

# METRO UMC MESSENGER



## ABOUT US

### VISION STATEMENT

*Transforming the World  
through Jesus Christ*

### MISSION STATEMENT

*Passionate Christians Making  
Disciples of Jesus Christ*

**NOVEMBER 20, 2024**



# MESSAGE FROM THE PASTOR

Dear Beloved Congregation and Members of Our Community,

As we approach the season of Thanksgiving, I am filled with a profound sense of gratitude and joy. This time of year offers us a precious opportunity to reflect on the countless blessings we have received and to express our heartfelt thanks to God and to one another.

The Bible is rich with passages that remind us of the importance of gratitude. One such verse is 1 Thessalonians 5:18, which encourages us to "give thanks in all circumstances; for this is God's will for you in Christ Jesus." No matter what challenges we face, we are called to maintain a spirit of thankfulness.

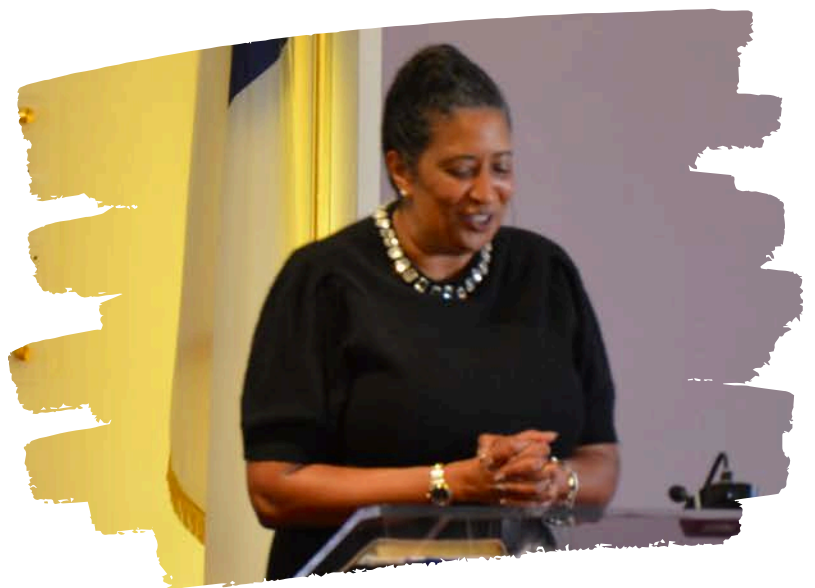
In the spirit of Thanksgiving, let us take a moment to acknowledge the many ways in which God has blessed us. We are grateful for our families, our friends, and this loving community that supports and uplifts us. We are thankful for the food on our tables, the roof over our heads, and the freedoms we enjoy.

As we gather with loved ones to celebrate Thanksgiving, let us also remember those who may be struggling during this time. Let us extend our hands and hearts in service and compassion, embodying the love of Christ in our actions.

Psalms 107:1 reminds us, "Give thanks to the Lord, for He is good; His love endures forever." May this enduring love be the foundation of our gratitude and our actions.

With a grateful heart,

*Pastor Faye*





# EMBRACING THANKSGIVING: A SEASON OF GRATITUDE

As the leaves turn and the air grows crisp, we are reminded that Thanksgiving is upon us—a time to gather with family and friends, to share a meal, and to express our gratitude for the blessings in our lives. Thanksgiving is more than just a holiday; it is an opportunity to cultivate a spirit of gratitude that can transform our lives and the lives of those around us.

The concept of giving thanks is deeply rooted in Scripture. In Colossians 3:15-17, we are encouraged to "let the peace of Christ rule in your hearts, since as members of one body you were called to peace.

And be thankful. Let the message of Christ dwell among you richly... And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." This passage reminds us that thankfulness is not just a feeling, but a way of life that brings us closer to God and to each other.

Gratitude has the power to shift our focus from what we lack to what we have. It allows us to see the beauty in the ordinary and to recognize the blessings that often go unnoticed. When we practice gratitude, we open our hearts to joy and contentment, even in difficult times.

In Philippians 4:6-7, we are instructed, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." This verse highlights the connection between gratitude and peace. When we approach life with a thankful heart, we find that God's peace can calm our anxieties and bring us a sense of well-being.

As we celebrate Thanksgiving, let us make a conscious effort to count our blessings and to express our gratitude to God and to one another. Let us also remember those who are less fortunate and find ways to share our blessings with them. Volunteering at a local food bank, donating to a charity, or simply reaching out to someone in need can be powerful acts of thanksgiving.

In conclusion, let us heed the words of Psalm 100:4, which invites us to "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name." As we embrace the spirit of Thanksgiving, may our hearts overflow with gratitude, and may our lives be a testament to the goodness and faithfulness of our Lord.

Happy Thanksgiving to all, and may God's blessings be upon you and your loved ones.



# PRAYER REQUESTS

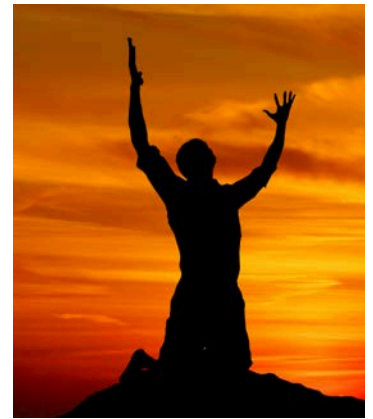
As we come together in faith and fellowship, let us remember the power of collective prayer. The Bible reminds us in James 5:16, "Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective." With hearts full of love and compassion, we lift up the needs of our community, trusting in God's grace and mercy to bring healing, comfort, and strength.

In this spirit, we invite you to join our prayer list, a sacred space where we can lift each other up in times of need, gratitude, and celebration. Whether you are seeking healing, guidance, comfort, or simply wish to offer praise, your intentions are welcome here. Please take a moment to reflect upon the following prayer requests and join us in lifting these concerns to our Heavenly Father.

We would like to pray for:

Aaron Kane  
Vernon Myers  
Vivian Lewis  
Kleston Whitaker  
Thomas and Evelyn Dashiell  
Felicia & Wilbur Greenfield  
The Wood Family  
Greg & Vivian Claytor  
Alease Washington Stringer

Michelle Jordan  
Shannon Stewart  
Debra Newsome  
The Cooper Family  
Nellie Barbour  
Yvonne Hancock  
Laverne and Charles Foster  
Joseph ("Tick") Washington  
The Family of Kyle King



To add your name or prayer requests to the list or to include someone you know who could use our collective prayers, please reach out to us. Let us come together in faith, knowing that where two or three gather in His name, there He is with us (Matthew 18:20). May our prayers be a source of strength and solace, and may they bring us closer to the heart of God.

Prayer requests can be submitted through the church's website [metroumcindianhead.com/Prayer-Request](http://metroumcindianhead.com/Prayer-Request) or by clicking the QR code.



PRAYER



# CHURCH CALENDAR

## NOVEMBER

- 
- **Thursday, November 21** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, November 24** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, November 24** at 11:00 am (*In Person*) - United Women in Faith
- **Monday, November 25** at 7:00 pm (*In Person*) - Unified Board
- **Thursday, November 28 - HAPPY THANKSGIVING**  
**NO BIBLE STUDY November 28**
- **Saturday, November 30** at 11:00 am (*In Person*) - United Methodist Men

## DECEMBER

- **Thursday, December 5** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, December 8 - NFL Team Spirit Sunday**
- **Sunday, December 8** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, December 8** at 11:30 am (*In Person*) - Trustee Meeting
- **Sunday, December 10** at 7:00 pm (*Via Zoom*) - Finance Meeting
- **Thursday, December 12** at 7:00 pm (*Via Zoom*) - Bible Study
- **Thursday, December 19** at 7:00 pm (*Via Zoom*) - Bible Study
- **Sunday, December 22** at 11:00 am (*In Person*) - United Women in Faith
- **Wednesday, December 25 - MERRY CHRISTMAS**
- **Saturday, December 28** at 11:00 am (*In Person*) - United Methodist Men

# ANNOUNCEMENTS



INVITES YOU TO  
**BIBLE** STUDY

**WITH PASTOR FAYE**

THURSDAYS 7 PM  
VIA ZOOM

GENESIS to REVELATION

*A Comprehensive Verse-by-Verse  
Exploration of the Bible*

**\*To connect using your smart phone, tablet or computer (video & audio)\***

<https://zoom.us/j/97076134594> Meeting ID: **970 7613 4594**

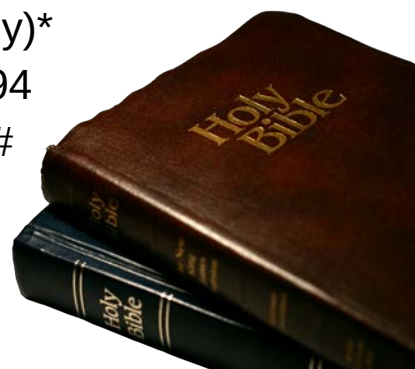
**\*To connect using your telephone (audio only)\***

**(301) 715-8592** - Meeting ID: 970 7613 4594

When asked for the Participant ID, enter #

Then press # again to enter the meeting.

*To get details about how to get the book,  
call Metropolitan on (301) 375-9088*



*Advent*  
BIBLE STUDY

Awaiting the Already: An Advent  
Journey Through the Gospels

- **December 12 - Chapters 1 & 2**  
Mark: Slow Down, Pay Attention  
Matthew: The World As It Is
- **December 19 - Chapters 3 & 4**  
Luke: The Ultimate Advent Playlist  
John: The Light in the Darkness
- **December 25 - Christmas**  
*Study on your own*  
Titus: Paul's Christmas Letter



The study guide  
may be  
purchased on  
Amazon. Cost:  
\$8.00





*The leading cause of death among men  
in the United States*

*Prostate cancer  
Highly Curable with Early  
Detection*

Symptoms:

- Trouble Urinating
- Blood in semen or urine
- Bone pain
- Unexpected weight loss
- Unexplained fevers
- Sudden ED



# Advent

**“A Season of Expectations”**

We need Advent readers.  
Please sign up in the back of  
the Fellowship Hall or  
contact Sheila Myers.

Sunday, December 8  
Sunday, December 15  
Sunday, December 22

# NOVEMBER

**MEN'S HEALTH AWARENESS MONTH**

## Dust Off Your Metro UMC Church Bank



Don't have one? See Sis. Diane Butler  
**SAVE YOUR LOOSE CHANGE FOR METROPOLITAN**

Get a bank. Fill it up. Bring it back to church.  
*Get it back...and REPEAT*

## UNITED WOMEN IN FAITH'S Warmth Tree

### HOW TO HELP

- 1 Knit, crochet, or buy...
- 2 Hats, mittens, gloves, scarves, socks (unused or new)
- 3 Decorate the tree in the Fellowship Hall until December 18
- 4 Donations will be distributed locally







# WEEKEND BACKPACK FOOD PROGRAM

## VOLUNTEERS NEEDED!

STARTING IN OCTOBER

### VOLUNTEER POSITIONS:

**STOCKERS**

**PACKERS**

**DRIVERS**

For more information, contact  
Sis. Sheila Myers on (301) 326-0369 or see Sis. Nickki Harris



## NFL TEAM SPIRIT SUNDAY

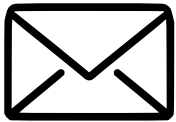
### SHOW US YOUR TEAM SPIRIT!

Come dressed in your favorite team jersey or apparel the 2nd Sunday of each month.

Who do you think is going to Super Bowl LIX?  
Make your prediction on the signup sheet in the back of the Fellowship Hall, starting September 8.



## Ways to Give



### BY MAIL

Send your checks or money orders to Metropolitan UMC  
3385 Metropolitan Church Road  
Indian Head, Maryland 20640  
**PLEASE DO NOT SEND CASH**



### ONLINE

Give online using our Church Center App



Select Metropolitan United Methodist Church



### IN PERSON

Give in person on Sundays or drop contributions off in black box at Metropolitan Church  
Sun: 9-11 am;  
Mon-Wed: 9 am - 12 pm  
Sat: 9 am - 11 am

## METROPOLITAN UMC FOOD PANTRY GIVEAWAY



**Wednesdays 4:00 - 4:30 pm**  
**Saturdays 10:00 - 11:00 am**

**OPEN TO THE  
COMMUNITY**

**3385 Metropolitan Church Road, Indian Head, MD**

# SERVICE **TIMES**

## **WORSHIP SERVICE**

Sundays at 10:00 am

Join us for In-Person or Virtual Worship Services

### **Join us on Zoom**

Connect using your smartphone, table or  
computer (video and audio)

Meeting ID: 961 1274 4083

### **Connect using your telephone (audio only)**

Dial: (646) 558-8656

Meeting ID: 961 1274 4083

When prompted for the Participant ID, enter #

Then press # again to enter meeting

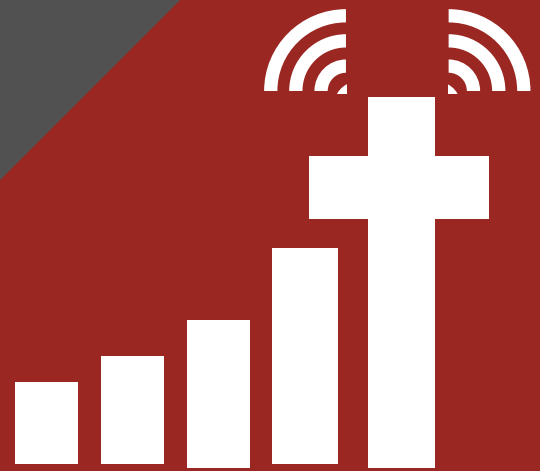
### **Join us on Facebook**

### **Visit our YouTube Channel**

## **BIBLE STUDY**

Thursdays at 7:00 pm

# GET **STAY** CONNECTED



## **CONTACT US:**



(301) 375-9088



[www.metroumcindianhead.com](http://www.metroumcindianhead.com)



[metroumc.ofc@gmail.com](mailto:metroumc.ofc@gmail.com)



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YouTube

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