



# St. John UMC Satellite

## Invite \* Relate \* Nurture \* Send forth

### Stretched Thin By Lucas

#### March 2026

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"I know I don't look it...but I feel thin, sort of stretched, like butter scraped over too much bread." Bilbo's words from Lord of the Rings rattle in my head. You've probably felt the same way at some point too, right?

Even the basic demands of life can leave us feeling over extended and stretched out. You spread thin across jobs, spouses, children, church, extracurriculars, and whatever else wants to suck time and energy away from you. Sometimes what's left of us is so thin it feels as if we have become nearly translucent. Eventually, to avoid *anything* that requires more, we began to avoid *anyone* who wants more too. All the spreading thin will eventually scrape away even the good parts life. When you have nothing left to give, if you give at all, people just get whatever is left over.

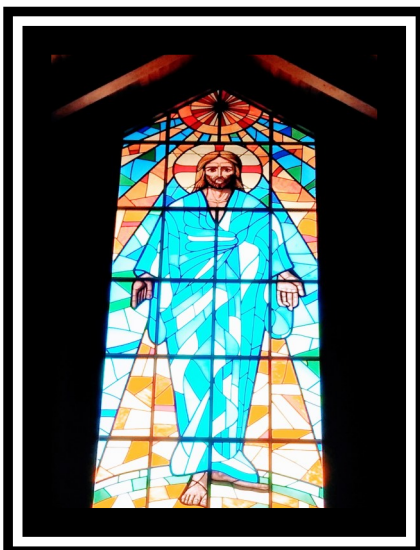
But here's the thing, you may look ok. The pieces that are visible from the outside appear put together. But instead of running your life, it seems more accurate that life is running you.

I know you get this. You're living and loving and doing your thing and somehow find yourself in a

place where you hardly even know what's happening anymore. Life isn't happening *with* you, it's happening *to* you. One day you're doing the planning, and then something weird happens and all the planning is now the ruling factor of your life. Jobs, kids, spouses, sports, carpools, church, friends...it is all too much and you become mechanical in your execution of tasks or you shut down completely.

I get it friend. I burned the candle at both ends for a long time. Somewhere in there though the candle broke in half and I found myself burning both sides of the candle at both ends and whatever was left in the middle got burned up. Which really means that I burned out.

And what probably burned me out more than anything else was when I inadvertently started burning bridges that I didn't even mean to set fire to at all. I hurt friends because I didn't make time for them. I felt alone because I was so overwhelmed that I disconnected myself from the people and activities around me that I loved. I stopped doing things that I enjoyed like art, or creative projects, even cooking dinners that tasted good. But din-



## Devotion (cont.)

When it comes to making extra space for neighbors or friends or even just one more person, sometimes it feels like you just can't. they show God's abundance, excess, sufficiency, and strength.

[2 Corinthians 12:5](#) reminds us that we need not boast about ourselves, except about our weaknesses. Because it is in our weakness, that the Lord makes us strong. In a very area of his life where Paul struggled and asked the Lord to remove the struggle, Jesus said to him " "My grace is sufficient for you, for my power is made perfect in weakness." He goes on to declare that he would "boast all the more gladly about my weaknesses, so that Christ's power may rest on me. That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

I know what it is to be worn out, spread too thin, stretched beyond my limits, and I know that's not the way you want to begin a new year either.

Scripture is full of people who felt not enough and spread thin across too much. But as we begin to search the Word of God to find more in our thin places, it seems most often the greatest thing God asks is that we trust Him even (and especially) when we come up short.

He asks us to offer what little we have to him so that He can make much of our offering. And in doing so, He makes much of His goodness to us. In the places where we have little, he promises to make more. In the areas we feel weak, when we lean into Him instead of ourselves, he promises to make us strong. He takes the moment we come with little left to give and blesses us with a Kingdom kind of leftovers that aren't so much all that remains, as

Maybe spread too thin is the very place that God wants to show us exactly how much abundance there is for us? That instead of trying to spread ourselves over the world around us, we can uncover what can be when we spread our lives across the abundance that is the Bread of Heaven himself.

**My perspective:**

I found this devotion when I was trying to ease my mind about all my hats and all the irons I have in the fire. I have been praying a great deal lately that God will give me guidance and strength to meet the needs and demands of everyone.

What I found in this devotion is that, YES, I need to pray for strength and guidance but I also need to remember the things that bring me JOY in serving the Lord! I love cooking for those who are in need or have had surgery or illness. Gifts of service is my 'love' language. A few things that I do in the office have been on the back-burner due to the other job. Those are important to me and give me joy! I am going to make time for them again.

As the devotion says, when we stretch ourselves too thin, God allows us to seek Him and trust Him to bring us strength and help us to find our purpose again. He is much stronger and wiser than I am. I need to lean into Him and trust His wisdom as I try to balance this busy time. I also need to continue to ask for grace from those

## Devotion (cont.)

I can't complete everything in the time I have in each day. A few more weeks is all I have left of juggling this super busy schedule.

I still love teaching and I love working at church. So, any time I can do both, I feel blessed.

Have a blessed March! Sondra



## ST Benedict's and Help Office News

The Help Office continues to serve the homeless and hungry in the city of Owensboro. The need is great. I work in the food bank each Monday. Any food or hygiene products can be brought to church and I can deliver to the Help Office. Monetary donations and grocery gift cards are needed. Immediate needs are crackers, hearty soups, canned fruit, dish soap and laundry pods.

Thank you for your continued support of St Benedict's homeless shelter for men. We feed 50-60 men for about \$125. There are 2 months of funds remaining. Any donations to that cause are appreciated. Serving starts at 7:45 pm on the first Monday night of each month. Come join us. You will be

blessed. Vicki Hast

The dates we serve at St. Benedict's are:

Mar. 2	Apr. 6	May 4	June 1
July 6	Aug. 3	Sept. 7	Oct. 5
Nov. 2	Dec. 7		

Not sure about the dates, check out the calendar feature on our website,

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



# RECIPES

## EASY SLOPPY JOES

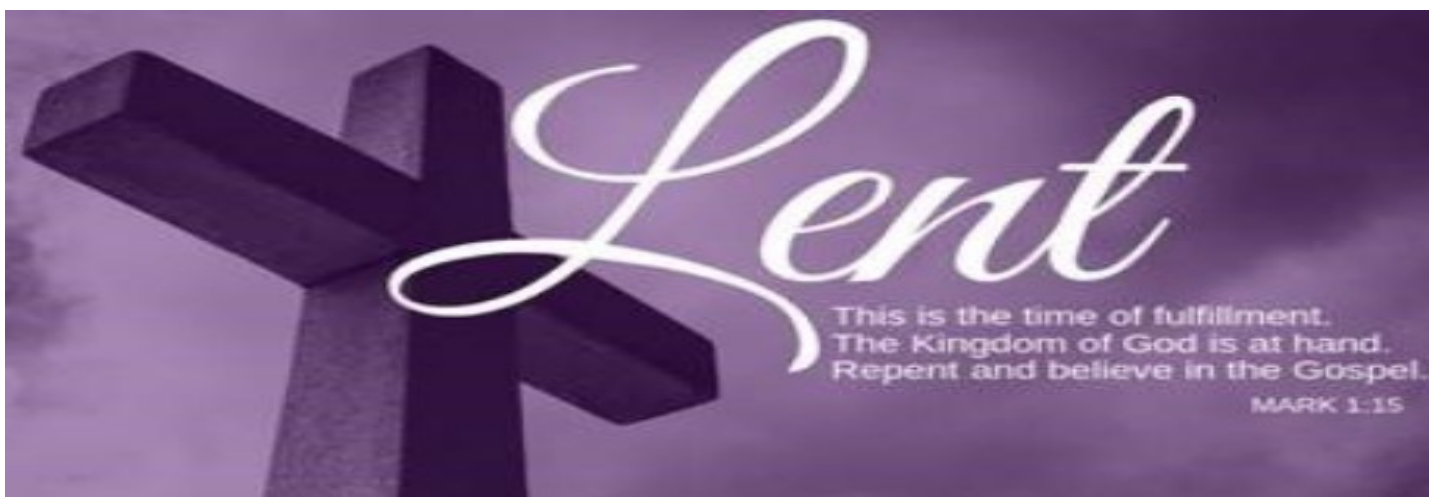
### Ingredients:

- 1 lb. ground beef (extra lean)
- 1/4 cup finely chopped onion
- 1 Tbsp. butter
- 1 tsp. olive oil
- 3 cloves garlic, minced
- 1 Tbsp. tomato paste
- 2/3 cup ketchup
- 1/3 cup water
- 1 Tbsp. brown sugar
- 1 tsp. yellow mustard
- 3/4 tsp. chili powder
- 1/2 tsp. Worcestershire sauce
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 tsp red pepper flakes (optional)

### Directions:

1. Heat butter and oil in large skillet over Medium/Medium-High heat. Add beef and brown, breaking apart into crumbles as it cooks. Cook until done. Transfer to colander to drain.
2. Add onion and garlic to same skillet and cook until soft. Add beef back to skillet and add tomato paste. Stir well.
3. Add ketchup, water, brown sugar, mustard, chili powder, Worcestershire sauce, salt, red pepper flakes (if using), and black pepper. Stir well to combine.
4. Cook over medium heat for 10-15 minutes, until mixture has thickened to your liking. Remove from heat and serve over toasted buns.

**\*\*I didn't like sloppy joes in school and I love these!!**



# CHOIR NOTES

## ***I'd Do It Again by Andrew Ripp***

*I still remember the bread and the wine  
Knowin' that I'd soon give up My life  
The ache of betrayal, the kiss of a friend  
Child, if I had to, I'd do it again*

*I still remember the sting of the thorns  
Weight of the cross that My shoulders bore  
The sound of the nails when they pierced  
through My skin  
And, child, if I had to, I'd do it again*

*'Cause there's no distance too far  
No pain too great  
There's no grave too dark  
No hell I won't face  
The proof that it's finished  
Is here in My hands  
I know I don't have to, child  
But, oh, for you, I'd do it again*

*Oh, I still remember the spear in My side  
And the last thing I said before I died  
And, "Father, forgive them, " as I took on  
their sin  
And, child, if I had to, I'd do it again*

*'Cause there's no distance too far  
No pain too great  
There's no grave too dark  
No hell I won't face  
The proof that it's finished  
Is here in My hands  
I know I don't have to, child  
But, oh, for you, I'd do it again*

*And again, and again  
I'd do it again, and again, and again  
Want you to know-oh-oh*

*I love you that much, I love you that much  
Want you to know-oh-oh-oh-oh*

*I still remember that very first breath  
While the rest of the world still thought I was  
dead*

*The weight of the stone and the light that  
poured in  
Death is defeated forever, amen*

The first time I heard this song, I cried.... just sat in my car and cried. Then, a few days later I heard an interview with the songwriter/singer and he explained the idea for the song. He and his wife had struggled to have a child and finally had a son. He said someone asked him if they would go through all of the struggles again for the child and he said, again and again. Which gave him the thought if he would do that for his son, what would God do for us and how must he have felt giving up His son?

How much love did God have for us? How did Jesus feel dying for my sins? It was very clear how He felt there on the cross when He said, "Father, forgive them". He was more than willing to take on our sins. What pain he had suffered before he got there! What shame they had put upon him! Yet he was asking His Father to forgive us with his last breath.

The last verse of the song says,

*"The weight of the stone and the light that  
poured in*

*Death is defeated forever, amen*

# CHOIR NOTES, CONT

That says it all, doesn't it? The stone was rolled away and Jesus was RISEN! He is ALIVE! He is a Living God that we worship. It is exciting and invigorating, especially this time of year. The song made me cry but it also made me shout AMEN!

Thank the Lord, He is a Living Lord I can count on to answer prayers and talk to and lean into at difficult and HAPPY times.

I challenge you to do those things too. Lean into God. If you are Happy, Stretched Thin, Worried, Content, Need Comfort, Sick, Healthy.... you get the picture. Rely

on Him through it all. He died for us for all reasons.

Come join us to sing His praises too! It starts your week off right ☐

Love, Sondra

## Easter Events

**Mar. 29, Palm Sunday**

**April 1, Passover**

**April 2, Maunday Thursday, Communion**

**April 3, Good Friday**

**April 5, Easter Sunday**

# Emergency Contact

The office would like to collect an emergency contact for each person in the church. Several committees have met recently and feel like if an emergency were to occur, Pastor Chris may need to contact someone on your behalf. This information would be kept for emergencies only. Watch for the opportunity to provide a number to reach in case of emergency!

## Methodist Men's News

A nice day brought out 27 ladies and gentlemen to our February breakfast meeting. We were again blessed with great fellowship and wonderful food from our cooking team. Great job guys! It is good to see some of our political candidates begin to join us as well. Our next meeting will be March

21, at 8:30 am. We would love to have you with us.

Blessings

Jim



## STATEMENTS OF GIVING

**Statements of Giving** are available on request!

Several years ago, the Finance Committee stopped printing and mailing the statements of giving due to the high cost of printing and mailing. The state-

ments are available on request, however. Just let Sondra or Dorothy know you would like a paper print-out and we can deliver it to at church the next Sunday or mail it to you. We will be happy to do that for you at your request!

## ST. JOHN SINGLES

St. John Singles will meet in March at Kim's Diner for food and fellowship. Please plan to

join us on March 18th at 11:30 am for some good fun and good food! See you there!

# Food & Fellowship

Come join us for Supper Club. We meet once a month for dinner at a local restaurant. Food and fellowship is had by those who attend! Here are the dates and locations for this year. You will also find the restaurant choices in our bulletins and on the calendar on our website [stjohnum.org](http://stjohnum.org).

See you soon!!

Make sure to get these on your calendar and be ready to have some FUN! All times are 5:00 pm.

**Mar. 24 Old Hickory**

**Apr. 28 Cracker Barrel**

**May 26 Olive Garden**

**June 23 O'Charley's**

**July 28 New China**

**Aug. 25 Briarpatch**

**Sept. 22 Old Hickory**

**Oct. 27 Cracker Barrel**

**Nov. 24 Moonlite**

**No meeting in December**



## FAMILY LIFE

Whew—winter is almost over! We are looking ahead to some exciting family activities geared to food and fellowship. Also, a great opportunity to ask others to join us.

Save the dates for:

March 15—A “green” potluck in the spirit of St. Patrick’s Day. Wonder how many green foods we can come up with that are not vegetables? Bring your Irish appetite after church. I bet someone is going to bring some Irish stew or corned beef and cabbage.

April 19—Movie Night (but in the afternoon) 4-6 pm in the Fellowship Hall. The church is providing hotdogs and popcorn. Bring a snack to share.

May 3—Pastor is having a “Blessing of the Pets” with an outdoor picnic to follow.

What a great opportunity to meet the other special members of our church families. Watch for details.

TBA—Put on your thinking caps and try to get out of the “Escape Room”. Kids—ask a friend to help.

Happy, Healthy Spring

Dorothy

# Lent Word Search

S X N O I R U T N E C K P B D J Q H J B U Q C M  
 I L O R J E K T H I E F P A I I Q O W Q X A R A  
 M Y R J E S A M G Y Q I S R S W X A G W L D B U  
 O E A U S I A B A O A R M T C P M S G V F O D N  
 N P S D U M U P R S N E L H I G K L A C E E O D  
 P I E A S O J Y R N D P A O P A M R L F B O E Y  
 E L A S J N U A E R R P P L L R Y R Y N O K W T  
 T I C I G T D A S O E U Z O E D X S A T R X R H  
 E H A S E H A S T H W S S M S E Y Z D B U D S U  
 R P P C T E S P E T A T P E J N N A I L S U V R  
 V U E A H Z X E D F Q S C W S A K I R Z E O H S  
 S C B R S E Q A R O P A H M E B Q D F D G J J D  
 F E Y I E A U R P N O L N W S R E I D L O S A A  
 H F C O M L I B E W K N H O E P E A O Z V G M Y  
 I E I T A O T W W O J I O N C D H U O S E P E C  
 Q N R G N T S R X R K V J M F T N K G O R Q S G  
 Y U N O E O U D J C A S H E S O T E S N N Y T O  
 Q S V L D E D V P T Q E E S F D R A S I O A H L  
 O U B N D E G A H X T Q E O V S B T F D R R E G  
 F W Z I T N S O Q L H M L I S B H L Y L A J L O  
 I R S A M S M S P T A S K O A S M A A D D Y E T  
 R B L W I A Z R K J N M R R A Q V I R J A W S H  
 R I G O S H X N Y C D C A S H F R B C I E Y S A  
 P T N R Z B O Q C T S B Z W X T Z H K D V S S Z

Simon the Zealot  
 Ash Wednesday  
 forty days  
 arrested  
 Calvary  
 Philip  
 spear  
 ashes  
 robe

Crown of thorns  
 Last Supper  
 Gethsemane  
 soldiers  
 passion  
 Andrew  
 hands  
 Judas  
 side

Maundy Thursday  
 Bartholomew  
 disciples  
 Barabbas  
 Caesar  
 Thomas  
 nails  
 palms  
 feet

James the Less  
 Good Friday  
 Centurion  
 Golgotha  
 Pilate  
 trial  
 thief  
 James  
 dust

Judas Iscariot  
 Simon Peter  
 governor  
 Thaddeus  
 garden  
 Herod  
 cross  
 Jesus  
 John



Open hearts.  
Open minds.  
Open doors.

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*Mar. 3, 5 pm Fin. Com. Mtg.*

*Mar. 10, 4 pm UWF Mtg.*

*Mar. 15, 11 am "Green" Potluck*

*Mar. 18 11:30 am Singles @ Kim's Diner*

*Mar. 21, 8:30 am Meth. Men's breakfast*

*Mar. 21, 10 am Choir Practice*

*Mar. 24, 5 pm Supper Club at Old Hickory*

*Mar. 28, 10 am Choir Practice*

*Mar. 29 Palm Sunday*

# PALM SUNDAY

“Blessed is he who comes  
in the name of the Lord!”

Matthew 21:9 ESV

