization in another way, please share the information below.

An Evening for Autism

wedoauctions.net/independenceacademy/item/736407

To purchase tickets or buy a table, click **PURCHASE TICKETS**

To sponsor, click **SPONSOR THE EVENT**

To donate, click **DONATE NOW**

We appreciate your help in supporting this great organization!

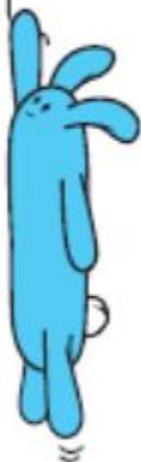


The 27th annual

parkview
cooperative preschool | est. 1965



Bunny hop



on Saturday
March 10, 2018
10am-2pm

First Meridian Heights
Presbyterian Church
4701 Central Avenue
Indianapolis, IN 46205

**FREE
ADMISSION
FOR KIDS!**

Adult admission \$2
Tickets 50¢ each

Don't miss the
silent auction!



- Items from local artisans
- local restaurant gift cards
- photography sessions
- fun experiences

AND MUCH MORE!



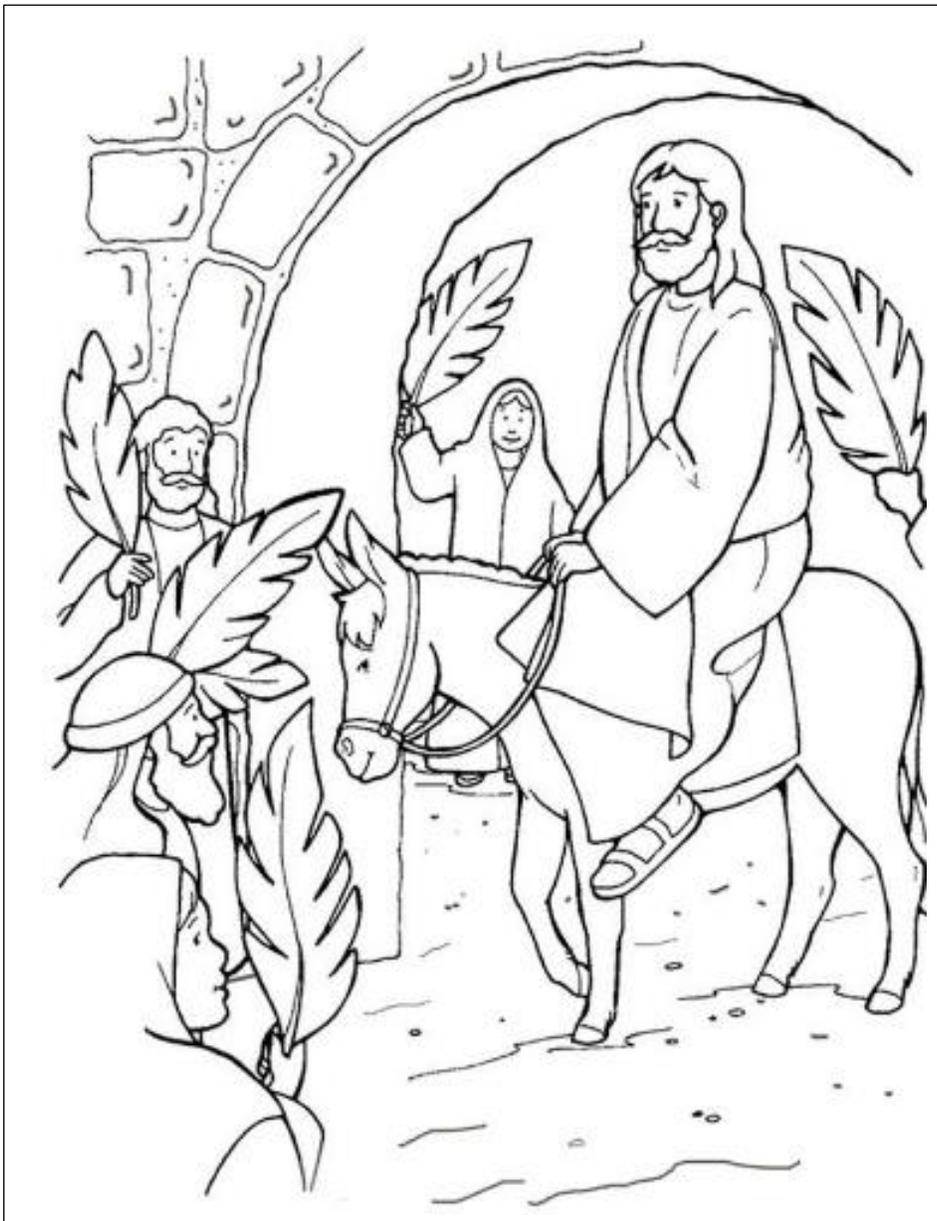
games
food
bunnies
bounce house
silent auction



ParkviewCooperativePreschool.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 •PWO World Day of Prayer, 10am, Salvation Army, Indianapolis	3
4 •Coffee & Conversation on Scripture, 9am, Comm. Rm. •Communion Worship Service, 10am •Youth Group Mtg, 11am to 11:45, Parlor •Special Session Mtg, 11:15am, Parlor	5 •Trish out of office •Mission Outreach Team Mtg, 6:30pm, Parlor	6 •Trish out of office	7 •Trish out of office •Explore new forms of prayer, 5 to 7pm, Comm. Rm. •Women of Grace, 7 to 8:30pm, Parlor	8 •PWO Luncheon 11am to 1pm, Community Rm.	9	10 •Food Pantry, 8:45am •Parkview Bunny Hop, 8am to 4pm, Comm. Rm. •Boy Scouts Troop Mtg, 10am to noon, Wicker Rm. ☺ SET CLOCKS AHEAD ONE HOUR BEFORE BED
11 • DAYLIGHT SAVING TIME BEGINS •Coffee & Conversation on Scripture, 9am, Comm. Rm. •Worship Service/Future Story/Meal, 10am, Comm. Rm. •Deacons Mtg, 11am, Parlor •Youth Group Mtg, 11am to 11:45, Youth Rm.	12 •Communications/Marketing Team Mtg, 5:30pm, Parlor •Buildings & Grounds Mtg, 6:30pm, Library •Finance Mtg., 7pm, Parlor	13	14 •Messy Church, 5:30 to 7pm, Comm. Rm.	15	16	17 • ST. PATRICK'S DAY
18 •Coffee & Conversation on Scripture, 9am, Comm. Rm. •Worship Service, 10am •Youth Group Mtg, 11am to 11:45, Youth Rm •Youth Protection Training after worship, Comm. Rm •Equal Exchange orders due •Easter Lily orders due •Nominations for PNC due to Nominating Committee	19 •Session Mtg, 7 to 9pm, Library	20 • SPRING BEGINS	21 •Explore new forms of prayer, 5 to 7pm, Comm. Rm. •Women of Grace, 7 to 8:30pm, Parlor	22	23 • April newsletter content due to church office	24 •Food Pantry, 8:45am •Boy Scouts Troop Mtg, & Field Trip, 10 to noon, Comm. Rm.
25 • PALM SUNDAY •Coffee & Conversation on Scripture, 9am, Comm. Rm. •Scout Sunday •Worship Service, 10am •Short congregational mtg after worship, Sanctuary •Youth Group Mtg, 11am to 11:45, Youth Rm. •BTNA Meal and Speaker Series, 5pm, North United Methodist	26	27 •Indianapolis Council of Women Board Mtg, 10am to noon, Parlor	28	29	30 • GOOD FRIDAY •Church office closed at noon	31 •Food Pantry, 8:45am



**Housekeeping
Note:**

Trish will be out of the office March 5 through March 7. She'll be enjoying the Cloud Gate, Skydeck, great food, and *Hamilton* in Chicago with her oldest daughter, who'll be home from East Carolina University on spring break.

If you need anything from the office, please call (317) 283-1305, and Alexis or Pastor Bob will get back to you.

First Meridian Heights Presbyterian Church

4701 N. Central Avenue, Indianapolis, IN 46205

fmhpc@live.com ☎ (317) 283-1305 ☎ fmhpc.org

Rev. Bob McAulay (317) 513-5148

Custodian: Ron Elliott (765) 524-3516

Assistant Custodian: Natasha Nix, (317) 960-2619

Music Coordinator: Art Cantrell, theartofmusic@hotmail.com

Business Administrator: Alexis Gonzales, alexis@fmhpc.org

Administrative Assistant: Trish Hawkins, fmhpc@live.com

Our Mission Statement:

To serve, love and grow in the ever-widening circle of Christ's grace.

Submission deadline for April newsletter is Friday, March 23. Please submit content to the church office at fmhpc@live.com.



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