



## The Horse and the Groomer: A Story for Lent

Pesop tells the story of a horse groomer who would spend much effort every day combing and rubbing down the horse in his care, but at the same time, he stole from the oats intended for the horse and sold them for his own profit. One day the horse had enough. “Hey!” said the horse, “if you really wish me to be in the best condition, you should groom me less, and feed me more.”

I am struck by one particular aspect of this story, and that is the importance of balance in our care. For the horse to be at its best, both the food and the combing must be done. To neglect one or the other would leave the horse unbalanced. The horse understood this, and could keep silent no longer!

In our own lives, we experience aspects of this very story. But I think it is even more revealing of our spiritual lives. It is a troubling thing for you or me to get so wrapped up in our yearning for spiritual growth that we neglect the concern for our fellow humans. Likewise, we can get so obsessed with doing good, we fail to care for our inward souls. John Wesley, the founder of the Methodist Revival, rejected a faith by works as well as “spiritual solitaires.” Throughout Wesley’s life and ministry he looked at “classical Christianity” and made sure all understood; though we are saved by grace through faith in Jesus, this same faith would be lived out in the works we did for our neighbors and needy.

Wesley would preach and teach affirming Paul’s words that it is, **“by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. (Ephesians 2:8-9).”** And Wesley would also affirm James’ challenge to a mere solitary life, **“For as the body without the spirit is dead, so faith without works is dead also (James 2:26).”**

The season of Lent in the church, the 40 days from Ash Wednesday to Easter, is a time for us to turn our attention to that care of our inward souls, to come to faith in Jesus once again, to reflect and ruminate on the messiness of our lives and the messes we have made. Here, in these forty days, we take time to do what I often call, “The Inner Work,” and prepare for the outward works in the days after Easter.

The Church is not retreating. This is OUR calendar year, for we live according to the Kingdom of God. We are, like the groomer, caring for this inward condition of our souls, not merely for ourselves but for others.

I encourage you to join us on the inward journey through Lent and our “Mess.” There are many ways to connect now: through Sunday worship on YouTube all week, on Facebook Live each Wednesday and on Instagram, through our website and now by our “SermonByPhone” at 907.302.2795 (also available all week).

“Do No Harm, Do Good, and Stay in Love with God.”

Pastor Ken

Messy

Mar 07: Samson  
Mar 14: Gideon & Thomas  
Mar 21: Mary & Martha  
Mar 28: Peter & Paul

The Thick Headed  
The Doubters  
The Odd Couple  
The Dynamic Duo

Judges 13:1-5, 24-25  
Judges 6:11-16 & John 20:25-29  
Luke 10:38-42  
Mark 8:31-33 & Acts 9:1-6



Sunday mornings at 11:15am on YouTube

@ <https://tinyurl.com/svcxjaq>

For audio only Call (907) 302-2795

no codes required

## We are a Praying Church

**Thursdays in March**  
(4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>)

@ 5pm Hosted by Judy Pendleton

**A time to share our prayers with one another.**

Computer: <https://us02web.zoom.us/j/88936069552>

pwd=ZDQwNFJpMnVJMnFPbW8zTjlybFNuUT09

Meeting ID: 889 3606 9552

Smart Device/App: Meeting ID: 889 3606 9552

Dial by your location Passcode: 753268

Find your local number:

<https://us02web.zoom.us/j/88936069552>

**First Sundays in 2021 are**  
**Communion Sundays at APUMC**

**March 7<sup>th</sup> 12:15 to 1:15pm**



**Drive-by Style**

Elements are individually packaged for your protection and convenience.

## APUMC Fiber Fellowship

As a group which seeks to know God better through devotions, prayer, and the sharing of God's comfort

and love through the making and giving of hand-crafted items, we welcome others to join us at any time. We connect via zoom from the comfort of our own homes, yet we are in connection with each other through electronic means.

Continuing with our typical pattern of meeting on the first and third Monday evenings of each month, our March dates are the **1st and 15th** beginning at **6:30 pm and ending by 8 pm.**

***Please join us!***

Zoom connecting information is as follows:

Computer – <https://greaternw.zoom.us/j/225718367>

Small devise/app – meeting ID: 225 718 367

Call in/Audio only – 301-715-8592

Meeting ID – 225 718 367#

The connection should be active by 6:25 pm.



## Worship Guides



are available on the homepage of the church website

([anchorpark.org](http://anchorpark.org))

If you would like to receive a hard copy, please let the church office know and we will add you to the mailing list.

## The Mini-LINK

Keep current with the weekly activities being offered for fellowship and service.

Go to [anchorpark.org](http://anchorpark.org).

A hardcopy of the MiniLINK is sent with requests for a Worship Guide.

★ **Something NEW is Goin' On** ★



**Quilters,  
We're back!**



**First Saturday of each month at  
Anchor Park, beginning on March 6th.**

## Come Join the Fellowship

of quilters as we social distance. Bring your own project, machine, and tools needed.

Tables, Ironing boards, irons and cutting mats provided. All Anchor Park Covid protocols will be followed. Masks are required. Bring your own bag lunch.

Questions? Contact Susan Williams at 907 317-0406.

**10am to 4pm**

Sunday, March 14<sup>th</sup> "Daylight Savings Time"

— Spring Forward



Watch our upcoming Mini-Links for opportunities to participate in

★ 'Getting to Know You' Conversations with Pastor Ken ★

These meetings will be scheduled throughout Lent, with multiple small group gatherings in person at church (with masks and proper social distancing), or via zoom gatherings. Each gathering will have a limited number of participants, so you will want to sign up in order to secure your spot at a time and in a way that works for you. Our goal is to create a way that we can begin to learn a bit more about Pastor Ken, while creating an equal way for him to begin learning a bit more about us. Plan now to be a part of strengthening our relationships with each other, especially during this challenging time.



Birthdays

Anniversaries

Ben Fish 05  
 Jade Hayden 07  
 Grant Carey 11  
 Frank Fish 15  
 Danielle Soliai 16  
 Judi McPheters 20  
 Kim Pitts 22  
 Debbie Hardwick 24  
 Dawson Hash 25  
 Doug Handlong 29  
 Makeleta Berry 31

Kevin & Carolyn 28  
 Downie



Your junk ..



.. Our treasure!

Spring is around the corner and it's time to purge (AGAIN), organize and put aside donations for the annual

**Church Yard Sale**

(the date to be announced later)

We are accepting donations now!

**Mon. - Thur. 9am to 2pm**  
 here at APUMC



**EPIC YOUTH SPRING BAKE SALE**

Support our Youth as they bake home made goodies for you!

Your last day to place an order for home baked goodies is **March 7th.**

**Contact: [epicapumc@gmail.com](mailto:epicapumc@gmail.com) or call/text 907-444-0951**

Pick up is March 14th at Anchor Park.

- Lemon curd and apple hand pies \$10
- Sugar & chocolate chip cookies 2 for \$1
- Brownies, walnut brownies \$1
- Mini chocolate Bundt cakes \$2
- Mini banana bread loaves 2 for \$5



Did our EPIC Youth shovel your snow?



What a loving response to the needs of others, as always, but especially in this time of COVID! On Saturday, Feb 20, these products were divided, half for **Beans Café** and half for the **Downtown Hope Center**. The donations for the Down Hope Center were delivered, they were so appreciative of this donation! As Owen, I and Melissa (a volunteer) were loading everything on a cart to take inside, a homeless woman, Amanda, came up and asked if she could help. Yes, please! When Melissa came back out she said the chefs were so excited. **There were NO paper plates with which to serve dinner to the ladies that night....until YOUR donations arrived!** God is ever present! HIS presence and love and grace were literally palpable at that moment. *Praise God!*

Please know how much your loving hearts and donations matter. They truly do make a difference. God bless each and every one of you.

***"Truly, I say to you, as you did it to one of the least of these, you did it to me".***

Peace, Pam Bell, Outreach Chair



**Our paper products drive was a HUGE success!**

Sorry I missed you yesterday!!!!  
 But THANK YOU for the ADORABLE Valentine goodie bags!!!!  
 Oh my goodness!!!!  
 We are so lucky to be in your care!!!!  
 THANK YOU for once again being God's hands and feet here in this place!!!

Peace! Kelli  
**Kelli Williams**  
 Director of Spiritual Life  
 AKCHILD & FAMILY



## Hello Anchor Park Family!

EPIC Youth has been working hard, helping our community, fundraising, and supporting our church family. As many of you know, we've teamed up with AK Child & Family since the pandemic. We've been making goodie bags for the children involved in this vital program.

This year we will be making an Easter basket for each child.

### ***And we need YOU!***

**Donations can be dropped off at Anchor Park in the Robinson Room thru March 28th. Thank you!**



## EPIC APUMC Youth & Jade

Easter candy  
 Easter stuffed animals,  
 Easter toys  
 anything related to Easter that will help create an awesome Easter Basket!



Hello Youth & Parents,  
 Today Pastor Ken & I informed our Youth that Methodist churches in Alaska have restricted ALL out of state mission and outreach programs. We know it's a disappointment for some of the Youth but we need to follow the guidelines. The good news is, we can travel in state. We are planning an in state trip on the same dates: July 18-24, 2021.

We will be heading to Kodiak, AK serving with Island trails. They are a non profit organization and is in search of volunteers to help with trails and cleaning up marine debris. Please check their website for more information  
<https://www.islandtrails.org>



Valentine Goodie bags for AKChild and decorations for the Senior Center





Butterfly yard decorations  
2 for \$5.00  
All funds will contribute to Youth Missions  
Butterflies can be delivered or  
picked up at Anchor Park UMC.  
on April 18, 2021  
to order contact [epicapumc@gmail.com](mailto:epicapumc@gmail.com)



**Outreach spotlight for March is....  
The EPIC youth group and the Blessing**

Under Jade's guidance, the youth group has been quite busy during COVID reaching out to others. The Blessing Box is just one example. So starting now, until Saturday April 3<sup>rd</sup> we are doing a drive to keep the Blessing Box well stocked. The youth group will keep it full over the weekends and it will continue to be monitored at the church through the week.

The Blessing Box was designed to provide for 3 areas of need: Food, Cold weather clothing and Travel size hygiene products.

Please drop off your gifts at the church during church hours. We will use the Lawhorn room this time to collect these donations. Donations will be organized and stored at the church and the Blessing Box will be kept as full as possible. Let's support the efforts of our own Anchor Park Epic Youth and help them provide for those in need. Our youth are truly EPIC!

Thank you! Jade Hayden, Youth Director and Pam Bell, Outreach Chair



**Examples of needed hygiene products**  
Small Kleenex packs, chapstick, TP, travel size hand sanitizers, lotion & bar soap & feminine products.

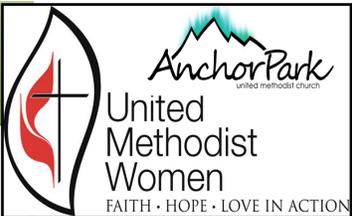
**Ideas for food products**  
Costco has several items perfect for this. Vienna sausage, jerky, tuna salad packets, tuna with flip-top cans, single foil packs of tuna, chex snacks (can be divided into sandwich size bags) granola bars, any type of cracker, pilot bread, PBJ sandwich with pilot bread, instant oatmeal, canned goods such as soup, fruit, beans, vegetables etc. If canned goods freeze, they can be thawed and eaten. Again, flip top cans are desirable. If a homeless person needs the food, they are not going to have a can opener.

**Examples of needed cold weather clothing**  
Gloves, scarfs, hats, long johns and socks.

**Looking ahead... consider putting these on your calendar:**

**April 11<sup>th</sup> at 12:30pm** Susan Williams will share a program triggered from her preparation for facilitating a study on Finding Peace in an Anxious World. This meeting will happen via zoom so watch for the specifics to connect to this meeting in next month's Link.

**May 16<sup>th</sup> at 1pm** we plan to gather outside at church for a barbeque as we hopefully enjoy the beginning of some of our great summer weather. Once again, watch for more specifics



**United Methodist Women**  
*Open to all interested women*  
**Sunday, March 14<sup>th</sup> at 12:30pm** we will be gathering in person at the church as we work at creating fleece blankets for the children and youth at AK Child and Family, our local UMW National Mission Institution. A **unique fleece blanket** is given to each student when they arrive at the center, which they are able to take with them when they depart. We'll all be masked, and ready to maintain proper social distance as we work on different sides of the blanket. Depending upon how many join us for this hands-on activity, if needed we will divide into sub-groups and work in different rooms to help assure proper social distancing. No special skills are required and we'll provide the scissors and instructions. Many hands make the task go more quickly.

**Plan now to join the fun!**



# Faith Talks

A UNITED METHODIST WOMEN PODCAST

Faith Talks are monthly conversations with **United Methodist Women** hosted by Jennifer R Farmer, Spotlight PR. Each conversation explores themes and resources that empower us to put faith, hope and love into action. Below are some recent topics UMW explored.

<https://www.unitedmethodistwomen.org/faithtalks>

## Faith Talks: Creating a Sustainable Lifestyle

2020 was historic in terms the number of natural disasters, with weeks of raging, smoking wildfires in some parts of the country that left many struggling to breathe. In other parts of the world, residents weathered tropical storms that destroyed communities and severely diminished livelihoods. Yet in others still, communities experienced one of the hottest years ever recorded.

All of this happened amid a global pandemic upended the U.S. economy and everyday life for millions. people. While the incoming Presidential Administration must tackle a host of issues to make our environment safer and more sustainable, there are also things each of us as individuals, and as communities.

## Faith Talks: Faith in the Midst of Uncertainty

This 2020 U.S. elections season has been like none other in recent memory. How do we mend the divides? How do we move forward together toward justice and peace for all from here? What are women of faith called to do in such a time as this?

## Faith Talks: Church and Politics

The discussion will center around the church and politics and will examine questions such as "what does it mean to engage politically?", "Should church leaders involve themselves in politics?", "How do we do so while centering God's command"

## Faith Talks: Dismantling Racism

The videotaped killing of George Floyd has focused the world on the racism steeped into our nation's founding and poisoning our institutions for too long.

Enough. We must end racism now. We cannot burden another generation with this. Listen in on this Faith Talks conversation as we talk about the United Methodist Church's Dismantling Racism: Pressing On to Freedom initiative.

## Faith Talks: Emotion and Anxiety

Affecting an estimated 40 million adults, anxiety is the most common mental health disorder in the United States. While anxiety is highly treatable, only 39.6 percent of people who suffer from the disorder seek treatment. Even before the COVID-19 pandemic, millions of people were struggling with anxiety, and we can only imagine how those people, and others, are faring.

On this episode of Faith Talks we will not only discuss the disorder and hear from experts who'll have resources to help. With the COVID-19 putting so many of us on edge, this session will be a help to anyone suffering from anxiety or seeking to help family members, friends of lay leaders who are suffering from the disorder.

## UMW 21st Assembly

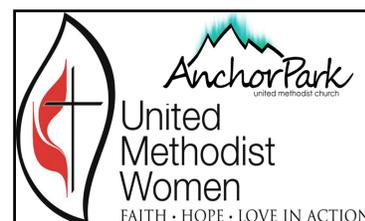
will take place in beautiful Orlando, Florida, **May 20-22, 2022** where we will celebrate our theme: **TURN IT UP!**



By the time we gather in 2022, we hope and believe that we will be looking back on parts of our current crises, moving forward strategically and building new ways of connecting and serving women, children and youth. For such a time as this we need to TURN IT UP! We will leave Assembly inspired to:

- TURN IT UP! for spiritual healing and renewal
- TURN IT UP! for rebirth in a new time
- TURN IT UP! for women leaders

TURN IT UP! for justice for women, children and youth



EPIC APUMC  
YOUTH RETREAT  
HOPE, AK

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August 6-8 2021



EPIC APUMC YOUTH

# CAR WASH

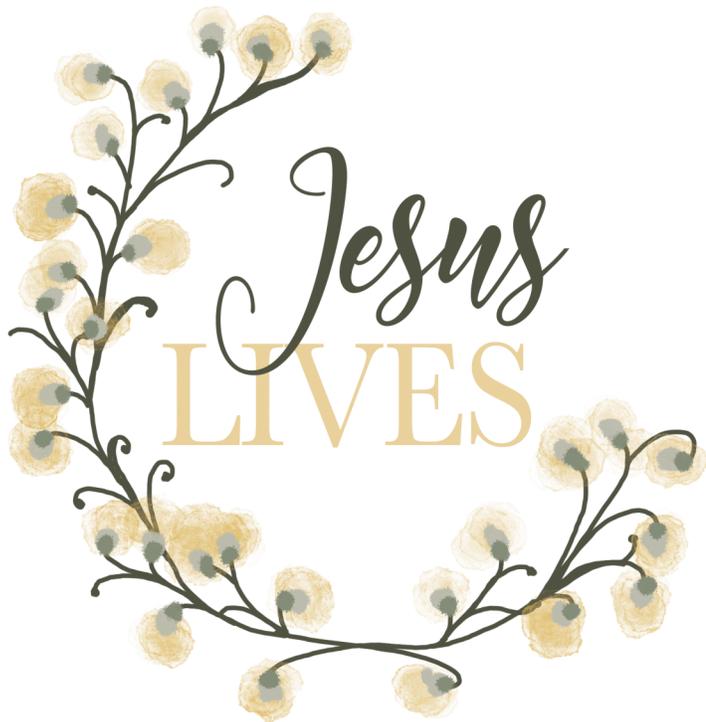
May 15th 2021

11am-3:30pm

Anchor Park UMC

2300 Oak Dr. Anchorage, AK 99508

Donations will support Youth Mission



*Easter is Sunday, April 4th*  
*Join our celebration on YouTube.*  
*Visit our website for details*  
*@ anchorpark.org.*

**Welcome** all races, class or lifestyle to experience God's love through all ministries of our church.  
**We: Love** God and neighbors knowing that love will encourage our diversity and span our differences.  
**Serve** our community and world through serving the poor, homeless, orphaned, addicted and imprisoned.



United Methodist Church

2300 Oak Drive  
Anchorage, Alaska 99508

**Worship with Us!!** Visit [www.anchorpark.org](http://www.anchorpark.org) for available on-line and smart-phone options.

**Office Phone: 907-277-0152 Email: [office@anchorpark.org](mailto:office@anchorpark.org) Office Hours: 9-2 Mon-Thur.**  
**Cris will continue to monitor email and phone calls. The church building is closed until further notice.**