

METRO UMC MESSENGER



MARCH 12, 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 Beloved Congregation,

In March, we are reminded of the significant contributions women have made throughout history. Women's History Month is a special time for us to reflect on the achievements, strength, and unwavering spirit of women who have shaped our world and continue to inspire us today.

From biblical times to the present day, women have played pivotal roles in the life and growth of the church. Take, for instance, the courageous Deborah, a judge and prophetess in the Old Testament, who led with wisdom and faith. Or consider Mary Magdalene, the first witness to the Resurrection, who carried the Good News with dedication and joy.

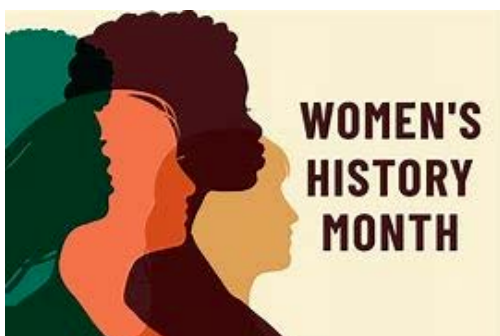
In more recent history, we celebrate women like Harriet Tubman, Sojourner Truth, and Mother Teresa, whose lives were beacons of faith and service. These women, among countless others, remind us of the power of love, resilience, and the divine calling to serve others.

Within our own congregation, we are blessed with many women who contribute their time, talents, and treasures to enrich our community. Whether through leadership roles, teaching, music, hospitality, or outreach, each woman's efforts are invaluable and deeply appreciated. This month, let us take the opportunity to express our gratitude and acknowledge their dedication.

As a church, we are committed to fostering an environment where women can grow in their faith and leadership. We encourage everyone to support and uplift the women in our lives and communities through prayer, encouragement, and active listening. Let us create spaces where their voices are heard and their contributions celebrated.

May God's grace guide us as we honor the women who have paved the way and those who walk alongside us today.

With blessings and gratitude in faith and unity,



Rev. Dr. Johnnie Cogman,
Interim Pastor

CELEBRATING WOMEN'S HISTORY MONTH: WOMEN OF THE BIBLE

As we honor Women's History Month, let us reflect on the incredible qualities exhibited by the women of the Bible. Their stories remind us of the enduring virtues of faith, courage, wisdom, and love. By embracing these qualities, modern women can continue to inspire and lead, shaping a future filled with hope and possibility. Let us celebrate the legacy of these remarkable women and strive to embody their timeless virtues in our own lives.

1. Eve: The First Woman

Eve, the first woman created by God, is known for her role in the Garden of Eden. Her story reminds us of the importance of choices and the consequences they carry.

2. Sarah: Mother of Nations

Sarah, originally Sarai, was the wife of Abraham and became the mother of Isaac in her old age, fulfilling God's promise as the matriarch of Israel.

3. Hagar: A Woman of Endurance

Hagar, Sarah's maidservant, bore Abraham's first son, Ishmael. Her story highlights God's provision even in difficult circumstances.

4. Rebekah: A Matriarch of Wisdom

Rebekah, the wife of Isaac, played a pivotal role in the story of Jacob and Esau, showcasing her wisdom and discernment.

5. Leah: The Unloved Wife

Leah, Jacob's first wife, was often overshadowed by her sister Rachel, yet she became the mother of six of the twelve tribes of Israel.

6. Rachel: Loved and Favored

Rachel, Jacob's beloved wife, is remembered for her beauty and her struggle with infertility, ultimately giving birth to Joseph and Benjamin.

7. Miriam: A Leader in the Exodus

Miriam, the sister of Moses and Aaron, played a crucial role during the Exodus, leading the women in song and dance after crossing the Red Sea.

8. Deborah: Judge and Prophetess

Deborah was a judge and prophetess who led Israel to victory over Canaanite oppression with wisdom and courage.

9. Ruth: The Loyal Daughter-in-Law

Ruth's loyalty to her mother-in-law Naomi and her faith in God led her to become the great-grandmother of King David.

10. Hannah: A Prayerful Mother Hannah's fervent prayers for a child were answered with the birth of Samuel, whom she



dedicated to God's service.

11. Abigail: A Woman of Wisdom

Abigail's quick thinking and diplomacy saved her household from David's wrath, later becoming his wife.

12. Esther: A Brave Queen

Esther's courage in approaching the king saved her people from destruction, exemplifying advocacy and bravery.

13. Mary, Mother of Jesus: A Model of Obedience

Mary accepted God's call to be the mother of Jesus, embracing her role with humility and faith.

14. Mary Magdalene: The First to Witness the Resurrection

Mary Magdalene's devotion to Jesus is highlighted by her being the first to witness and proclaim His resurrection.

15. Martha: Hospitable and Faithful

Martha, known for her hospitality, demonstrated faith and understanding of Jesus' teachings.

16. Rahab: A Redeemed Woman

Rahab's faith and actions in protecting Israelite spies led to her inclusion in the lineage of Jesus.

17. Tamar: A Woman of Justice

Tamar's story is one of seeking justice within her family, leading to her rightful place in the lineage of David.

18. Jochebed: Mother of Moses

Jochebed's courage and faith ensured Moses' survival, ultimately leading to the deliverance of Israel.

19. Elizabeth: A Mother of Promise

Elizabeth, the mother of John the Baptist, experienced a miraculous pregnancy, reflecting faith and patience.

20. The Woman at the Well: A Messenger of Good News

Her encounter with Jesus transformed her life, leading her to share the message of the Messiah with her community.

21. The Shunammite Woman: A Model of Hospitality

Her hospitality and faith were rewarded with the promise of a son, demonstrating God's faithfulness.

22. The Widow of Zarephath: A Woman of Faith

She showed great faith by providing for Elijah during a drought, leading to miraculous provision.

23. The Syrophenician Woman: Persistent in Faith

Her persistence and faith in Jesus led to the healing of her daughter, showcasing the power of belief.

24. Naomi: A Pillar of Strength

Naomi's journey from loss to redemption through Ruth's loyalty highlights the power of family and resilience.

25. Gomer: A Story of Unconditional Love

Gomer's story illustrates God's unwavering love and forgiveness through the prophet Hosea.

26. Martha's Sister, Mary: A Listener of Jesus

Mary is remembered for choosing to sit and listen to Jesus, prioritizing spiritual growth.

27. Michal: A Complex Figure

Michal, David's wife, is a study of love, loyalty, and the complexities of human relationships.

28. The Woman with the Alabaster Jar: A Devotion of Love

Her act of anointing Jesus with costly perfume demonstrated her deep love and understanding of His mission.

29. The Canaanite Woman: A Heart of Faith

Her faith and persistence in seeking help for her daughter exemplified trust in Jesus' power.

30. The Widow's Offering: A Lesson in Giving

Her small but significant offering showed that true generosity comes from the heart, not abundance.

31. The Queen of Sheba: A Seeker of Wisdom

Her visit to Solomon to test his wisdom underscores the value of seeking truth and knowledge.

32. The Samaritan Woman: A Source of Living Water

Her encounter with Jesus at the well transformed her life and led her to share the message of salvation with her community.

33. Tabitha (Dorcas): A Disciple of Good Works

Tabitha was known for her acts of charity and kindness, embodying the spirit of service.

34. The Woman with the Issue of Blood: A Testament of Faith

Her faith in Jesus' healing power led to her miraculous cure, a testament to perseverance and belief.



Let us celebrate these women, whose stories continue to inspire and guide us. Their enduring legacy reminds us of the virtues of faith, courage, and love—qualities that modern women can embrace in their own lives.

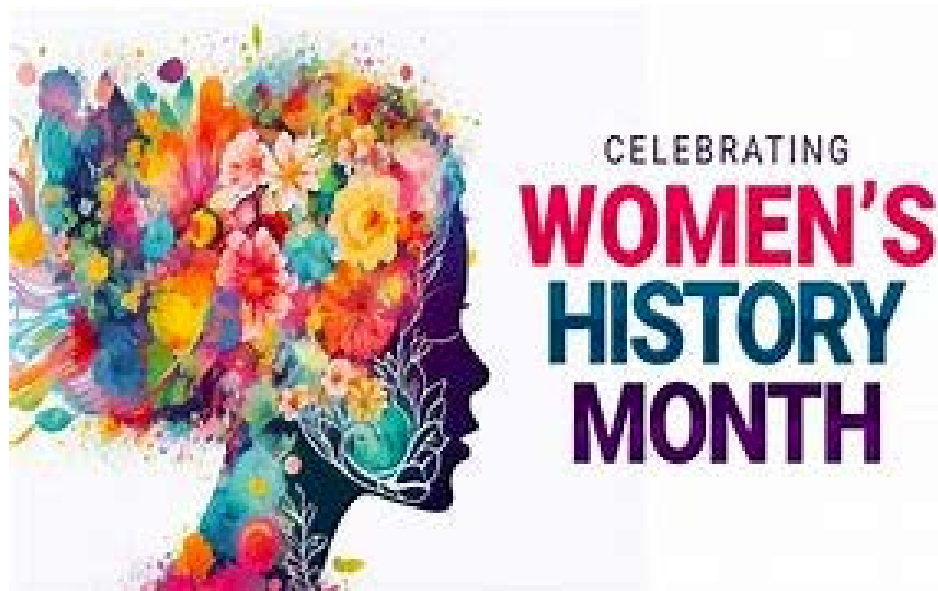
CELEBRATING WOMEN'S HISTORY MONTH: HONORING THE PAST, INSPIRING THE FUTURE

As we find ourselves in a time marked by immense challenges and profound change, it becomes increasingly important to recognize and celebrate the contributions of women throughout history. Women's History Month offers us a dedicated opportunity to reflect on the remarkable achievements of women who have shaped our society and to inspire the generations to come.

The Importance of Celebrating Women's History Month

Celebrating Women's History Month is not just about looking back at the past; it is about acknowledging the ongoing journey towards equality and empowerment. Women have played crucial roles in every aspect of society—from science and politics to arts and faith. Recognizing their contributions helps to highlight the diverse experiences and perspectives that enrich our communities.

By celebrating Women's History Month, we affirm our commitment to gender equality and the importance of creating spaces where women's voices are heard and valued. It serves as a reminder of the work that still needs to be done to ensure that all women have the opportunity to thrive and contribute meaningfully to society.



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
Girard Myers
Garrett Marbury
Thomas and Evelyn Dashiell
Felicia & Wilbur Greenfield
Charles & Laverne Foster
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

MARCH - WOMEN'S HISTORY MONTH

- **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 10:00 am (*In Person and Via Zoom*) - United Methodist Men
- **Sunday, March 30** - CLM Pearl Chase

APRIL

- **Monday, April 7** (*Via Zoom*) - Unified Board Meeting
- **Sunday, April 13** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, April 13** at 11:30 am (*Via Zoom and In Person*) - Trustee Meeting
- **Friday, April 18** - **GOOD FRIDAY**
- **Saturday, April 19** at 12:00 pm (*In Person*) - Easter Egg Hunt
- **Sunday, April 20** - **EASTER SUNDAY**
- **Saturday, April 26** at 10:00 am (*In Person and Via Zoom*) - United Methodist Men
- **Sunday, April 27** at 10:00 am (*In Person*) - Youth Sunday School
- **Sunday, April 27** at 11:30 am (*In Person*) - United Women in Faith

ANNOUNCEMENTS





**Free Tax
Preparation**

IRS Certified Tax Preparers

Come prepared with your documents!

**If your income was less than
\$80,000 in 2024—YOU ARE ELIGIBLE!**

Tuesday, March 25, 2025

3:00 PM – 7:00 PM

★ ★ WALK IN APPOINTMENTS ONLY ★ ★

210 Corridor Lenten Preaching Series

COME TO ME, YOUR FIRST LOVE



Services
Start At
7 PM

March 12

Pisgah UMC
7020 Poorhouse Road
Pisgah, MD

Speaker: Rev. Dr. Johnsie Cogman

March 19

Asbury UMC
4004 Accokeek Road
Brandywine, MD

Speaker: Rev. Darryl K. Mason

March 26

Smith Chapel UMC
7750 Poorhouse Road
LaPlata, MD

Speaker: Rev. Jeanne Parr

April 2

Providence Ft. Washington
10610 Old Fort Road
Fort Washington, MD

Speaker: Rev. Dr. Marvin Wamble

April 9

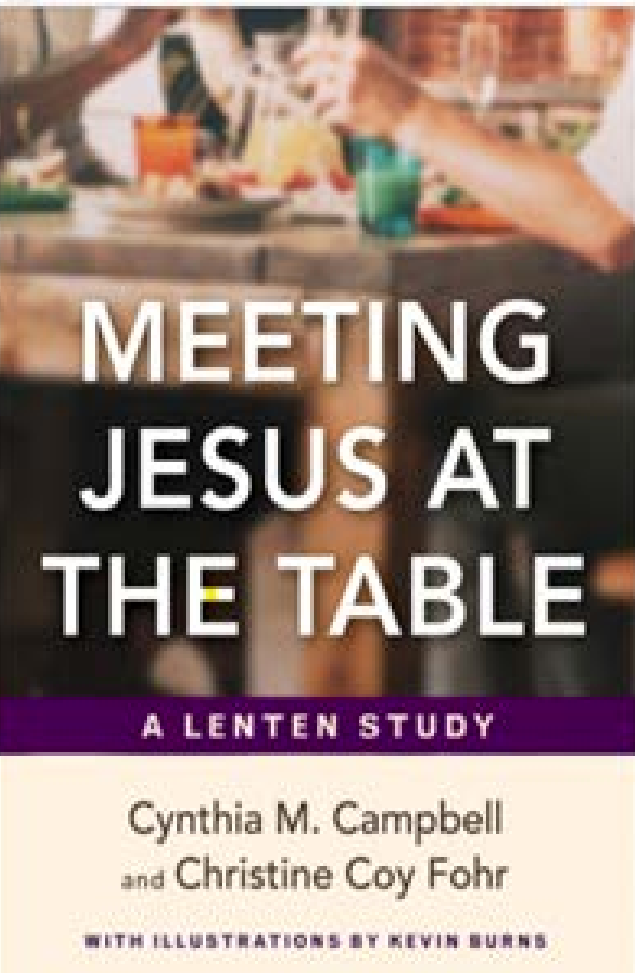
In His Service Community Ministry
7305 Indian Head Hwy
Bryans Road, MD

Speaker: Rev. Judith Bennett

Join us in Person or by Zoom: <https://rb.gy/jyu0pp>



To join by phone, dial (301) 715 8592 US (Wash DC) Meeting ID: 935 1775 1951#



LENTEN BIBLE STUDY WITH DR. COGMAN

Meeting Jesus at the Table

Thursdays at 6:30 pm

March 20 - April 14

The book can be purchased on Amazon.
Go to our website for the zoom link.

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

Meeting ID: 961 1274 4083

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

(646) 558-8656

Meeting ID: 961 1274 4083

When asked for the

Participant ID, **enter #**

Then **press #** again to enter the service.



COMMUNITY OUTREACH

Give of your time and talents.

Be a blessing as God has blessed you!

Mon. & Tues. 8:30 - 11:00 am (Cooks, Preps, Purges).

Wednesdays 12:30 - 3:00pm Servers



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

3385 Metropolitan Church Road, Indian Head, MD

**OPEN TO THE
COMMUNITY**

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



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

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.

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

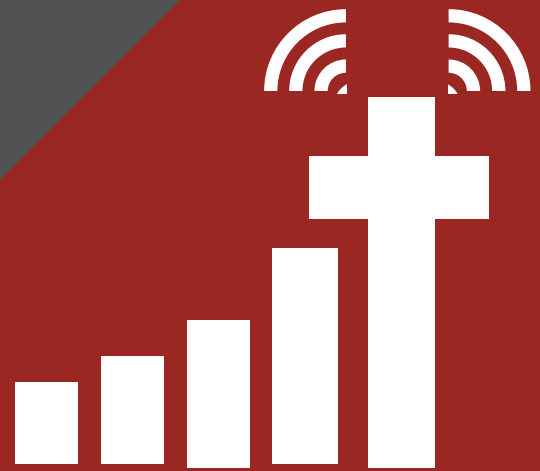
Join us on Facebook

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

