



Life Lessons from the Hummingbird

1. Don't Let (Perceived) "Limitations" Hold You Back

Some might see the hummingbird's small stature as a limitation; however, their size allows them to hover like a helicopter, fly backwards, forwards, sideways and even completely upside down if needed. They can also fly up to 30 mph and dive as fast as 60 mph. Instead of fixating on limitation, focus on capitalizing on your strengths. David took a small stone and gave giant Goliath a deadly headache (1 Samuel 17).

2. Know When to Stand Your Ground

Despite its small size, the hummingbird can be extremely aggressive when called for. They are known to lunge at larger birds when their territory is encroached upon. Take inspiration from hummingbird's courageous heart and stand up for your true beliefs. Psalm 62:6 "He only is my rock and my salvation: he is my defense; I shall not be moved."

3. Be Efficient

Hummingbird has an extremely good memory and can remember the exact locations of all of the flowers and feeders it's visited; this comes in handy when planning return visits. Also, when hummingbirds sleep, they enter "torpor," a very deep state that helps them conserve energy. Always make the most of your time, but when the day is done, relax and refresh. Move with efficiency, but know when it's time to conserve energy. Mark 6:31 Jesus said to his disciples, "Come with me by yourselves to a quiet place and get some rest."

4. Stay Flexible and in the Flow of Life

Hummingbirds need to eat several times an hour, but they don't fixate on just one or two food sources. Hardly; they are aware of thousands of possible flowers or feeders at any given time and can change their course in an instant. Stay intuitive and be ready to adapt and change your plans as needed. 1 Chronicles 16:11 "Seek the Lord and his strength; seek his presence continually!"

5. Show Your True Colors

The hummingbird's unique, iridescent coloring sets it apart from other birds, and they are able to adjust how brightly they shine. When light catches their feathers, hummingbird shines and glimmers like no other. When the time is right, let your true colors shine bright. Romans 1:16 16 "For I am not ashamed of the gospel, because it is the power of God that brings salvation to everyone who believes."

Where did Acolytes come from?

Acolytes have been part of the church in one form or another from the earliest times.

The word acolyte comes from the Greek word “akolouthos,” meaning follower, helper, or assistant. By the middle ages, acolytes were a clerical order. Acolytes may have any number of helping functions. They may carry the light, processional cross, banners, or Bible. They may also assist the pastor or other worship leaders with communion, baptism and other duties. Children and youth often serve as acolytes, but adults may serve as well.

“Jesus said: ‘I am the light of the world’” (John 8:12 NRSV). The presence of the light reminds us of Jesus coming into our world and into our lives. The light is carried into the worship service as a symbol of Jesus coming into the presence of the worshipping community.

Many congregations use two candles on the Lord's table. While the original use of such candles was simply to provide enough light for the presider to see the communion liturgy well enough to pray it, some also came to see those two candles as a reminder of the dual nature of Jesus, both human and divine. At the end of the service, the light carried out into the world is a sign that Jesus Christ is for all people everywhere, and that Christ goes with his people into the world where serve as his living body.

This information comes from our denomination's website: www.umc.org

Acolyte Training Program March 15th, 10 a.m.

All Children and Youth are Invited

Gather in the children's church room (Dylan Hollis' class) in the education building. What a wonderful way to help lead the church in worship, serve your church and serve your Lord Jesus Christ.



House of Hope Banquet Friday, March 27th, 6:30p.m. Get Your Tickets!

Pike County Cattlemen's Association Building

Please drop by the House of Hope on Brundidge Main Street to get your ticket, just \$10 each, or call the director Alicia Carroll at 205-440-9712. You can also secure your ticket by email at acarroll@alatc.org or go online to alatc.org, look for banquet for House of Hope. This is a temporary residence for ladies who have been delivered from addiction and are seeking to transition into a restored productive life surrounded by Jesus' love and the Holy Spirit's guidance.

Lenten Prayer



God of goodness and mercy. Hear my prayer as I begin this Lenten Journey with You. Let me be honest with myself as I look into my heart and soul, noticing the times I turn away from You. Guide me as I humbly seek to repent and return to Your love. May humility guide my efforts to be reconciled with You and live forever in Your abundant grace. Transform me this Lent, Heavenly Father. Give me the strength to commit myself to grow closer to You each day. In Jesus' name, amen.



Flight Aware

By: Barb Homann

Hummingbirds by the dozen...

What a beautiful sight!

Wings a flutter,

Here and there,

Working with all their might.

Five on one feeder...

Four on the other...

The remainder waiting their turn...

You just have to wonder,

Why the Lord has blessed us with this beautiful sight,

While these tiny creations are enjoying their flight.





Memorials & Honorariums



In Honor of Nellie Sue Helms

Frank & Wynnette Fryer- Building Fund

In Honor of Susan Helms

Frank & Wynnette Fryer- Building Fund

In Honor of Joe Stinson

Frank & Wynnette Fryer- Building Fund

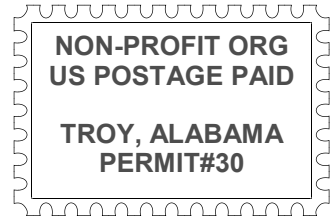
In Memory of James & Jeanette Caldwell

Frank & Wynnette Fryer- Building Fund



Dana Thrash-2nd, Ken Dickert-2nd, Dylan Hollis-2nd, Wes Bundy-4th, Rev. Ed Shirley-5th, Bo Coppage-5th, Andre Paez-9th, Sharon Shirley-10th, Cady Rose Bowden-12th, David Hollis-16th, John Ross Helms-16th, Cleone Rogers-16th, Mike Warren-16th, Gibson Baker-16th, Donna Copeland-17th, Mary Catherine Hix-21st, Elsie Clare Coppage-22nd, Katie Wallace-23rd, Mike Jones-24th, Ken Price-25th, Daphne Coppage-25th, Don Renfro-26th, Mary Ann Flowers-27th, Jennifer Garrett- 31st

Brundidge United Methodist
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Smiles From Mrs. Sara

- 1.) Why do you run faster when you have a cold?
- 2.) If George Washington was alive today, why couldn't he throw a silver dollar across the Potomac River?
- 3.) Why are dogs experts on trees?
- 4.) What kind of dog has money?



Genesis 21:6

Answers: 1.) Because you have a racing pulse and a running nose. 2.) Because a dollar doesn't go as far as it used to. 3.) Because they don't want to bark up the wrong one. 4.) A blood hound, because he's always picking up scents (cents).