

Pastor's Pen

Frost Quakes and Lent

Recent booms in middle Tennessee are not the sound of our congregation celebrating the opening of new second floor restrooms, though cheers and high fives have echoed loud and long; washed hands of course. Rather, our area has experienced the phenomenon known as frost quakes. Who knew? I must have slept through class the day those were mentioned; or the word cryosesism went in one ear and out the other. But now I know, boom!

I did not, have not heard a frost quake, but the occurrence of them hearkens a helpful Lenten theme. I have learned they are caused when water saturates the soil, then freezes, and through the prolonged stress of colder temperatures expands, which may eventually lead to an explosive release. How is that for a metaphor on the power of sin left unchecked within the human soul? We are water soaked in baptism and trust the Spirit to saturate our being in God's love.

Yet, sins known and unknown are a bitter wind, storms and challenges of life harden our hearts, broken relationships and regrets expand our heavy spirits; without confession, without faith, without reconciliation soul quakes may follow. Lent is a time for healthy spiritual release.

With my truck unable to get up the hill of our driveway, with the slower pace of frozen Nashville, I had a chance to do a bit more reading. Sitting at my office desk looking over the books on the shelf, I settled on revisiting the diary Henri Nouwen kept while spending seven months at the Abby of Genesee in upstate New York.

Nouwen understood that one enters the monastic life for a lifetime and not for a few months, nevertheless, his request to live in that community for a limited time was granted, and the experience was rich. I am mindful that following Christ is also designed to be life long, with seasons of intentional community especially helpful in that desire; think Lent. Here is his entry for July 23rd:

In the contemplative life every conflict, inner or outer, small or large, can be seen as the tip of an iceberg, the expressive part of something deeper and larger. It is worthwhile, even necessary, to explore that which is underneath the surface of our daily actions, thoughts, and feelings. (The Genesee Diary, page 81)

I am pretty sure the iceberg reference caught my eye given my preoccupation with the wintery scene out the window; many people sledding down the hills in Ellington while others sort of skating across Marchant. Of course icebergs are a whole other matter, but the reminder that only a small percentage of an iceberg is visible drew me again to reflection on that which is happening under the surface of our lives.

The season of Lent is a call for self-examination of our daily thoughts, actions, and feelings in the light of God's grace and according to the example of Christ. These forty days stir the living water of faith through confession, and warm our spirits through both the means of grace that our covenant life offers and the real desire to act in ways that please God.

I understand how the weather kept many from attending the Ash Wednesday Service. In it we shared liturgy inviting us to observe a holy Lent; consider yourself invited. May all of us use these days to release the stress of sin and brokenness within us through penitence, forgiveness, and disciplined living. Let the sound heard far and wide be God's amen.

Peter van Eys

Up-Coming Events

Church Work Day

The Trustees have rescheduled the church work day which is now on **Saturday, February 28**, beginning around 11:30 a.m. after the UMW brunch and meeting. The main objective is to clean the blinds in Fellowship Hall and in other rooms of the church, but if weather permits, there may be outside chores as well. Please volunteer as many hands get the job done quickly.

Intentional Parenting 2015

Crievewood wants to help parents by connecting, supporting, and offering opportunities to learn from one another, mentors, and child development experts. In brainstorming ways to support our parents at Crievewood and in the Crieve Hall community, we have an exciting announcement! Patti van Eys, Ph.D. and Chief Clinical Officer with Omni Visions, will be facilitating a series of parenting seminars based on topics chosen by the people who attend our kickoff event, held **Tuesday, March 10 at 6:30 p.m.** in the Fellowship Hall. Child care (for infants through 4th grade) and a snack supper will be provided. Join us as we gather and get to know our fellow Crieve Hall neighbors and support each other as parents.

In order to plan food and child care, please RSVP to Leigh Ann Cate at leighanncate@crievewoodumc.org. For questions, please contact Leigh Ann at 615.832.2897.

Missions

One Great Hour of Sharing

Sunday, March 15, is a Sunday of special offering in the United Methodist Church. One Great Hour of Sharing calls Methodists to share the goodness of life with those who hurt. This offering provides administrative support for UMCOR as it responds to disaster survivors and people in need around the world. Please give as you are able.

TP Sunday

As part of our ongoing support of Community Care Fellowship the Outreach Committee is continuing TP Sunday. Please mark your calendars to bring toilet paper, any size package, on the first Sunday of every month. Packages may be left in the narthex of the church. Join with us in supporting the homeless of Nashville. The next TP Sunday is **March 1, 2015**.

Spuds, Salads and Sweets

The youth will be having a fundraiser luncheon after church on **Sunday, March 29th**. There will be a potato bar with salad and dessert.

Caramel Corn

Look for Charlie's homemade caramel corn in the narthex on **Sunday, March 29th**. It's a perfect Easter treat. Proceeds from this sale go to youth missions. There is a \$5 minimum per bag.

Activities

Bible Studies

Bible Studies have resumed. The Tuesday morning group meets at 9:30 a.m. and a Sunday night group meets at 6:00 p.m. If you are interested in joining either group, contact the church office to be added to the roster.

JOY Club

JOY Club will travel to an unknown destination for lunch on [Thursday, March 26](#). The only clue is that the meal is in Nashville.

In upcoming months look for these events:

4-23-15	Tour Rattle & Snap; Lunch at Cracker Barrel	Pay for tour by 4-2-15
5-28-15	Falcon Crest tour	Pay in advance for play
6-25-15	Mystery Lunch—Local	Cars, no van

Retreat 2015

Retreat registration forms are ready, and we are excited for your family to join us August 14, 15, and 16 for our annual church retreat. We will head to Beersheba Springs Assembly for a fun weekend of bonding, hiking, resting, eating, playing games, and being a church family away from the normal routine. People from every generation are encouraged to register, and we will offer a variety of activities for all activity levels and ages.

Registration forms are in the narthex, and the initial deposit is due March 15. Please contact Leigh Ann Cate with questions or with your suggestions for activities to add to the mix. We are looking forward to a WARM weekend on the mountain in August.

Hear what one of our retreat families had to say:

“We love the Beersheba Springs retreat. It is such a great time to relax and interact with other Crieveewood families and members outside of church. The location is gorgeous and allows for so many opportunities to experience God’s generosity and love.”

WNF Resumes

We are excited to invite you to join us for Wednesday Night Fellowship and Lenten worship. We will begin the evening with a dinner at 5:45 p.m. followed by a half hour service beginning at 6:30 p.m. in the sanctuary.

Dinner costs this year are \$5.00 for each person in a family over the age of 12, with a maximum of \$20 per family. Children between the ages of 3 and 11 eat for \$3.00 each. Children two and under are free. (The maximum applies to up to TWO adults and any children between 12 and up. Additional adults pay \$5 per plate.)

Please call 615-832-2897 to make a reservation for dinner, OR complete the reservation form in the bulletin this coming Sunday. All reservations must be received by Tuesday, February 17, at noon in order to shop for the appropriate amount of food. Those who attend with a late or no reservation will be asked to wait until all reserved meals have been served before going through the food line.

Wednesday Night Fellowship will meet each week through April 30 with dinner at 5:45 p.m. and a service or program from 6:30-7:00 p.m.

Can’t wait to see you!!!

WNF Menus

Wednesday, February 25 —Pork loin, mashed potatoes with gravy, green beans, cooked apples, rolls, and chocolate cobbler with vanilla ice cream

Wednesday, March 4—Tilapia, rice, mixed vegetables, rolls, and dessert

UMW

The Crieveewood women have planned a brunch/general meeting on [Saturday, February 28](#) in Fellowship Hall at 9:00 a.m. The speaker for the morning is Chelsey Hedglin, our Cal Turner Scholar intern. We are eager to hear her message and to welcome *all* of the ladies of the church to our “women’s morning out”. Everyone is invited.

Children’s Corner

Nursery Schedule

	8:00-10:30 a.m. Shift	10:30 a.m.-noon Shift
3/1/15	Kim Boyce and Adele White	Kim and Glynnis Boyce
3/8/15	Mindy and Hayden Morris	Mindy Morris and Rachel Leyers
3/15/15	Tom and Becky Freck	Tom and Becky Freck

Child Care News

The snow and ice closed us for a few days, but we are now ready to think “SPRING” and we hope you are too. Criewood Child Care is sponsoring a Spring Fundraiser called “Art in Nature”. All proceeds will be used to purchase new tables for the Children’s Sunday School classrooms. You may help by ordering flower bulbs, seeded mats, or one of the other items between now and March 15. The catalogs are beautiful. Just looking at them will make you marvel at the vast beauty God has created. Please pick up a catalog from the narthex or from Sharon Ferrell. Checks will be payable to Criewood UMC Child Care Center. Thanks for your support!

Sharon Ferrell
CCC Director of Operations