

METRO UMC MESSENGER



FEBRUARY 5, 2025

ABOUT US

VISION STATEMENT

*Transforming the World
through Jesus Christ*

MISSION STATEMENT

*Passionate Christians Making
Disciples of Jesus Christ*



MESSAGE FROM THE PASTOR

Dear Congregation,

As we embark on the journey of Black History Month, I am filled with gratitude and reverence for the rich tapestry of history and heritage that this month celebrates. It is a time to honor the profound contributions of African Americans and to reflect on the enduring faith and resilience that have been pivotal in overcoming adversity.

In this sacred season, we are reminded of the powerful role that faith has played in shaping the course of history. From the inspiring leadership of figures like Harriet Tubman and Rev. Dr. Martin Luther King Jr., to the spirituals that echoed hope and liberation, faith has been a guiding light.

Scripture Highlight: "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." Hebrews 12:1. This verse calls us to remember those who have come before us and to continue their legacy of perseverance and faith.

As we celebrate this month, let us not only remember the past but also embrace the legacy it leaves for us. Let us draw inspiration from the stories of courage and resilience, and commit to carrying forward the torch of equality and justice in our communities. "Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9. This verse encourages us to persist in our efforts to bring about change and to remain steadfast in our faith.

Let us work together to build a future that reflects the values of justice, equality, and hope.



In faith and unity,

Rev. Dr. Johnnie Cogman,

Interim Pastor

Celebrating Black History Month: A Journey of Faith and Resilience

Black History Month is a time to honor and celebrate the achievements and contributions of African Americans throughout history. It is also an opportunity to reflect on the enduring faith and resilience that have been instrumental in overcoming adversity. In this special edition of our newsletter, we explore the intersection of Black history and scripture, highlighting the profound impact of faith in the African American experience.

The Role of Faith in the Civil Rights Movement

The Civil Rights Movement was a pivotal period in American history, marked by a fight for equality and justice. Faith played a central role in this movement, with many leaders drawing inspiration from biblical teachings. Dr. Martin Luther King Jr., a Baptist minister, often referenced scripture in his speeches, using it as a moral compass to guide his vision of a just society.

Scripture Highlight: *"But let justice roll on like a river, righteousness like a never-failing stream!"* – Amos 5:24. This verse encapsulates the essence of the Civil Rights Movement, serving as a call to action for justice and righteousness.

Harriet Tubman: A Moses for Her People

Harriet Tubman, known as the "Moses of her people," was a courageous leader of the Underground Railroad, helping to free countless enslaved individuals. Her faith was unwavering, and she believed that God was guiding her every step. Tubman often credited her success to divine intervention and was known for her deep spirituality.

Scripture Highlight: *"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"* – Psalm 27:1. This verse reflects Tubman's fearless spirit and reliance on divine strength during her perilous missions.

The Spirituals: Songs of Hope and Liberation

Spirituals are a powerful expression of faith and hope, originating from the enslaved African American communities. These songs often contained biblical references and served as a source of comfort and inspiration. They were not only a means of emotional resilience but also a subtle form of resistance.

Scripture Highlight: *"Sing to the Lord a new song, for he has done marvelous things; his right hand and his holy arm have worked salvation for him."* – Psalm 98:1. This verse celebrates the power of song in uplifting the spirit and proclaiming faith in God's salvation.



Modern Reflections: Continuing the Legacy

Today, the legacy of faith and resilience continues to inspire new generations. From church congregations to community leaders, the teachings of scripture remain a guiding force in the ongoing pursuit of equality and justice. As we celebrate Black History Month, let us honor these contributions and commit to carrying forward the torch of faith and perseverance.

Scripture Highlight: *"Now faith is the assurance of things hoped for, the conviction of things not seen."* - Hebrews 11:1. This verse reminds us of the enduring power of faith in shaping a hopeful future.

Black History Month is not only a time to remember the past but also to draw inspiration from it. The stories of faith and resilience in African American history are a testament to the strength of the human spirit and the transformative power of belief. Let us celebrate these stories and continue to build a future rooted in justice, equality, and hope.



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
Garrett Marbury
Vivian Lewis
Kleston Whitaker
Thomas and Evelyn Dashiell
Felicia & Wilbur Greenfield
Charles & Laverne Foster
Rev. Susan Boehl
Alease Washington Stringer
The Taylor Family

The Marbury Family
The Travers Family
Greg & Vicki Claytor
Michelle Jordan
Yvonne Hancock
Addison Cross
The Cooper Family
Joseph ("Tick") Washington



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 or by clicking the QR code.



CHURCH CALENDAR

FEBRUARY - BLACK HISTORY MONTH

- **Sunday, February 9** - Minister DaShawn Jones
- **Sunday, February 9** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, February 9** at 11:30 am (*In Person*) - Trustees Meeting
- **Friday, February 14** - **VALENTINE'S DAY**
- **Sunday, February 16** - Minister DaShawn Jones
- **Saturday, February 22** at 11:00 am (*In Person*) - United Methodist Men
- **Sunday, February 23** - Minister DaShawn Jones
- **Sunday, February 23** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, February 23** at 11:30 am (*In Person*) - United Women in Faith
- **Friday, February 28** - 10:00 am - Until - Soul Food Dinner Fundraiser sponsored by the United Women in Faith

MARCH - WOMEN'S HISTORY MONTH

- **Saturday, March 1** at 4:00 pm (*In Person*) - Black History Gospel Concert sponsored by the United Women in Faith
- **Sunday, March 2** - Rev. Johnsie Cogman
- **Monday, March 3** at 7:00 pm - Unified Board Meeting
- **Sunday, March 9** - CLM Lisa Howard
- **Sunday, March 9** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, March 16** - CLM Rachel Stewart Johnson
- **Sunday, March 23** - CLM Carla Adams
- **Sunday, March 23** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, March 23** at 11:30 am (*In Person*) - United Women in Faith
- **Saturday, March 29** at 11:00 am (*In Person*) - United Methodist Men
- **Sunday, March 30** - CLM Pearl Chase

ANNOUNCEMENTS



United Women in Faith

SOUL FOOD DINNER FUNDRAISER

Friday, February 28, 2025

10:00 am or Until Sold Out

Call in orders starting at 9:00 am
(301) 375-9088

Metropolitan United Methodist Church
3385 Metropolitan Church Road
Indian Head, MD 20640

MENU

Fried Chicken Quarters,
Fried Fish (Whiting),
or Pigs Feet Dinner
(comes with 2 sides)
\$15.00

Chicken & Fish Sandwich
(No Pigs Feet Sandwiches)
\$10.00

Sides
\$3.00

Choice of Sides
potato salad
macaroni & cheese
green beans



Join Metropolitan's United Women in Faith
for a Black History

GOSPEL Concert



Tickets: \$10 Children/\$15 Adults

SAT., MARCH 1, 2025 | 4:00 PM

Metropolitan United Methodist Church
3385 Metropolitan Church Road, Indian Head, Maryland 20640

For tickets, please see a member of the United Women in Faith



Choir Schedule

Saturday (Rehearsal)

1st Saturday at 10:30 am

2nd Sunday at 9:00 am

3rd Saturday at 10:30 am

4th Saturday at 10:30 am

Sunday (Singing)

1st Sunday - Praise Team

2nd Sunday - A.C. Kane Choir

3rd Sunday - Mighty Men of Metropolitan

4th Sunday - Children's Choir

Metropolitan UMC *Community Dinners*



**OPEN TO ANYONE
WHO WANTS A MEAL**

Join us for our
Community Dinners

EVERY WEDNESDAY
from 4:00 pm - 5:00 pm

Free to the Community!

GRAB AND GO!

Bring a Friend!

Sponsorship opportunities available.
Please see Rev. Dr. Johnsie Cogman, Interim Pastor

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

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

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

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

Offering envelopes are available at Metropolitan.
If you would like the offering to be applied to a specific ministry or program, please make note of that on the envelope or check.



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

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, tablet
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

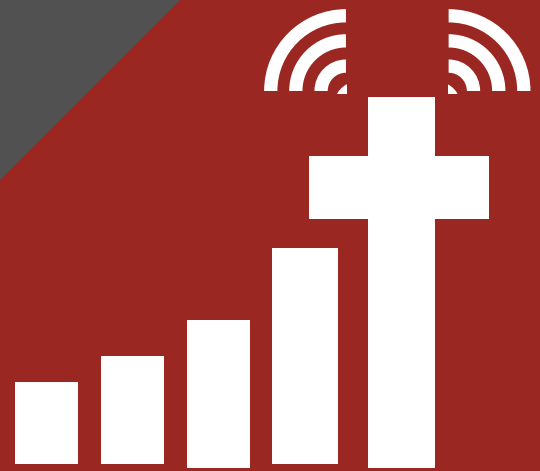
Join us on Facebook

Visit our YouTube Channel

BIBLE STUDY

Thursdays at 7:00 pm

GET **STAY** CONNECTED



CONTACT US:



(301) 375-9088



www.metroumcindianhead.com



metroumc.ofc@gmail.com



3385 Metropolitan Church Road
Indian Head, Maryland 20640



YouTube

DOWNLOAD OUR CHURCH CENTER APP



Download on the
App Store



GET IT ON
Google Play

