

MARCH 2026  
**SONBURST**

*Mooreville First United Methodist Church  
900 Indianapolis Road • Mooreville, IN 46158*



"Don't be alarmed,"  
he said.  
"You are looking for  
Jesus the Nazarene,  
who was crucified.

*He has risen!*  
He is not here.  
See the place  
where they laid him."

Mark 16:6, NIV



FULL-TIME FIRST UMC  
S T A F F

**Rev. Dr. Amber Karkosky-Litten**

Senior Pastor  
pastoramber@MooresvilleFUMC.org

**Kim Vedder**, Director of Operations

Kim@MooresvilleFUMC.org

**Lydia Rychtarczyk**

Preschool/Children's Education  
Lydia@MooresvilleFUMC.org

PART-TIME FIRST UMC  
S T A F F

**Bill Yeager**, Treasurer

Bill@MooresvilleFUMC.org

**Shelly Duncan**, Nursery Coordinator

Shelly@MooresvilleFUMC.org

**Amy Chesser**, Church Custodian

**FUMC Connect**

Ask questions with  
**Email**  
office@mooresvillefumc.org

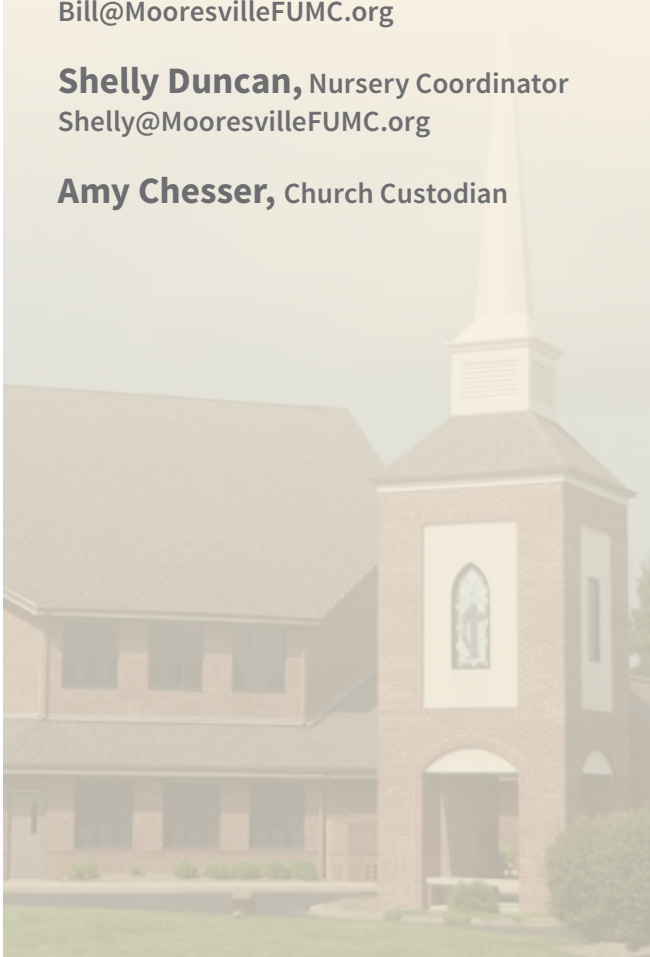
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900 Indianapolis Rd. • Mooresville, IN 46158  
317.831.3376  
Preschool: 317.834.1787



## Greetings, Brothers and Sisters, in the Wonderful Name of Jesus!

We have stepped into Lent. Every year, Lent arrives with a gentle invitation — forty days to slow down, pay attention, and allow God to shape us more deeply. This year, we are walking through a theme called *Love Under Pressure*, and already I can see how meaningful this journey is becoming for us.



Sometimes people think Lent is about giving something up to prove our devotion. What I want us to understand is that Lent is about formation. It is about letting God shape our hearts so that when pressure comes — and it always does — what flows out of us is steady, grounded, resilient love.

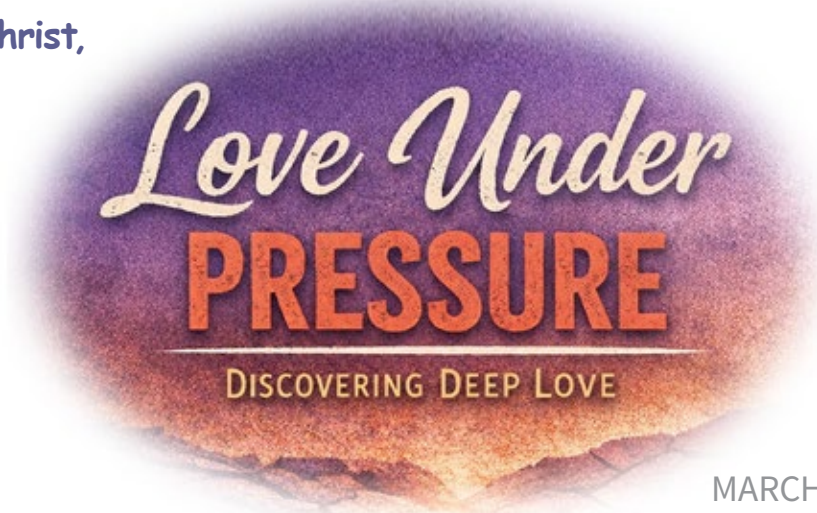
Each day during this season, we are hearing a favorite song from someone in our congregation and reflecting together through a devotional. These songs carry stories of grief and joy, surrender and perseverance. They remind us that God meets us in real life — not in perfect conditions, but right in the middle of it. I encourage you to lean into those devotionals. Let them linger. Let them form you. What we feed our hearts now will steady us later.

As we move toward Easter, I want to encourage you to begin thinking about who you might invite. Easter is our bold proclamation that love wins. There are people in your life who need that reminder. A simple invitation from you could open the door for someone to encounter resurrection hope.

And as we continue preparing for a pastoral transition this summer, please know that we are already working toward a smooth and faithful handoff. The same steady God who has guided this church for more than 200 years continues to lead us. Our mission to Show, Share, and Spread Love remains strong. We know that *Love Under Pressure* only deepens.

**In the Name of Jesus Christ,  
I pray we continue to...  
Show Love, Share Love,  
and Spread Love!**

**Grace and Peace,  
Pastor Amber**





## WELLNESS AWARENESS

Cheryl Howard | PARISH NURSE

*“Behold, how good and how pleasant it is for brothers to dwell together in unity!” (Psalm 133:1)*

### THE LIFT CLASS

Many of us are participating in The Lift Class, brought to us by the YMCA. Each week we get a clever and inspiring statement. For example, “Together Feels Better!” Here are a few pearls to share from this class.

- Why is yawning contagious? Because we have mirror neurons that reflect back what we see. This is what helps us to have empathy for others.
- When people experience rejection, their brain lights up as if it was in pain — our feelings really can be hurt. Relationships magnify emotions. The people that make us the most happy can also make us the most sad. Your emotional brain craves “real” relationships and not “virtual” ones.
- Forgiveness means giving up your right to hurt someone else because they hurt you. Forgiveness liberates the forgiver.
- Lastly, Be curious before being critical. 1 John 4:21 says, “...*Anyone who loves God must also love their brother and sister.*”

Let me know if you are interested in attending this ten-week session. It’s good for you!!!



### FOOD IS MEDICINE!

This is not a new thought— food as remedies for many maladies date back to Bible

times! Spicy and pungent herbs help boost circulation and decrease inflammation. They include ginger, turmeric, onion, mustard, horseradish, rosemary and hot peppers. Aged garlic extract helps reduce inflammation and has been shown to lower blood pressure and cholesterol. Highly pigmented superfoods such as berries, tart cherry, pomegranate, dark purple grapes pure cacao and dark chocolate decrease cardiovascular inflammation. Broccoli contains vitamin C, folate and potassium and a good amount of fiber. Bananas, avocados, and spinach are rich in potassium which increases the amount of salt the body excretes – excess salt contributes to heart disease. No need for a multi-vitamin if you eat a variety of foods!!!

### EXERCISE YOUR HANDS

Hands need exercise just like the rest of our bodies. Here are a few suggestions. At least twice a day, do these exercises: rest your forearms on your thigh and lift your wrist up and down five times; then spread your fingers out as far apart as you can and then bring them back together in a gentle fist. Then rotate your wrist in one direction and then in the other direction five times. Then spread your fingers apart and rotate your hand, palm up and palm down five times. Now clap ten times—your hands deserve it!!!!



### PLANT BENEFITS

Many people have indoor air filtration devices along with our furnace filters. This is very important for our health. I suggest adding living plants. Houseplants such as snake plant, areca palm will help to filter out formaldehyde and toluene gas; aloe vera will help with nighttime CO<sub>2</sub> exchange; Boston ferns are good for overall CO<sub>2</sub> exchange.

# BLOWING IN THE WIND

**Cathy Mosier** | FUMC PRAYER TEAM

In this windy month of March, I am reminded of Jesus' conversation with Nicodemus about the Holy Spirit found in John 3:3-6, <sup>3</sup>*Jesus replied, "Very truly I tell you, no one can see the kingdom of God unless they are born again."* <sup>4</sup>*"How can someone be born when they are old?" Nicodemus asked. "Surely they cannot enter a second time into their mother's womb to be born!"* <sup>5</sup>*Jesus answered, "Very truly I tell you, no one can enter the kingdom of God unless they are born of water and the Spirit. <sup>6</sup>Flesh gives birth to flesh, but the Spirit gives birth to spirit.*

Amazingly, Nicodemus' first response is a question about his age...*and how in the world am I supposed to be "born again"?*

How often do I respond to Jesus with a question about my inability to accomplish something HE HAS FOR ME?

Do I doubt the words of John 1:1-5, *In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup>He was with God in the beginning. <sup>3</sup>Through him all things were made; without him nothing was made that has been made. <sup>4</sup>In him was life, and that life was the light of all mankind. <sup>5</sup>The light shines in the darkness, and the darkness has not overcome/understood it.*

When the wind "curiously styles" my hair with fierce tugs and crazy breezes does it keep me inside?? Obviously NOT!

So, why would I be resistant to Jesus' fierce Holy Spirit wind which seeks to carry me to a place HE NEEDS me to go?

Do I doubt the words of Zephaniah 3:17, *The LORD your God is with you, HE is Mighty To Save. He will take great delight in you; He will quiet you with His LOVE, HE WILL rejoice over you with singing.*

Have you felt the wind blowing you about? Have you read something in GOD'S WORD and thought "surely that doesn't mean me?" Have you trusted in the LORD'S GREAT Faithfulness? Are you comforted to KNOW the LORD DELIGHTS in you! HE REJOICES over you with SINGING!

There are many opportunities to ponder GOD'S WORD with other believers. I pray you will take advantage of these opportunities.

The Prayer Team is willing and waiting to lift your JOYS and CONCERNS to the FATHER'S THRONE

In Christ's service

Cathy Mosier – for Your Prayer Team

## MISSION and MINISTRIES




**Dave Nance** | MISSION CHAIR

This month we are beginning to plan and prepare for another very active summer. We will also continue serving our community. Below you will find a few activities you should consider for prayer and support this month. We are blessed to be a Church with a missional heart and also be blessed with so many wonderful local missions we can support with our time and resources.

Our Missions Committee is approaching 2026 with prayer for our **MISSIONS IN THE COMMUNITY** and in our Church. We pray for guidance, support, and resources for helping our community members in need as directed by the Lord. We also pray that we, the Church, continue to further develop our abilities as the Hands and Feet of the Lord.



 This month will be the start of detailed planning for the **STRAWBERRY FESTIVAL & BARBECUE** that is part of the fantastic work of the United Methodist Women as they again host this annual June event. The Strawberry Festival will provide many service opportunities for our Church (you!) as we welcome our community into our facility. You can let us know if you are interested in helping in a specific way. Expect a sign-up sheet to be available in late April.



The two parking events, for the **4TH OF JULY** and **OLD SETTLERS**, follow in July.



Each year in March we renew our commitment to **LEAGUE OF MIRACLES** through their Outfield Sponsorship program. You will see our sign on their outfield fence. We greatly appreciate this organization in our community and the fact that our youth and others also served during the games last year. You can use this link to learn more about this program: <https://leagueofmiracles.org>.

Volunteer opportunities at our local missions are posted on the **BULLETIN BOARD**. Please take a look and see if there is a good service opportunity that you would like to try.



**KAIROS** will have their spring event at Heritage Trail Correctional Facility on April 9-12. We will co-sponsor this event through your general fund giving, so you are participating in a small but important way. The closing ceremony will take place on Sunday April 12. Please consider attending this event. You will find it very spiritually moving. The Holy Spirit moves in prison using the Kairos volunteers as the Hands and Feet of Christ Jesus. The Kairos leaders will also have a training meeting and lunch at our church facility on March 7. Please talk with Curt Sidener for more information.

Please watch the bulletin board, SonBurst, and the church bulletin for additional announcements. You can also talk with any of the missions committee members about any mission you see on the Missions Committee bulletin board or other local missions of interest.

Your Missions Committee.



### Tomorrow's Promise Preschool

Themes for March are: Dr. Seuss, Favorite books, Jungle, Bible, Easter.

Preschool is on spring break  
March 30-April 3, 2026.

School Resumes April 6, 2026.

Registration is being taken for the 2026-2027 school year. Please see Lydia Rychtarczyk if you have any questions or would like a registration form.



### CHOCOLATE EGGS

The Easter bunny is coming with delicious chocolate eggs to fill your basket. They will be available on Sunday, March 29 better known as Palm Sunday. No worry to fret about placing an order as they will be available on a first come basis.

Any leftover eggs will be available on Easter Sunday.

We hope you enjoyed one of the 86 cheeseballs for Super Bowl Sunday. As always, we appreciate your support.

### EASTER EGG HUNT

The children, fourth grade and younger, will have an Easter egg hunt after the service on Easter Sunday, April 5, 2026. It will be held in the courtyard, weather permitting. If not it will be in Fellowship Hall.



### YOUTH SUMMER MISSION TRIP

WHERE: Reelfoot Rural Ministries,  
6923 Minnick-Elbridge Rd.  
Obion, TN 38240

Reelfoot Rural Ministries is a mission agency founded by the people of the Memphis Conference of the United Methodist Church. RRM is located in rural Obion County, serving Northwest Tennessee and Southwest Kentucky. This rural area surrounding Reelfoot Lake is an area of extreme poverty. In fact, Lake County has the lowest per capita income of any county in Tennessee and is consistently ranked as one of the lowest in the nation.

WHEN: Sunday, June 14-Saturday, June 20  
**Get this on your calendar!**

WHO:  
Adults: Dan Herron, Sarah Herron, JD Farmer  
Youth: (Going into) 7th thru 12th Grade

HOW MUCH: \$150 per person. Includes transportation, lodging, meals at the mission center, t-shirt, and admission to Kentucky Kingdoms Theme Park.



**SUNDAY, MARCH 1**  
NERF EXTRAVAGANZA  
4:45-7:15pm  
*The fellowship hall will be turned into a giant Nerf arena complete with obstacles, respawn stations, laser light show, and music. Bring your Nerf blaster or use one of ours. We have plenty of them. We also have lots of darts.*



**SUNDAY, MARCH 8**  
YOUTH GROUP 4:45-7:15pm  
*Food, faith and lots of fun!*



**SUNDAY, MARCH 15**  
YOUTH GROUP 4:45-7:15pm  
*Food, faith and lots of fun!*



**SUNDAY, MARCH 22**  
MINIATURE GOLF OUTING  
5pm  
*We will leave from the church at 5pm to play miniature golf in Greenwood. We will go to Taco Bell afterwards for dinner!*



**SUNDAY, MARCH 29**  
SPRING BREAK  
NO YOUTH



## COMMUNITY GARDEN

Mooresville First United Methodist church offers plots in our community garden each year. The garden is located next to the south parking lot. There are approximately 30 plots available. This is open to anyone within the church and throughout the community. We have many repeat community gardeners.

Applications are available at the welcome center. Please return them to the office as soon as possible. The plots do fill up fast.

The garden will be tilled towards March/April when it is dry. They you are set to plant away. A great activity for anyone who loves to be outside.



*Church family,  
Thank you for the cards and  
prayers during my illness.  
I deeply appreciate them.  
Blessings, Pat Baker*



## BOOK CLUB

Join the book club. A zoom class discussing a different book each month. The discussion happens on the first Wednesday of the

month from 8 to 9pm.

On March 4 they will be discussing “The Deepest Place” by Curt Thompson.

Watch for book title of the next read for March and will be discussed on April 1.

Zoom link: <https://iu.zoom.us/j/82265967591>



Each Sunday there is the opportunity for someone to provide altar flowers. An

altar flower calendar is located on the bulletin board near the office. Please fill out the form and return to the office. If a date has two names, one will be placed on the organ. Please give contact info so a reminder can be sent. Flowers need to be in the office by noon on Friday or bring them Sunday morning before 9:15am worship.

# SUNDAY SCHOOL and RECURRING GROUPS



*Please check with your leader to confirm meetings.*

Group Name	Time	Location	Leader	Date	Description of Study
<b>SUNDAY GROUPS</b>					
Seeker Sunday School	10:30 am	Rm 106	Cathy Mosier	Meeting Now	Bible Study
Friendship Class	10:30 am	Parlor	Yeager / Harris	Meeting Now	Bible Study
Here and Now Class	10:30 am	Rm 104	Dave Nance	Meeting Now	Bible Study
Talk Back	10:30 am	Rm 110	Pastor Amber	Meeting Now	Bible Study
Alcoholics Anonymous	4:00 pm	Rm 110	Team Leaders	Meeting Now	Support group
The Crossing	4:45 pm	Rm 112	Dan Herron	Meeting Now	7th-12th grade youth group
5th/6th Grade Youth	4:45 pm	Rm 108	Dan Herron	Meeting Now	5th-6th grade youth group

<b>MONDAY GROUPS</b>					
Trailblazers	1:00 pm	Parlor	Cheryl Howard	Meeting Now	Bible Study

<b>TUESDAY GROUPS</b>					
Quilters	9:00 am	Parlor	Team Leaders	Meeting Now	Bring sewing machine





<b>WEDNESDAY GROUPS</b>					
Prayer Group	8:00 am	Chapel	Team Leaders	Meeting Now	Pray for our church/community
The Lift Project	10:00 am	Parlor	YMCA	Now-March 18	Well-Being Program
Stretch & Flex	11:00 am	Rm 103	Cheryl Howard	Meeting Now	Chair Yoga
Handbell Choir	6:00 pm	Rm 103	Cathy Mosier	Meeting Now	Handbell practice
Book Club	8:00 pm	Online	Beth DeHoff	1st Wed. of Month	Life Group

<b>THURSDAY GROUPS</b>					
LRE Visitation Team	9:30 am	Rm 104	Sandy Fanning	March 12 & 26	Meet for devotions/outreach

<b>FRIDAY GROUPS</b>					
Alcoholics Anonymous	7:30 pm	Parlor	Team Leaders	Meeting Now	Support for addiction
Al-Anon	7:30 pm	Rm 110	Team Leaders	Meeting Now	Spouse support for addiction

<b>SATURDAY GROUPS</b>					
UMMen's Breakfast	8:00 am	Parlor	Team Leaders	March 14	Breakfast/devotion with sharing

# MARCH 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group	<b>2</b> 9am Tomorrow's Promise Preschool 1pm Trailblazers	<b>3</b> 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	<b>4</b> 8am Prayer 9am Tomorrow's Promise Preschool 10am Lift Project 11am Stretch & Flex 5:30pm Fish & Loaves Meal 6pm Bell Practice 6:30pm Bible Study	<b>5</b> 9am Tomorrow's Promise Preschool	<b>6</b> 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	<b>7</b> 10a Kairos Event
<b>8</b> 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group 	<b>9</b> 9am Tomorrow's Promise Preschool 1pm Trailblazers 7pm Delta Theta Tau	<b>10</b> 9am Tomorrow's Promise Preschool 9am Quilting Group 6:40pm Bible Study Fellowship	<b>11</b> 8am Prayer 9am Tomorrow's Promise Preschool 10am Lift Project 11am Stretch & Flex 5:30pm Fish & Loaves Meal 6pm Bell Practice 6:30pm Bible Study 6pm Girl Scout 2723	<b>12</b> 9am Tomorrow's Promise Preschool 9:30am LRE 1:30pm Bayview 6:30pm 4H Pioneer Clovers	<b>13</b> 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	<b>14</b> 8am UMM Breakfast 12pm Kappa Kappa Kappa Kappa
<b>15</b> 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group	<b>16</b> 9am Tomorrow's Promise Preschool 1pm Trailblazers	<b>17</b> 9am Tomorrow's Promise Preschool 9am Quilting Group 6pm Tri Kappa 6:40pm Bible Study Fellowship 	<b>18</b> 8am Prayer 9am Tomorrow's Promise Preschool 10am Lift Project 11am Stretch & Flex 5:30pm Fish & Loaves Meal 6pm Bell Practice 6:30pm Bible Study	<b>19</b> 9am Tomorrow's Promise Preschool 1pm Book Club	<b>20</b> 9am Tomorrow's Promise Preschool 7:30pm AA 7:30pm Alanon	<b>21</b>
<b>22</b> 9:15am Worship 10:30am Adult & Children Sunday School 4pm AA 4:45pm Youth Group/ Miniature Golf	<b>23</b> 9am Tomorrow's Promise Preschool 1pm Trailblazers	<b>24</b> 9am Tomorrow's Promise Preschool 9am Easter Egg Production 9am Quilting Group 6:40pm Bible Study Fellowship	<b>25</b> 8am Prayer 9am Tomorrow's Promise Preschool 11am Stretch & Flex 5:30pm Fish & Loaves Meal 6pm Bell Practice 6:30pm Bible Study	<b>26</b> 9am Tomorrow's Promise Preschool 9:30am LRE	<b>27</b> 7:30pm AA 7:30pm Alanon	<b>28</b>
<b>29</b> 9:15am Worship 10am UMW Easter Egg Sale 10:30am Adult & Children Sunday School 4pm AA 	<b>30</b> 1pm Trailblazers <div style="background-color: green; color: white; text-align: center; padding: 5px;">SPRING BREAK</div>	<b>31</b> 9am Quilting Group 6:40pm Bible Study Fellowship	 <b>H O L Y W E E K</b>			



# HOLY WEEK

**PALM SUNDAY, March 29**

Worship service is at 9:15am

**MAUNDY THURSDAY, April 2**

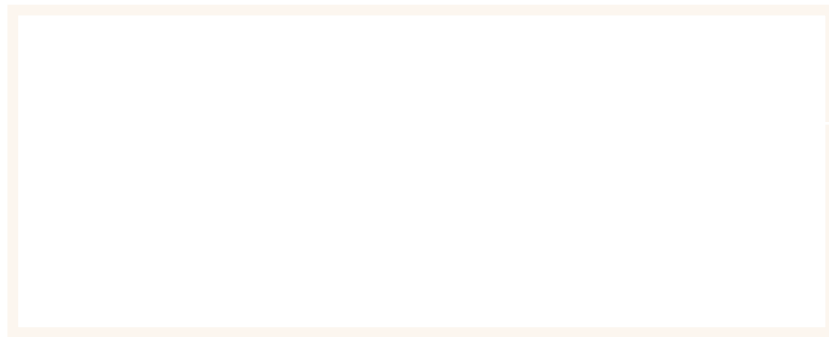
Service is at 6:30pm

**GOOD FRIDAY, April 3**

Service is at 6:30pm

**EASTER SUNDAY, April 5**

Worship service is at 9:15am



Address Service Requested  
317-831-3376  
Mooreville, IN 46158  
900 Indianapolis Rd.

MOOREVILLE  
Methodist Church Inc.  
First United

