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Pastor Merry Kendall, Lead Pastor

**March 2023**

*From the Pastor's Pen-*

The season of Lent began on Wednesday, February 22<sup>nd</sup> and ends on Saturday, April 8<sup>th</sup>. The season is meant to be a time of repentance, prayer, and fasting for the Body of Christ. The Free Methodist Liturgical Network reminds us that as members of the Church, we are called to repent – not only of personal sins – but for systemic sins of injustice and our participation in them.

At our recent prayer gathering, Debbie Mitchell encouraged us to participate in a fasting challenge. Let me offer some guidance, Biblical examples, options, and reasons for fasting.

Let's first understand the definition of spiritual fasting. During a spiritual fast, we refrain from eating food with a spiritual goal in mind or for a spiritual purpose. Perhaps you want to: turn your attention to prayer; turn from a sinful practice; build your faith; or, be obedient to the expectation of Jesus expressed in Mt. 6:16 – "when you fast."

There are different types of fasts. A normal fast is total abstinence from food (Luke 4:2). An absolute fast is total abstinence from food and drink (Acts 9:9). A partial fast emphasizes a restriction of diet – like only eating fruits and vegetables (Dan. 10:3).

You can choose the length of your fast. These are the most commonly practiced choices in the American Church today:

- One meal during the week.
- One meal per day.
- One full day.

Some tips while you are fasting:

- Set aside time to pray and ask for spiritual insight.
- Spend some time quietly waiting for God to speak to you.
- Write down anything you sense the Lord saying to you.
- Confess and repent any sins that come to mind.
- Drink lots of water and/or juice.

Stay committed to the Holy Spirit's power in you to make it through the fast! Don't let Satan (or your stomach) cause you to give up! Know that the Father, Son, and Spirit want you to succeed.

I would love for you to share your fasting experiences with me. Feel free to email me at [pastormerry@parkridgefmc.org](mailto:pastormerry@parkridgefmc.org).

*Pastor Merry*

## WE NEED YOUR TREASURES!



### Giant Sale to benefit Ireland Missions:

Friday, April 21 8 am-5 pm

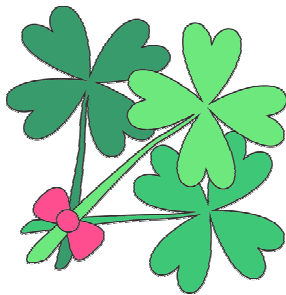
Saturday, April 22 8 am-2 pm

Your donations are needed! Items can be dropped off and placed in the Deats Room downstairs. Please do not place heavy items on the tables, and please do not block the shelving units.

**No electronics , no clothes , no large furniture.**

Help will be needed in the evenings the week of the sale for set up. On Sunday (April 16) help will be needed, after church, to set up tables. On Saturday the 22 help will be needed for clean up at 2:00.

Contact Michelle Kettinger with questions



### Hospitality



A special thanks to Pam and Cynthia for joining the Hospitality team and making our time on Sunday mornings just a little bit sweeter. It's the helping hands, like that of these two ladies, that make being part of this ministry so rewarding. Make sure you stop into the Cafe before or after the service every Sunday to chat with friends and have a variety of tasty treats!

*Dylan Soule,  
Hospitality Coordinator*

## Happenings in the Life of Our Church

### ***Ladies Ministry***

Once again the ladies enjoyed a great time of fellowship!! Snowmen and Snow ladies were crafted at the February event. Our group is growing as well as our friendships. And there's always room for more!! Stay tuned for an announcement regarding our March pot luck event!!

***Joyce Jarvis & Pam Rende,  
Coordinators***



The Men's Ministry would like to have a men's event this Spring which allows us to have a fun, recreational time of fellowship together. Please email or text Mark Alessi ([markalessi2@yahoo.com](mailto:markalessi2@yahoo.com), 585-365-3388) with ideas you might have for an enjoyable afternoon or evening. Thank you.

***Mark Alessi, Coordinator***



A great time was had by the teens and leaders at the Powerhouse retreat.

The retreat was held February 17-19 at Houghton University.